

Sport Development Online Hui

July 2022



BALANCE IS BETTER

Karakia – Tūtawa

Tūtawa mai i runga
Tūtawa mai i raro
Tūtawa mai i roto
Tūtawa mai i waho
Kia tau ai te mauri tū
Kia tau ai te mauri ora
Tūturu whakamaua kia
tīna, tīna
Haumi e, hui e, tāiki e!

Bring together the life forces above us
below us
within us
outside of us
Allow the forces to settle within us so
we may implement what has been settled
Let us come together to
reinforce and confirm
our kaupapa as one

Purpose

To share key Balance is Better (BiB) resources

Approach:


Key documents and resources

Overview docs

BiB Progress
(National commitment,
evidence & examples)

**Support for BiB
Implementation**

Overview Docs



BALANCE IS BETTER

About Balance is Better

We know that if people are physically active, they have better outcomes in life. Sport New Zealand's purpose is to contribute to the wellbeing of every body in Aotearoa New Zealand by leading an inspiring and active Recreation and sport system. Sport New Zealand's approach to enhancing the Sport system in Aotearoa New Zealand is underpinned by the Balance is Better philosophy.

What?

Balance is Better is an evidence-based philosophy to support quality sport experiences for all young people, regardless of ability, needs and motivations. It is about young people staying involved in sport for life and realising their potential at the right time.

Who?

The Balance is Better philosophy has been developed by the NZ sport system (i.e. sport organisations, leaders and administrators, schools, clubs, coaches, parents and volunteers) to support the culture change needed to provide quality sport opportunities for everyone (5-11) and rangatahi (12-18). Sport NZ's current focus is on rangatahi, given the decline we are seeing in teenage participation.

Why?

The key rationale for the Balance is Better philosophy includes:

- Declining youth and adults sport participation in Aotearoa New Zealand (1);
- Research on young people, including Māori and young people, consistently shows that they would like to be more physically active (this includes sports) (2); yet;
- Research on and insights from young people strongly indicating that the sport system is not doing a good job at catering for their needs (3); and;
- A significant body of research internationally and within Aotearoa over the past 20 years clearly indicating that sport experiences and systems for young people are not matching their participation or attitudes to reach their potential at that right time (3, 4, 5).

The Balance is Better principles

Safe, fair and inclusive sport

All New Zealanders have the right to participate in sport in an inclusive, fair and safe environment.

Encourage variety

All young people should be supported to participate in a range of activities and play multiple sports.

Skill development opportunities for all

All young people should be offered participation and skill development opportunities.

Quality experiences, regardless of ability or motivation

All young people should receive a quality sport experience, irrespective of the level at which they are involved.

Working together

Aotearoa's sport sector must work collaboratively to encourage the widest possible change for the wellbeing and sport participation of young New Zealanders.

Talent ID occurs later

Talent identification should occur later in young people's development, recognising the role and nature of national and regional representative selection and practice as a developmental step in ensuring the appropriate times.

Collective attitudinal change

Sport leaders, coaches, administrators, parents, and caregivers involved in youth sport must collectively lead attitudinal change.

Balance getting better with doing too much

Adults need to proactively monitor and manage the workload intensity and volume of motivated young people to ensure they are not overtraining and overloading.

Safe, fair and inclusive

All New Zealanders have the right to participate in sport in a safe, fair and inclusive environment.

Bold and courageous leadership


Bold and courageous leadership at national, regional and local levels is required to design and deliver quality youth sport participation and development opportunities.

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BALANCE IS BETTER

Key Evidence and Research

1. Declining youth and adults sport participation in Aotearoa New Zealand

a. Active NZ, Sport New Zealand's nationwide survey, has demonstrated decline in youth sport participation since 2017.

b. 16-year Adult Participation Trends Report 1998-2014 (Trends Report) showed that weekly adult participation in sport dropped 7.7% (from 73.3 percent to 65.6 percent). This was most pronounced in younger adults' participation (18-24 year olds fell 13.0%, from 79.4% to 66.5%, and 25-34 year olds fell 10.4%, from 75.3% to 64.9%).

c. National census data collected by School Sport NZ indicated that there has been a decline in rates of students with a meaningful involvement with a school sport programme from 56% to 51%.

2. Research on and insights from young people strongly indicating that the sport system is not doing a good job at catering for their needs

a. Analysis of 2017 and 2018 Active NZ Survey data sets showed that 55% of young people who do not meet recommended physical activity guideline levels and 61% of young people who do meet recommended physical activity guideline levels, want to do more physical activity (including sport).

b. Voice of the participant data shows indicates young people aged 13 to 18 years old would like to see improved player development offerings at clubs.

c. Voice of the rangatahi data shows general dissatisfaction by young people with all aspects of school sport experience, especially among girls.

d. Secondary school age review (2020), outlined the following significant issues that impact the quality of young people's experiences:

- Self-confidence, self-esteem and body image
- Overemphasis on competition and winning
- Early specialisation
- Poor player management – overuse injuries, pressure to succeed, selection/ deselection
- Lack of ability/skill/physical competence
- Peer pressure
- Parental pressure and influence
- Competing demands on time and interest – study, friends, family, sport, work
- Club vs school competing demands
- Sport structures and offerings not responding to youth expectations/lifestyles

3. Reviews conducted into the New Zealand sport system, outlining the need for change

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b. 16-year Adult Participation Trends Report 1998-2014 (Trends Report) showed that weekly adult participation in sport dropped 7.7% (from 73.3 percent to 65.6 percent). This was most pronounced in younger adults' participation (18-24 year olds fell 13.0%, from 79.4% to 66.5%, and 25-34 year olds fell 10.4%, from 75.3% to 64.9%).

c. National census data collected by School Sport NZ indicated that there has been a decline in rates of students with a meaningful involvement with a school sport programme from 56% to 51%.

4. New Zealand research perspectives from the past 20 years on sport participant and athlete development experiences and systems

a. A study (Hodge et al., 2012) on NZ international athletes found most played a range of different sports as a teenager with some not taking up the sport they excel in until their teenage years.

b. Walters et al. (2011) outlined how adult behaviors affect children's enjoyment of sport – with a focus on winning and competition – appearing to serve the needs of adults more than the needs of children.

c. Some young people have become overrepresented in reports of acute and chronic injury due to excessive training and competition loads in sport.

- McGowan, Whittman & Walters (2020), found that children participating in sport in excess of currently recommended sport participation volumes had increased odds of reporting a history of gradual onset injury.
- ACC statistics (2019) show a 60% surge since 2008 in sports-related injuries to children aged 10 to 14 – double the increase of any other age group.
- There is growing evidence that coaches and young people are not managing sport injuries by the young person's long-term wellbeing at the forefront of decision-making.
- Whitman, Walters & Schuler (2018) study found 87% of New Zealand secondary school athletes surveyed, reported hiding an injury to continue playing. Approximately 50% of players and coaches has witnessed other players put under pressure to play when injured.

The principles of BALANCE IS BETTER

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Talent ID occurs later

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For more details visit www.balanceisbetter.org.nz



Use these documents as handouts to support key meetings with key stakeholders / decision makers

Balance is Better Progress

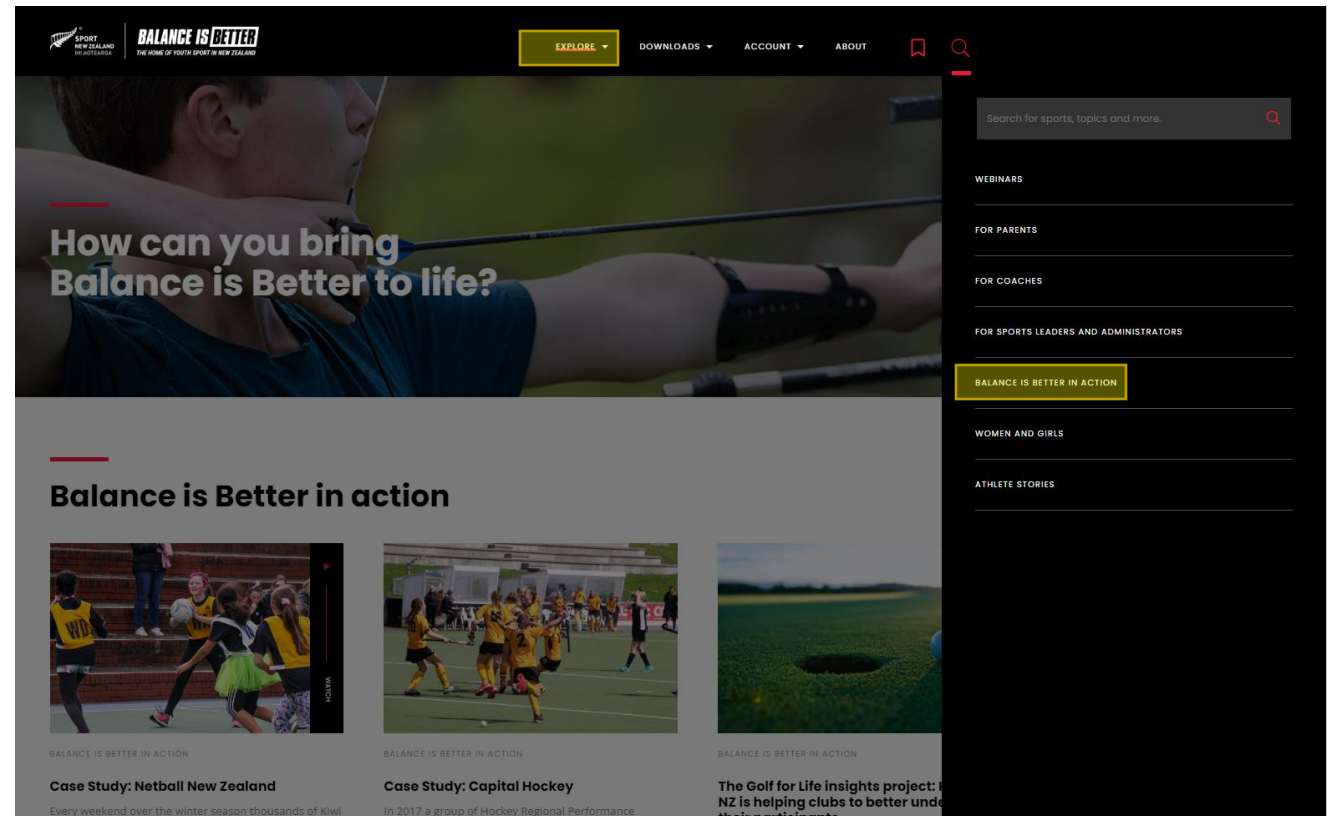
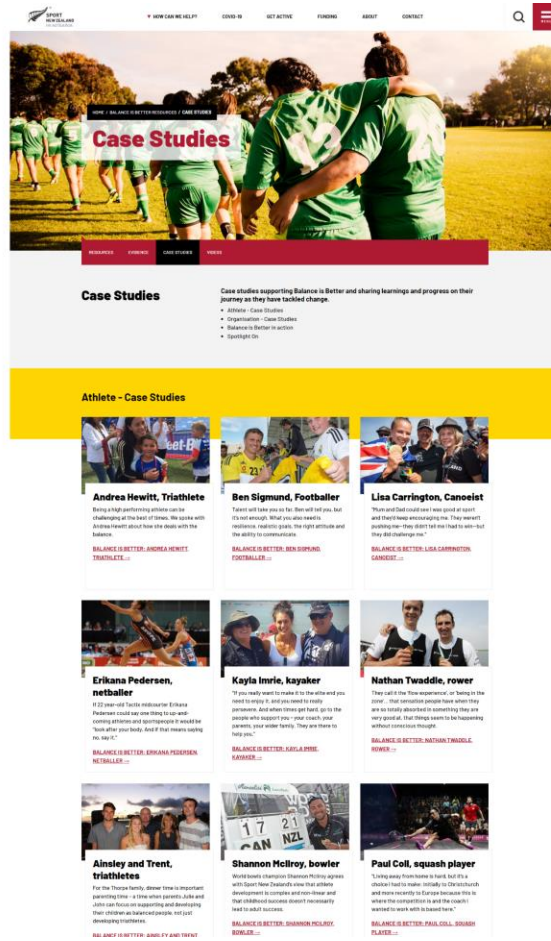
National Commitment



Table of Contents

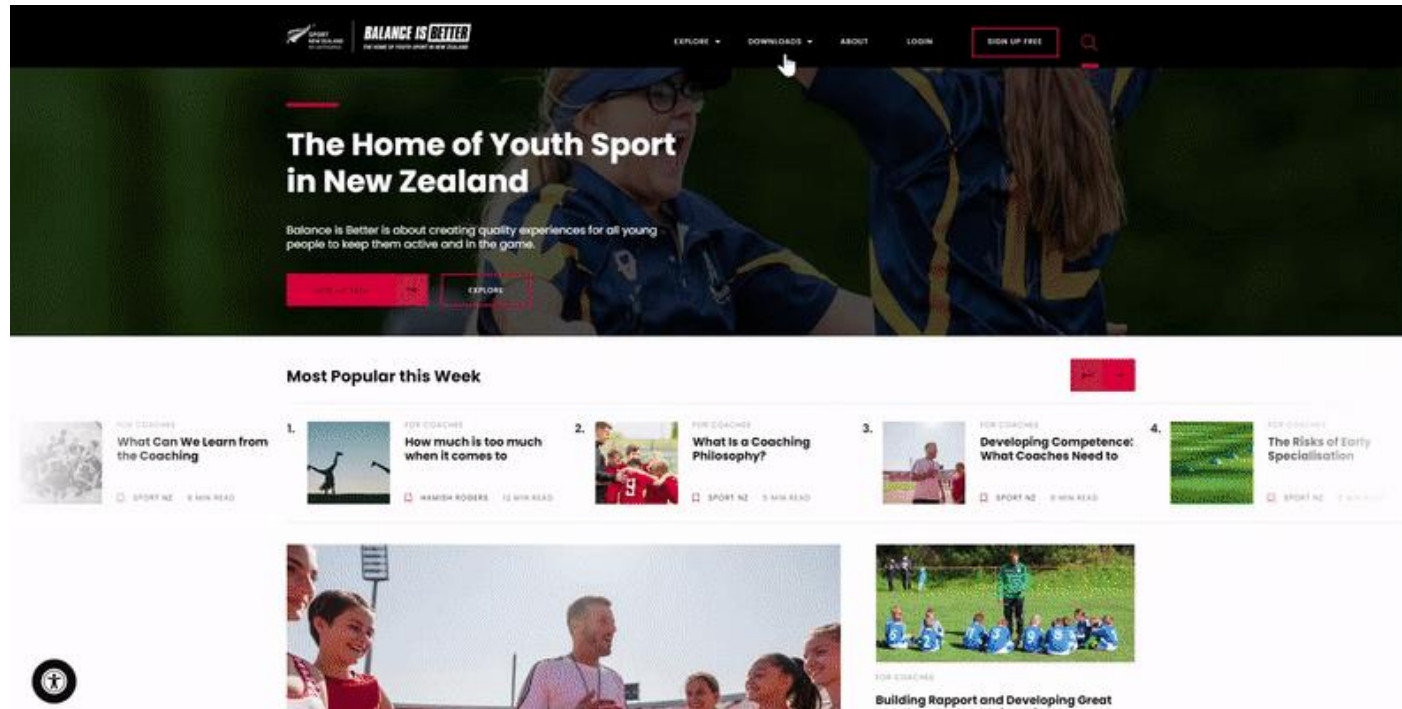
Introduction	2
SUMMARY OF WHEN (AT WHAT AGE) DIFFERENT SPORTING STRUCTURES ARE FIRST INTRODUCED....	3
SUMMARY OF RELEVANT NATIONAL SPORT ORGANISATION GUIDANCE AND POLICY	4
NATIONAL SPORTING SELECTION STRUCTURES AND DEVELOPMENT OPPORTUNITIES.....	5
NATIONALLY DELIVERED COMPETITION STRUCTURES.....	7
REGIONALLY DELIVERED COMPETITION STRUCTURES.....	8
REGIONALLY DELIVERED SPORT DEVELOPMENT OPPORTUNITIES AND PROGRAMMES	9
LOCALLY DELIVERED SPORT DEVELOPMENT OPPORTUNITIES AND PROGRAMMES	12
NATIONAL SPORT ORGANISATION POSITION ON SEASON LENGTH	14
NATIONAL SPORT ORGANISATION POSITION ON SPORT SPECIALISATION	16
NATIONAL SPORT ORGANISATION POSITION ON POSITION SPECIALISATION	19
NATIONAL SPORT ORGANISATION – INTRODUCED STRUCTURAL CHANGES	21
CHANGES TO TRADITIONAL COMPETITION STRUCTURES.....	23

BiB Progress (Websites - evidence & examples)



Case Studies

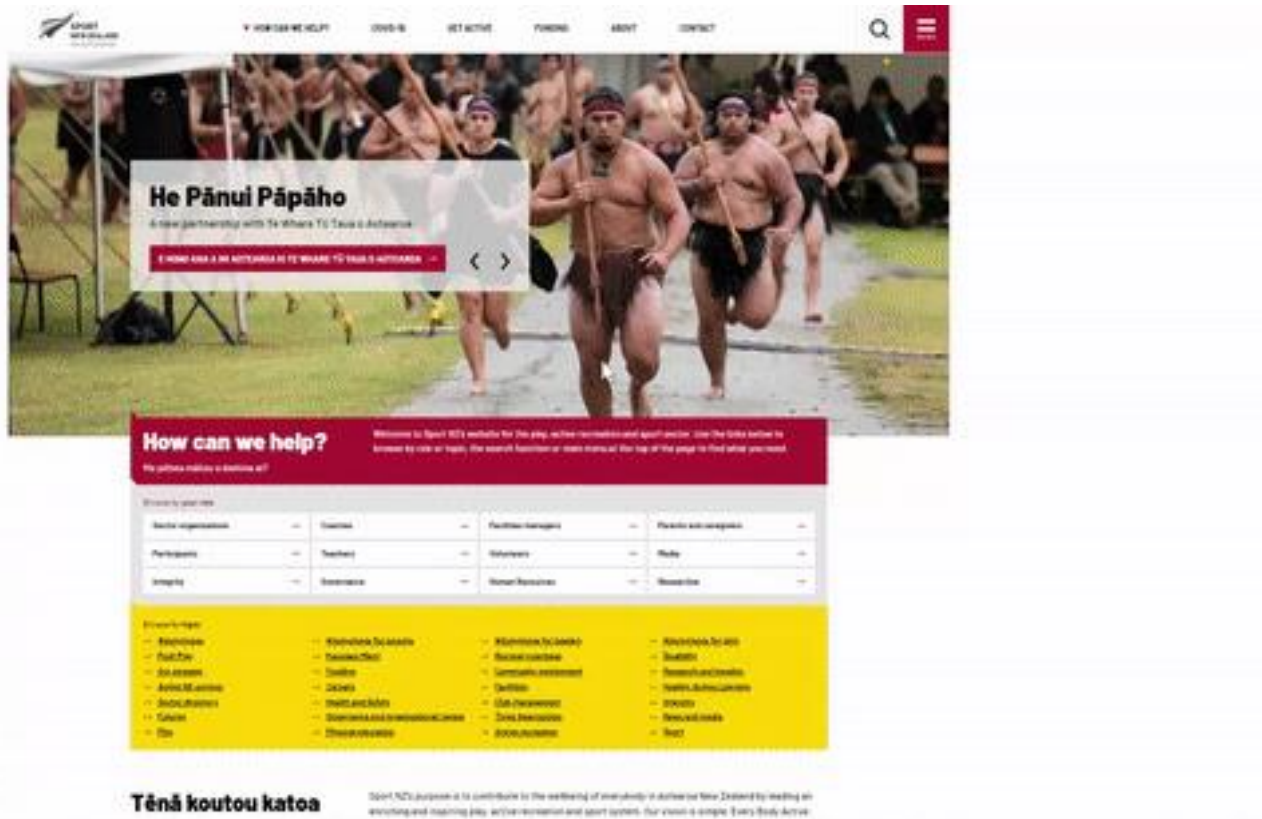
www.balanceisbetter.org.nz




Drip feed case studies and athlete stories to your own community (as appropriate) via socials and e-newsletter

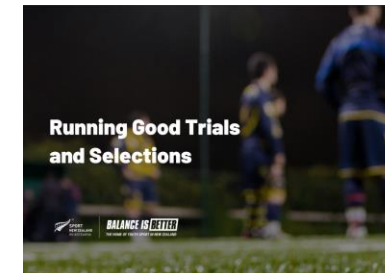
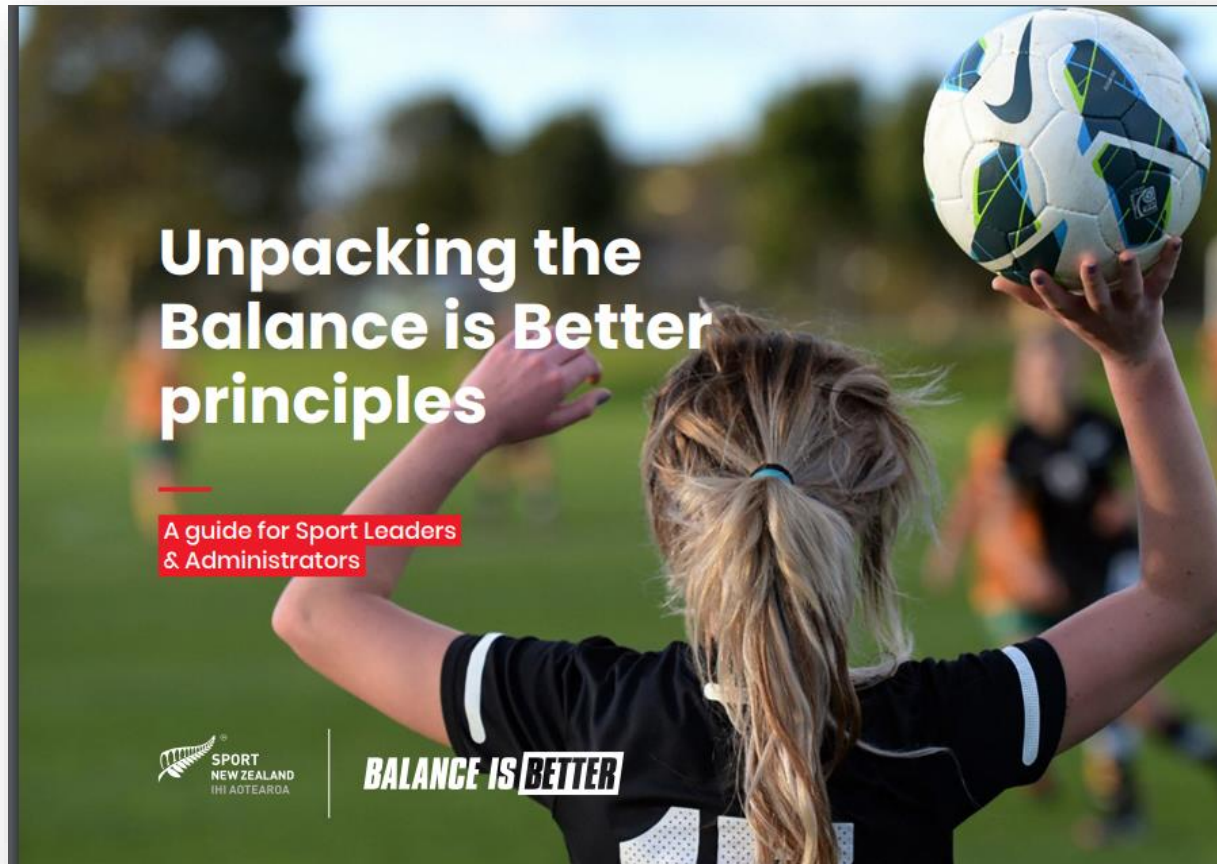
Case Studies

www.sportnz.org.nz/balance-is-better-resources/overview



Email / hand out
case studies to
key stakeholders
when you need to
demonstrate proof
of concept

Support for BiB Implementation



Support for BiB Implementation



- Use resources in your own courses / development sessions
- Link to on your own websites
- Feel free to adapt using your sports' / communities' language and examples

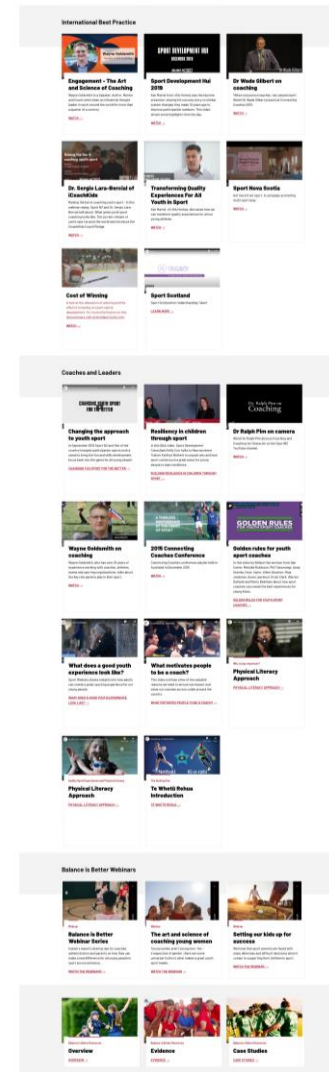
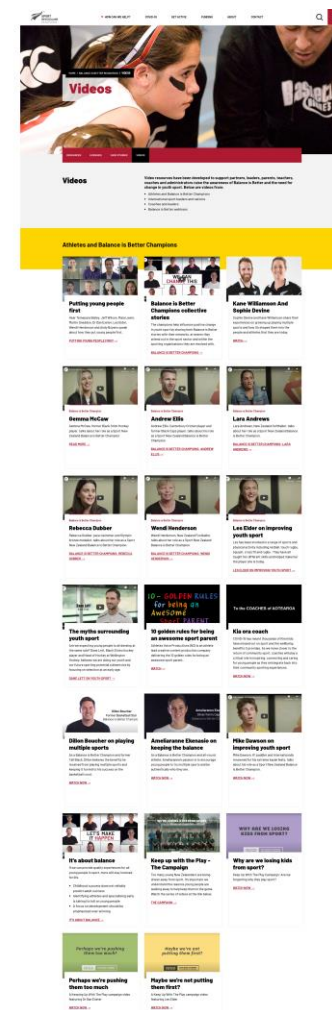
Videos

<https://sportnz.org.nz/balance-is-better-resources/videos/>

All videos are also on Sport NZ's YouTube Channel



- Embed videos into your own websites
- Drip feed video content via socials and e-newsletters



Other Videos

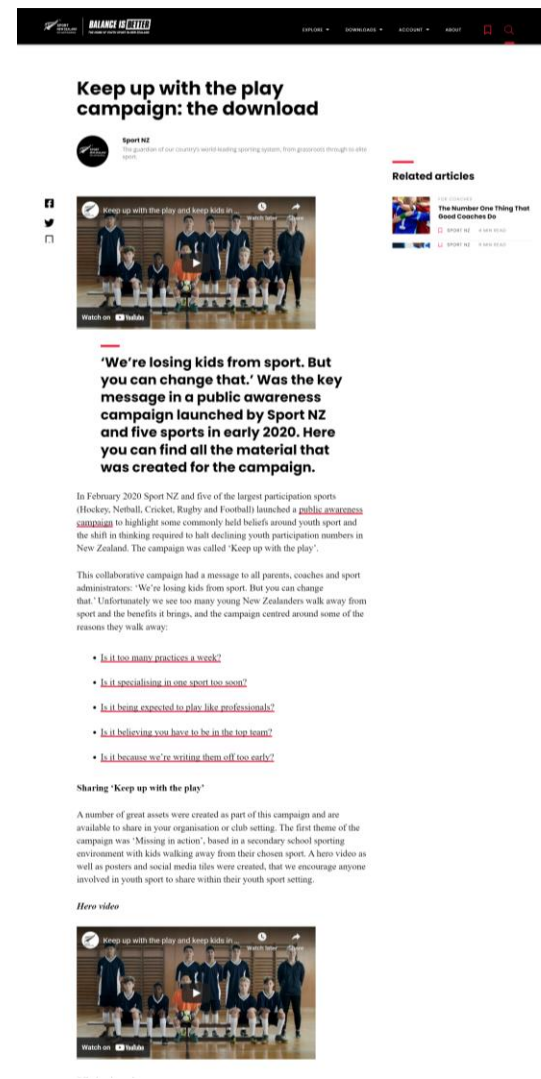
[Keep up with the play campaign assets \(including posters and videos\)](#)

[BeSportive Video: 10 Golden Rules for sport parents video](#)

[BeSportive Video: Golden rules for youth sport coaches video](#)

[BeSportive Video: 5 golden rules for sideline supporters video](#)

[iCoachKids Pledge: 10 Guidance Points to Create Positive Sport Experiences for Kids](#)



Access to resources

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Questions

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Allow the forces to settle within us so
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Thank You

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