

CANTERBURY SPORTS FOUNDATION (INC).



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NEWSLETTER - NOVEMBER 2014

CSF SCHOLARSHIPS

Another round closes on 31 December 2014. Nominations are open to all members. Guidelines and an application form can be obtained from our website or contact our Secretary – details above.

It is disappointing to record that no nominations were received for the 30 June (Winter) round. The most recent award was presented in April as previously advised. The recipient was Courtney McGregor of Gymnastics. Courtney was subsequently selected for the Commonwealth Games in Glasgow but suffered an injury in training and was unable to compete. However, she has since recovered and is continuing to make good progress.

Charlotte Sullivan, an earlier recipient was also selected for the Commonwealth Games and competed with credit. She reported recently that she had an amazing experience in Glasgow and was glad to be part of it. She competed in Bar and Vault on Day 1, then Beam and Floor on Day 2. She did really well and qualified for the All Round Final on Day 3. Despite a couple of falls, she finished 16th overall. A great effort. She had another chance to compete as she also qualified for the Floor Finals on Day 5. This was against Olympians and World Champions. She was proud to finish 7th overall. A wonderful achievement for her first time at an event of this standing.

Since then she has attended the 2014 World Artistic Gymnastic Championships in Nanning, China. The NZ team qualified 32nd overall which unfortunately, meant a NZ team did not qualify for the 2016 Rio Olympics. Instead, only one gymnast can attend. Following that she returned to the NZ Gymnastics Nationals in Auckland where she won five golds being first in the All Around, Floor, Bar, Beam and Team events.

Charlotte has been a globe-trotter competing in Doha, Canada, Australia, Glasgow and China in the last year. She is now taking a break for exams. Thanks for keeping us informed Charlotte. We are proud of your achievements and wish you well in all your endeavours as we do with all our recipients.

Our thanks to **Deloitte** in particular for their participation and support of this programme and also all our other business partners. We appreciate the support they have given. The award is a cash

amount shared equally between the business partner/sponsors and the Foundation. We continue to be impressed with the talent that has emerged since commencing this programme and although we do not have unlimited funds for this purpose, are keen to see the programme continue.

Twenty-eight awards have now been made since commencing the programme in 2008.



The NZ Gymnastics team at the World Champs in October. Charlotte Sullivan 4th from left, Courtney McGregor 2nd from right.

BERNIE WALKER MEMORIAL AWARD

Nominations for the 2015 award also close 31 December 2014 and are open to all members. Guidelines and an application form can be obtained from our website or contact our Secretary – details above. Nine awards have been made since commencing in 2006 and many of them have achieved further success.

The late Bernie Walker was a life member, President and long-standing committee member of the Foundation. He was an inaugural member of the Foundation when it commenced in 1978 following the 1974 Commonwealth Games and was member of the organising committee of those games. He was also a well-respected identity in Canterbury sport, particularly rowing, and it is a privilege to offer this award in his name.

GRANTS

The next round of grants closes 28 February 2015. Application forms are available on the website or can be obtained from the Secretary.

Six grants totalling \$ 6,680 have been allocated this year. This compares with seven in 2013 totalling \$7,000. Total grants allocated since commencing is now \$480,158. In addition this year, we have awarded one scholarship totalling \$2,000, a Bernie Walker award of \$1,300 and made a special contribution of \$3,000 to the Pathway to Podium Programme managed by Sport Canterbury.

SUBSCRIPTIONS 2014

There are still some to come. Where applicable a reminder will be sent. Your support is appreciated. Our financial year ends on 31 December.

WEBSITE

Our website address is shown above. The site contains background information on the Foundation and various application forms.

NEWS ITEMS

Previous Scholarship and Bernie Walker Award recipients continue to perform well and achieve good results.

Dylan Kennett won bronze in the Men's 4000m Team Pursuit at the Commonwealth Games. Paul Coll also attended the Commonwealth Games and competed well. Grace Prendergast, Lucy Spoor, Nathan Flannery and Cameron Crampton have all had some success in World rowing events. Rosa Flanagan has performed well in track and cross country.

Another activity we have supported this year is the Pathway to Podium Programme managed by Sport Canterbury. The co-ordinator is Andrew Ellis, the NZ and Canterbury cricket representative. The programme is for selected athletes/sportspeople and involves workshops, gym sessions and one on one support. Workshop sessions cover performance nutrition, mental skills, goal settings, recovery methods, drugs in sport and anti-doping. These sessions have been presented in both Christchurch and Timaru and the last round for the first year programme will be in the New Year. The gym sessions for strength and conditioning operate in both Christchurch and Timaru. The participants come together two mornings a week to work under a strength and conditioning specialist. Different athletes have different levels of proficiency so it is an essential area to address for the age group involved. They work hard together and learn the fundamentals of good movement to increase performance and guard against injury. The 1:1 support areas are around mental skills, nutrition or athlete life. It depends on the athlete's biggest need. Some need individual assistance in more than one area and are given a package accordingly. A high performance Sport NZ team, including Anna Simcic, is helping with this. The workshop format is a good way to get introductory information to a group but the individual contact is expected to have the biggest gains. This helps to conquer the more specific challenges of each athlete.

Andrew Ellis reports that good results have been achieved in the early stages of the programme and he hopes to see more great results over the summer months. Some participants who have achieved already include Holly Edmonston – bronze medal in Women's Team Pursuit at Junior World Track Cycling Champs in South Korea, Jack Ford – bronze medal in the Men's Team Pursuit at the same event, Ari Graham – National Champion in the Under 18 girls Cross Country Champs in Christchurch and Matt Phillips – Bronze medal in the 100m breaststroke at the National short course champs in Wellington.

GENERAL

2014 has been a steady year for the Foundation with four management committee meetings and an AGM. Regretfully, our application for charitable status has been withdrawn as we have been advised by the Charities Commission that some of our activities do not qualify as a charitable purpose. Further consideration is being given to the appointment of a part-time marketing/development officer to develop our activities. This is subject to obtaining funding assistance. Last time we were unsuccessful. We continue to review our activities to ensure we are meeting our main objective of encouraging and developing junior sport in Canterbury.

The end of the year is approaching again. Our award sub-committee will meet in the New Year to consider nominations. The first full committee meeting in 2015 is scheduled for 10 March and will be held as usual in the Christchurch Netball Centre. February grant applications will be considered. The 2015 AGM will be held in April.

Our special thanks to Christchurch Netball Centre for their continued support with the use of their meeting rooms.

In conclusion, we wish you all the best for the coming festive season. We hope your respective sports are making good progress and you have good support from volunteers. They are an important and necessary part of the sporting community, particularly at "grass - roots" level.

P G Crowhen
Chairman/President

J W Grocott
Secretary