

Concerns:

We as RSO's, are not following the principles of Balance is Better.

We need to lead the change in philosophy, specifically related to youth/rangatahi.

We need to set parameters as RSO's to ensure the decisions and pressures are taken away from the athletes and their parents, it is our responsibility to lead this change.

Process

Set up a Sport Collective Leadership committee to make a recommendation about how sports seasons are structured for Rangatahi in the Manawatu.

We need buy-in and agreement from every sport.

We need to get this in place for the by April 1st, 2021.

Questions.

Are there such things as Winter Sports and Summer Sports Seasons? Is this a 1950's model operating in a 2020 environment?

How do we address concerns about specific sports, or how do we work with sports that don't buy in?

What are the consequences for Sports that don't buy in?

First Draft of **Ideas** on participation parameters.

11-15 Year Olds

Season length max 4-5 months

Rep/Development/Extension Season needs to be within the 6 month season above

What is the maximum number of sessions/practices/games per week an athlete should be involved in in-season?

Pre Season Maximum length of pre-season is 3 months, this includes social sport competitions, holiday programmes, pre-season training etc. For this age, the time commitment should average no more than 1-2 hours per week.

Off Season 3 months - where no RSO lead structured practices, games, training take place.

15-18 Year Olds

Season length max 5-6 months

Rep/Development/Extension Season needs to be within the 6 month season above

What is the maximum number of sessions/practices/games per week an athlete should be involved in in-season?

Pre Season Maximum length of pre season is 3-4 months, this includes social sport competitions, holiday programmes, pre season training etc. For this age, the time commitment should average no more than 2-3 hours per week.

Off Season 2 months - where no RSO lead structured practices, games, training take place.

Parents/Athletes/Private Coaches can go beyond the above, but this is what RSO's are agreeing to offer to move towards a Balance is Better approach.