

# **BALANCE IS BETTER**

*An evidence-based philosophy that underpins Sport NZ's overall approach to youth sport.*

## **ABOUT BALANCE IS BETTER**

Sport NZ has developed the Balance is Better philosophy to inform and provide a framework that puts the needs of the participant first. The focus of the philosophy is on why young people play sport – to have fun, be challenged, develop and improve, be part of a team or group, and enjoy time with friends.

There are three myths in youth sport that have been identified through research and are supported by evidence. The Balance is Better philosophy pushes back against these myths to stress that:

1. Childhood success is not a reliable predictor of future success
2. Identifying athletes early and specialising early is taking its toll on young people
3. A focus on winning rather than development is a problem for young people, because it can have unintended consequences on their wellbeing and affect their motivation to take part

Balance is Better has now become a broader conversation underpinning Sport NZ's overall approach to youth sport for the dual purpose of developing talent and maximising participation.

## **COMMIT AND ACT REQUIREMENTS**

To be in the *Commit and Act* group of sports, the following is required in 2020:

- Signed commitment from the CEO and Board Chair that they understand the Balance is Better philosophy, what it means for their sport and that they are committed to lead the change.
- A commitment to three actions aligned to the Balance is Better philosophy.
- 1-1 meeting with Sport NZ and the NSO's Chief Executive and Board Chair.
- Board commitment to support recommended policy/structure changes and help manage the membership resistance that may follow.
- A commitment of time and capacity of key staff nationally and regionally to support the learning needed, including attending:
  - Sport NZ Sport Development Leader 3-day Residential Course
  - Sport NZ Sport Development Hui (two x 1-day forums annually)
  - Balance is Better Regional Forum
- Collaboration with other sports to find solutions and new structures.
- Lead messages and advocacy for the Balance is Better philosophy via membership communication tools e.g. websites, social media and newsletters.

### THREE ACTIONS TO LEAD CHANGE

Please identify below the three actions that your sport will take in 2020, that can be communicated externally.

Note, these actions need to be visible as three of the five initiatives in your workplan over the next four years.

#### Action #1

What you will do:

Offer and deliver Balance is Better education workshops to all parents of players selected in the Badminton New Zealand Junior Performance Programme.

Proposed outcome:

Parents of Badminton New Zealand Performance Programme Players have a good understanding of the Balance is Better philosophy and this empowers them to support good decisions for their children.

#### Action #2

What you will do:

Provide badminton specific Balance is Better resources on the Badminton New Zealand website and promote this with a targeted marketing campaign with the New Zealand Team to educate players and parents.

Proposed outcome:

More players and parents from around New Zealand understand the Balance is Better philosophy and how to implement it in their community.

#### Action #3

What you will do:

Offer and deliver Balance is Better workshops to the Badminton New Zealand regional network in partnership with Regional Sports Trusts to share the philosophy and promote this at a grassroots level.

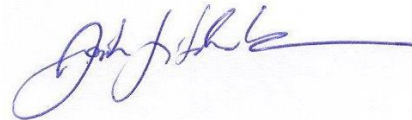
Proposed outcome:

100% of Tier One Associations affiliated to Badminton New Zealand commit to the Balance is Better philosophy and will have a plan to promote this in 2021.

### SIGNED COMMITMENT

Chief Executive

Name: Joe Hitchcock



Signature:

Board Chair

Name: Hetty Van Hale



Signature:

Sport NZ Chief Executive

Name:

Signature: