

Waikato Institute for Leisure & Sport Studies

Alumni Newsletter

NOVEMBER 2015

Welcome to the Spring Edition

Kia ora koutou

Even though we are all at different stages of our lives, there will always be opportunities and situations where we need to take the lead.

People respect, value and admire great leadership, but to lead well we need to know what makes an effective leader.

Some exceptional qualities to have in a leader are: (1) Grace; (2) Kindness; (3) Composure; (4) Fearless; (5) Poised; (6) Deliberate; (7) Intelligent; (8) Unassuming; (9) Truthful; (10) Loving. (<http://www.entrepreneur.com/article/246347>)

Good leaders are, first and foremost, part of the group; they participate and are fully engaged with those they lead, and they acknowledge people's efforts and success.

Good leaders facilitate the work of others, they inspire people to grow to reach their potential – and that is what this issue is about.

Don't forget to keep in contact with WILSS and update your details as we think that our graduates are well represented and hold different levels of responsibility throughout the sector. Please continue to update us with your professional and personal news. Email us at: wilss@wilss.ac.nz

We'd love to hear from you.

As Ralph Waldo Emerson once said:

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ma te wa -
Moana Moleni
Sport Programmes Manager

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NZQA External Evaluation Review - Result

A **huge big thank you** to all of our fabulous graduates and other external stakeholders who participated in the recent External Evaluation Review by the New Zealand Qualifications Authority.

So what does this mean, well the short answer is that we have been rated by NZQA against all other Private Training Establishments across New Zealand as being a Category 1 Provider.

They have rated us as being highly confident with our education performance and highly confident with our self-assessment processes.

NZQA's two day review comprised of documentation reviews and interviews with current students, graduates, stakeholders including: Skills Active, Sport Waikato, Waikato Hockey Association, Swimming Waikato, Waikato Squash, primary and secondary school staff and funders.

So thanks everyone who contributed to the review, but also to those who continue to keep in touch and spread the word about our courses and programmes within their networks.

Nga mihi nui -
Jo Bailey
WILSS General Manager

Leadership & Management

Leadership, at all levels is one of the most important factors determining organisation success. Leaders face a challenge at three levels. Firstly, they need to have self-leadership skills. This includes being self-aware, communicating well, setting and achieving goals and managing themselves. Secondly, leaders must be able to build and lead strong teams. This is about establishing clear purpose, building morale, managing team dynamics and delivering team results. Finally, leaders must have organisation leadership capability. This includes providing future vision, managing change, driving continuous improvement, developing people and leading performance.

The term 'leadership' refers to the act of influencing others to work to achieve something. A good leader has vision and is able to inspire and motivate others to pursue that vision. On the other hand, a 'manager' is someone who organises resources and processes to achieve set goals. Management can be defined as *"the process of planning, organising, leading and controlling resources and activities in a co-ordinated, systematic manner towards achieving specific organisation goals"* (Source unknown).

Generally accepted current thinking is that leadership and management goes hand in hand. Unfortunately, people tend to be much better at one of these functions than the other. The good news is that one can develop their skills in either of these areas. To do so, one needs to be very aware of where their strengths and weaknesses are so they can make a conscious effort to work on their areas of weaknesses. Good leaders are not simply born as good leaders – they evolve over time through learning from their mistakes and successes. If there is desire and discipline, anyone can become an effective leader and manager.

We all need to be leaders. Clemmer (1999) states that *'this starts with inner self-leadership and moves outward to influence, guide, support and lead others. The process of becoming a leader is the same as the process of becoming a highly effective human being. Leadership development is ultimately personal development. It is a journey of personal discovery and learning.'*



Recommended Readings:

Barrett, T. (1998). *Dare to Dream and Work to Win*. Griffin Press. Australia.

Blanchard, K. (2012). *The Heart of a Leader – Insights on the Art of Influence*. Simple Truths, Illinois, USA.

Clemmer, J. (1999). *Growing the Distance*. TCG Press, Canada.

James, L. (1998). *The First Book of Life Skills*. Sage Creek Press, Michigan, USA.

Maxwell, J. C. (1993). *Developing the Leader within You*. Maxwell Motivation, Inc. USA.

Maxwell, J.C. *The Right to Lead – Learning Leadership through Character and Courage* (www.simpletruths.com).

Rubin, I. & Campbell, T.J. (1998). *The ABC's of Effective Feedback*. Jossey-Bass, San Francisco, USA.

Rubin, I. & Campbell, T.J. (2005). *Having it both ways; The ABC's of Effective Relationships*. J.H. Haynes & Co. Ltd, Somerset, United Kingdom.

Tracey, B. (2013). *The 7 Secrets of Exceptional Leadership*. Simple Truths, Illinois, USA.

Leadership - from the General Manager's Point of View

I was taught leadership within an array of many formal qualifications including Bachelor's, Post Graduate Diploma and Masters, but for me, the greatest knowledge of learning has come from working with the many personalities of those that I have had to lead and manage over the years, and working for a Charitable Trust. This means that these learnings have come from trustees, staff, volunteers and external stakeholders.

The 'on-the-job' learning of leading the vibrant and diverse WILSS team encapsulates the need to balance the achievement of organisational strategic goals whilst embracing staff strengths and managing weaknesses.

Our Lead the Way programme focuses on these issues around leading, managing,

communicating and building your team to meet organisational goals.

For people wanting to develop and build upon their current leadership experience within a workplace and/or club/association I would totally recommend that you have a look at this programme. It balances learning theory with doing and takes a realistic approach at how to lead teams whilst developing self.

In a nutshell, leadership for me boils down to 'showing up', being truthful and honest in the face of making hard calls; being able to clearly communicate the organisation's vision so that when those hard times hit, the team wants to go with you even though the world seems stacked against a successful outcome.

I often reflect on the leadership work of Joanna Macy, an Environmental Activist and her guidelines for action;

- Attune to a common intention
- Welcome diversity
- Learn to trust
- Speak the truth of your experience of the world
- Believe no one who claims to have the final answer
- Work in teams
- Be generous with your strengths and skills
- Draw forth the strengths of others
- You do not need to see the results of your work, just know that they are unanticipated and have far reaching effects.

Jo Bailey
General Manager

"The only real mistake is the one from which we learn nothing."

- Henry Ford

"Never give up - failure and rejection are only the first step to succeeding."

- Jim Valvano



General Governance Issues

This is what a leader would do within a meeting.

Kathy Moore, Manager - Client Services and Operations at Business Professional Services Limited makes the following recommendations for greater board effectiveness in meetings:

- Focus on a strategic overview rather than operational management;
- Pay greater attention to risk management as a critical element of growing importance;
- Ensure an adequate balance of allocable skills around the board table at all times;
- Expect more disclosure to be required from non-profit entities and be ready to comply;
- Be prepared to disclose contractual information and official information requests;
- Consider holding meetings using webcast as time and cost saving measures;
- Move towards on-line voting to deal with urgent business between meetings;
- Keep track of directors' other interests and update the Register at each meeting;
- Keep minutes that provide a balanced view and provide information in support of resolutions.

Association executives and charity trustees requiring further information and assistance with the implementation of these recommendations can contact Kathy at the NZARC office.

http://www.associations.org.nz_blog/NZARC_Blogpost/governance-efficiency-issues/



"To win, you have to believe you can do it. You have to be passionate about it. You have to really 'want' the result - even if this means years of work."

- Sir Peter Blake

LTW - A Leadership Development Programme

Te Rina Kowhai found herself thrown in the 'deep end' when she enrolled on the WILSS 'New Zealand Certificate in Business - First Line Management qualification (LTW).

Te Rina's first impression of attending the course was "why should I give up my Sundays and petrol money to get to Hamilton from Auckland" but she relented and agreed to carry on with the programme.

Te Rina was the first to admit that on her first day she was a little bit nervous. Over time, Sharon Woodings, the Director of Blue Mercury and lead facilitator of the program, helped Te Rina to gain additional skills and strategies but most importantly learn the ability to confidently step out of one's comfort zone and deal with it. An example of this was Te Rina's fear of public speaking. She now embraces the opportunity to speak and share her ideas with others.

It didn't take Te Rina long before she realised that communication is a very important factor and influence on workplace relationships. She also believes that feedback is an important communication skill for an individual to help with personal motivation and to manage performance. Te Rina has learnt that it not only improves communication but helps build relationships in a team and organisation, without it, it can cause conflicts and misunderstanding. The main purpose is to give people feedback about their own behaviour, to then help grow and develop their skills. She also uses the 80/20 rule that is to seek a lot more information (80%) and give less information (20%).

Te Rina commented on how her whole way of thinking has changed due to the LTW program. She now focuses on what outcomes she wants and then works out the strategies to best achieve them.

When asked would she do the course again, Te Rina smiles and said "most definitely - if anyone is considering a change, at their work or personally related they should go for it. It may put you out of your comfort zone but that's a good thing and don't expect it to be easy because if it's not, it's not a challenge".

Te Rina Kowhai
LTW participant 2015



Programme Overview:

You will be given the opportunity to:

- Learn effective communication
- Grow resilience
- Develop and maintain high performance teams
- Work on a significant project which will make a difference to your organisation
- Achieve the National Certificate in Business (First Line Management) (Level 4)

Entry Criteria:

To be eligible to attend this course:

- Participants need to be currently leading a team of either volunteers or within a workplace.
- People in the not-for-profit sector currently performing an administration role or similar.

- Participants will require a mentor/coach who should ideally come from the participant's area of interest. If this is not possible, assistance can be given to find a suitable mentor/coach.
- Early registration recommended as participant numbers are limited to 12 to maximise the learning and one-to-one coaching opportunities for participants.

Want to know More?

For further information about the programme, dates or to request an Enrolment Form, please contact:

Moana Moleni - Sport Programmes Manager
Phone: 07 839 9908 / 027-232-9025
Email: moana@wilss.ac.nz
Website: www.wilss.ac.nz

Next programme starting March 2016

Leadership Framework - C. Branson

Dimension	Capability	Components
Leads Self	Seeks Self Knowledge	<ul style="list-style-type: none"> • Self Awareness • Knowledge of Strengths and Weaknesses • Knowledge of Values
	Develops Self	<ul style="list-style-type: none"> • Self control/Emotional Intelligence • Resilience • Courage • Models Professionalism • Self Leadership
	Acts Ethically	<ul style="list-style-type: none"> • Personal Integrity • Lives by Values • Trustworthy
Leads Others	Understands Others	<ul style="list-style-type: none"> • Social Intelligence • Builds relational trust • Appreciates the importance of the needs and values of others
	Acts Collaboratively	<ul style="list-style-type: none"> • Uses strengths in others • Builds productive networks • Readily distributes leadership
	Creates Meaning	<ul style="list-style-type: none"> • Aligns personal and organisational values • Links organisation to their environment
	Communicates	<ul style="list-style-type: none"> • Skilful and inclusive communication • Develops professional dialogue • Advocates for the organisation and its success
	Affirms and Celebrates	<ul style="list-style-type: none"> • Acknowledges individual and group achievements • Affirms personal and group growth and development • Seeks opportunities to celebrate achievements
	Promotes Learning	<ul style="list-style-type: none"> • Continually learning • Describes own learning • Encourages and supports the learning of others • Aligns environmental changes to specific areas for future learning for individuals and groups
Leads The Organisation	Creates Success and Sustainability	<ul style="list-style-type: none"> • Supports professional learning • Maximises resources • Ensures organisation achieving its purpose • Monitors future needs
	Encourages Innovation	<ul style="list-style-type: none"> • Builds confidence in change • Promotes problem solving • Reviews past practices • Learns from mistakes
	Builds Partnerships	<ul style="list-style-type: none"> • Promotes dynamic connectedness • Advocates locally and beyond • Seeks new sources for improvement
	Acts Strategically	<ul style="list-style-type: none"> • Encourages personal responsibility and accountability • Proclaims meaning and vision • Ensures systems thinking • Strives for continual improvement • Applies ethical decision making

The Big Picture

"Thank you Moana for letting me know about Smart Coach; the tutors were very knowledgeable and did a good job of modifying the information to suit the group. They left me feeling really keen to provide my team with the best coaching I can."

- Natasha Bartley
(Tokoroa)

Sport New Zealand NZ is focusing on four key focus areas for their 2015-2020 strategic group plan. They have been summarized as:

Young people. *"We just can't afford to lose a generation of kids. So the goal is to ensure they all gain a love of physical activity and sport at an early age, from which they are more likely to enjoy lifelong participation in sport and gain all the benefits that come with it."*

Strengthening the local delivery of sport, especially in low participation communities. *"We want to get clubs, councils, schools, families and any others involved in the local delivery of sport working more closely together."*

Ensuring that traditional competition pathways remain strong. *"Many Kiwis still take part in sport through competitions organized by clubs and schools, so we need to make sure those are operating well."*

Continuing to drive high performance outcomes and achieve more winning on the world stage, through the great work of High Performance Sport NZ.

Key to driving more participation and more winning on the world stage is a better understanding of the changing needs of participants.

Sport NZ has also launched a new 2015 Community Sport Strategy. It is the culmination of five years of learning from evidence and research both here in New Zealand and overseas.

"To meet the growing challenge of retaining and growing participation, a step change in thinking and approach is required across Community Sport. High Performance Sport NZ already has a strategy in place through to 2020 which is ensuring we have a world-leading high performance system. This new Community Sport Strategy will do the same for Community Sport. It will ensure high numbers of adults and kids continue to participate, and that we continue to have a wide pipeline of talent through to high performance."

For over 25 years, WILSS has been an educational organisation that has been delivering quality education to communities predominately in the Greater Waikato region.

It strives to be responsive to community needs by: (1) training volunteers; (2) providing education that embraces credit and non-credit programmes across a variety of different sectors which include primary, secondary, tertiary, and adult and community (i.e. schools, sport and recreation, the community and volunteer sector and workplaces).

WILSS aim is to deliver quality education in leadership and volunteer development to meet the changing needs in our communities of Aotearoa New Zealand.

Sources

Peter Miskimmin, Sport New Zealand

Sport NZ website (<http://www.sportnz.org.nz/>)

WILSS website (<http://www.wilss.ac.nz/>)

WILSS Workshops

Training in Club Administration - Club Development

Are you a volunteer at a club but unsure of your responsibilities? Would you like to volunteer but don't think you have the know-how?

These workshops are for YOU!

Session 1 - Learn about the roles of each volunteer e.g. Chairperson, Secretary, Treasurer - and how to run effective and efficient meetings. Learn how to recruit and retain your volunteers, how to support them and prevent burn-out.

Session 2 - Learn about club planning versus day-to-day operations, and how to achieve club goals. Learn how to be smarter with money, funding and sponsorship.

Workshops will be relevant to any type of voluntary organization - sporting, cultural or social club.

Senior Students and Parents - Smart Coach Workshops are for YOU

Learn the art of coaching, getting organized, effective communication, planning processes, working in groups, how to teach games for understanding and much more..... Participants do not need to be coaching a team to attend.

For more information contact: Moana Moleni 027-232-9025; email: moana@wilss.ac.nz



The logo features the word "SMART" in a bold, red, sans-serif font. Below it, the word "coach" is written in a black, lowercase, sans-serif font. A stylized, dotted line graphic resembling a speech bubble or a series of connected dots arches over the word "coach".

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
- Michael Jordan

"Life will not baby you or give you special treatment and neither will I. I would do you great injustice if I only taught you the skills of softball."

Okay, so this is a bit far removed but something that I still frequently think about. Last year I had an upset parent tell me that I would be a better coach if I were to think of my players as daughters and treat them as such. I had an opinion on that at the time and have found over the course of the year that my original opinion still stands. I think that parent was 100% wrong. My players have parents. What they need is a coach. So this one is for my players, the girls I've coached and the ones I will coach someday. I hope you (and your parents) understand.

I will not baby you

I will not coddle you. I will not tell you in a sweet voice that "It's okay." That's what Momma is for. I will never belittle or degrade you but I will toughen you mentally, emotionally, and physically. It will sting. It will hurt. But you will be a better athlete and person for it.

I will hold you to a higher standard

I will expect things from you that no one else will. I will expect you to be an outstanding student, citizen, and team player. You will not get detention or any other type of school punishments. You will respect your teachers, umpires, fellow students, and teammates. You will leave the dugout even cleaner than you found it. I will not get noise complaints from the hotel manager. You will abide by the rules. The bare minimum will never be enough. I will expect you to go above and beyond in all aspects of your life because that is the mark of a great individual and if you are on my team I saw something great in you.

I will push your boundaries

I will test your limits. You will do things that you never thought possible. You will run faster, throw harder, and hit further. You will sacrifice yourself for the good of the team. You will grow with me. You may suffer from growing pains, but in the end you will cast a bigger shadow.

I will not give you special treatment

You will earn everything you get, and no matter how many times your name appears in the paper, you will abide by the same team rules as every other player.

If punishing 'the star' costs us a game, so be it. That is the short term. The long term is what's important. And there will be a much larger price to pay down the road if I can't get my 'star' to conform to the same standards as everyone else. No one is above anyone.

I will discipline you

You will hate it. I don't care. You will be a disciplined player. You will be a disciplined person. You will be in control of your body, your emotions, and your actions. You will be able to anticipate plays. You will be able to push through a mentally and physically exhausting practice. That takes discipline. It would be much easier to be undisciplined but you would be no better for it.

I will teach you

That's what this is all about. The softball itself is just a metaphor for life. There will be highs and lows. You will strike out and hit home runs. You will be thrown curve balls and change-ups. You will take a bad bounce. I am preparing you for life. Life is not always easy or fun. I want you to be ready. I want you to be the best you can be on and off the field. Life will not baby you or give you special treatment and neither will I. I would do you a great injustice if I only taught you the skills of softball.

I will fight for you

In all aspects, I will fight for you. I will fight to see we get fair calls on the field. I will fight to make sure we get the same amount of gym time as the boys. I will do everything in my control to make sure you are treated deservedly.

I will do whatever it takes to help you succeed on and off the field because I love you. I will not call you my daughter nor will I treat you as such. If I did, I would not be doing my job correctly. But I will make sure you are taken care of. I will make sure you are fed, watered, clothed, and are constantly being pushed to improve yourself. You may not love me back. That's okay. But know that everything I do on the field and much of what I do off is for you. I am not your mother. You don't need another mother. What you need is a coach.

Mikaila Etheredge

Source: <http://mikailaetheredge.weebly.com>

So are you a Coach or a Mother?



Jodie Collins
WILSS Community
Programme Coordinator

"The secret of getting ahead, is getting started."

- Agatha Christie

"Perfection is not attainable, but if we chase perfection, we can catch excellence."

- Vince Lombardi

Food is Good!!

Information overload! Welcome to the digital age where everything you always wanted to know is at your fingertips. Unfortunately with information comes misinformation, confusion and more questions. Now I'm no expert and I don't pretend to know everything about nutrition, but I do know that I have an opinion. Yes I have studied in Sport and Exercise Science, yes I have a love for nutrition and food. In fact when I left school I studied to be a chef, while that may have been a long time ago, my love of food has always been my passion.

"We want to be healthy" but there is so much information out there, our so called informed decision can be not so informed. I'm a true believer in loving the food we eat. You don't have to be a chef to create healthy, tasty meals; you just have to put in a bit of time, go back to basics.....

We as humans have evolved, we are all different, have different lifestyles, different situations, so what works for one may not work for another. It's all about balance! We are bombarded with diets all claiming wonderful benefits, we are bombarded with conspiracy theories and claims that simply aren't true. The reality is many diets eliminate whole food groups, food groups that are super important as we head into older age. We have to think long term if we want to sustain a true healthy lifestyle. Here are a few of my tips (again my personal opinion).

Eat fresh!
Get rid of processed food
Eat a variety of food from all food groups
Embrace herbs and spices
Reduce salt and sugar

Don't change everything at once - tackle one change at a time, one recipe at a time. Here is one of my favourites and if you have celiac or gluten intolerances you can swap out the flour for a gluten free alternative.

2 Ingredient Pizza Dough

INGREDIENTS

1.5 cups self-rising flour
1 cup of Greek or natural yoghurt

METHOD

In a bowl, combine the 1 cup of flour and yoghurt, bring together to form a ball.

Sprinkle the other 1/2 cup to flour onto a board or clean work bench. Turn out the dough and knead. (Don't knead too much as it will become sticky, use extra flour if needed).

Roll into a pizza shape and add toppings.

Top with all your favourites: Choose 3-4 toppings, don't overload the pizza

- ◆ Tomato sauce & mixed herbs or tomato paste
- ◆ Baby spinach, fresh or dried herbs
- ◆ Pine or cashew nuts
- ◆ Capsicum, olives, onions, capers
- ◆ Cooked chicken, pork (add sliced apples), beef, lamb (add fresh mint) or meat alternative
- ◆ Sun dried or fresh tomatoes
- ◆ Feta cheese
- ◆ Handful of grated edam cheese

Bake for 20min or until golden, serve with a leafy green salad.



Leadership Through Young People

The KiwiSport Leadership Programme aims to develop students with the skills and confidence to demonstrate leadership/volunteerism within a sport context, in their school environment and/or the wider community.

The KiwiSport Leadership Development Programme is currently being delivered within ten districts of the Greater Waikato region, supporting our young people to develop their leadership skills.

The KiwiSport leaders are required to participate in a workshop where they will learn what leadership means and how it is different for everyone. They then need to complete 45 hours of volunteering which allows them to display a range of their leadership skills.

With the support from local people within their communities, the KiwiSport leaders are exposed to a range of volunteering activities so that they develop their situational leadership skills. This approach allows the young people to develop their skills through a 'hands on' approach.

So what's in it for our young leaders? Gaining the leadership skills early in their lives allows them to become more confident in themselves and their abilities, they learn new skills within every situation, opportunities open themselves up and they create a trust with who they are working with.



KiwiSport Leadership Activities include:

- ◆ Helping at school sport events such as Swimming and Athletics Sports Days
- ◆ Holiday Programmes
- ◆ After school activities
- ◆ Rippa rugby
- ◆ Volleyball
- ◆ Volunteering within the school

Check out our Kiwisport Facebook page at <https://www.facebook.com/wilss.kiwisport>



Ashleigh Sage
WILSS/KiwiSport Leadership Development Officer



"The best part of the leadership programme is being able to do everything I can, to give back to the community."

"By being part of the leadership programme, it has allowed me to gain confidence within my role of sport leader."

"I continue to volunteer my time because of the bonds and friendships you form with others out in your community as well as seeing younger children continue to play or be involved with sport."

A Pathway to Success

There are a few pros and cons for going to the States on an athletic scholarship. But firstly, it helps a lot when you know this is something you want to do 100%. It's not just about enjoying the sport, it's about having the ability to train 6 days a week at times that don't always work for you, to want to improve and be the best you can be, as well as have the work ethic to make time to study. If you can't keep your grades up, your scholarship gets cut. Simple.

This article is written outlining the pros and cons of going on an athletic scholarship to the States. I'm going to touch on the major roles that impacted my enjoyment: namely, my coach, friends, living in a different culture, the differences in their education system, different types of scholarships as well as what I did for financial assistance and what other options there were. One thing to remember when reading this is that this was my experience based on how I felt about being a student athlete.

I played tennis since I could hold a racquet and I continued to play all the way up to and through college. It wasn't the right time to feel like I had had enough. What I learnt when I got to university was that my coach's job depended on me and my teammates. This meant I couldn't be there to muck around, to not do a "no show" at trainings but to actually turn up every day and not only play but look and act as if I wanted to be there. So when I say you want to know it's something you want to do 100%, it really helps.

I was one who would have been considered to be there for the experience and a chance to get a free education. I won't say I hated the tennis part, but I really disliked it. It wasn't even due to all the training sessions; it had a lot to do with my coach. The coach plays a big role in your enjoyment as you spend so much time with them and the relationship between the two of you impacts on your enjoyment while training. Without going on a rant, my main point is that there are many coaches out there and it pays a lot to learn all you can about them before committing to a school.



Now, even though I was struggling with wanting to play and going to the training sessions, I had huge support away from tennis. My teammates were my friends off the court as well as the other student athletes. I didn't think about it before I went over, but my teammates were automatically my friends. Being a student athlete also made it easier to meet the other athletes there.

I made friends I'll have for life. They made me want to stay and finish what I got myself into. I enjoyed the life of going out and creating those friendships that meant the world to me. They made it worthwhile as well as enjoyable.

The experience of living and being amongst people of a different country and culture were also worthwhile. Although I did experience culture shock as I was put outside of my comfort zone, the experience was definitely life changing for the better. Being subjected to so many differences only allows you to grow and learn more about the world as well as yourself. It's not something to shy away from but to embrace and enjoy. This is an experience that you hold onto for life, it gives you skills where you are able to communicate with many different people and empathize the way that others can't.

I was lucky enough to really enjoy the degree I was studying for and had professors that were caring and wanted me to succeed. The downside to studying in the States though, is that it's a 4 year degree compared to a 3 year degree that we get in New Zealand. You don't learn or do more papers in your degree though, you have to earn the credits by doing courses where you learn about things that most of the time, have nothing to do with your degree. They do this so your education is broadened.

In terms of scholarships, there are different percentages (eg. 50% of a full scholarship) that people get depending on their sport as well as how good they are. It depends on your sport because of the Title 9 rule which states every university must have an equal number of scholarships for men and women. Typically, if you're a female in a sport where there aren't many members (tennis only had about 8) it'll be easier to get a full scholarship. On a full scholarship the university paid for my accommodation, food, education and everything to do with tennis.

My parents paid for my flights every year, but I had to pay for my other expenses. I was able to find work before and during my time in the States. So for me, I was always OK in terms of having enough money as I was able to find work. For people who need help during the year, there are jobs on campus that you're allowed to do on your visa. The only problem is that being a student athlete, there's not a lot of time left once you've gone to classes and trained as you still need to find time to study.

As I've mentioned, not everyone is able to receive a full ride from the university. When this happens, there are other scholarships the university has to help students financially. These scholarships are under "academic scholarships" but you don't have to be the brightest student to get them. It's really just further assistance you can receive from the university. Each university should have information on their website under 'aid' about applying for scholarships and grants and what's available.



From my point of view, I really enjoyed my time in the States. Even though I've outlined times when it was very difficult to go to my trainings, those experiences only made me a stronger person. To go through and finish was such an accomplishment that I'll always be grateful for receiving an athletic scholarship.

Lisa Wilkinson
National Certificate in Sport participant 2015

US College Scholarships

To find out more go to:

<http://hpsnz.org.nz/athletes/athlete-life/us-college-information>

Information & Links

WAYA

Waikato Academy for Young Achievers is coordinated by WILSS and supported by the University of Waikato and the Waikato regions current and retired elite sports people. To be eligible for the programme an athlete must: a) be nominated by their sport or school; b) be competing at a regional level; 3) be aged between 15-18 years at the commencement of the three-year process.

To find out more go to: www.wilss.ac.nz

Pathway to Podium

Pathway to Podium is a nationwide talent development programme helping enraging athletes (usually in their late teens) and coaches be better prepared for the demands of a life in high performance sport.

To find out more go to: <http://www.sportnz.org.nz/about-us/our-publications/our-strategies/pathway-to-podium/>

Sir Edmund Hillary Scholarship Programme

"Together, we believe the impossible is a summit to be conquered." - Sir Edmund Hillary

This scholarship programme educates future leaders at the University of Waikato within the values of New Zealand's greatest adventurer, Sir Edmund Hillary. Hillary Scholars must excel in academia, leadership and sports or creative and performing arts. Various professional development opportunities and fees support are provided for Scholars.

To find out more go to: <http://www.waikato.ac.nz/about/hillary/>