



# SPORTS PROJECTS: Coach & Compete Gymnastics IN New Zealand

## ADDITIONAL INFORMATION

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### Welcome to New Zealand

**A must see destination!** This energetic country has an abundance of adrenaline fuelled outdoor activities that utilize the natural landscape, much of which is protected.

This is nature's adventure playground.... Amidst breathtaking scenery you'll find the best locations for bungee jumping, white water rafting, hiking up glaciers, hang-gliding off mountains, sailing across fiords, skiing down active volcano's, and swimming in thermal springs and geysers... you won't be disappointed!

With both Māori and European influences, New Zealand also has a unique cultural background making it a wonderfully diverse and welcoming country.

### Why Auckland?

Auckland is the gateway to New Zealand and a great place to start your travels. Water is at the heart of what has become New Zealand's most populated city, and it's position on a thin stretch of land tucked between two harbours encourages an active, outdoor lifestyle. The many yachts that sail through the harbours and across the adjoining Hauraki Gulf have led to Auckland's name as the 'City of Sails'. Auckland is incredibly picturesque, with a backdrop of extinct volcanoes looking out across the many islands clustered around the coast.



### THE GYMNASTICS PROJECT:

You'll work as a coach at a gymnastics club in the city of Auckland. The gymnastics club that we work with have a variety of ages that attend and you will be working with children across the different age groups.

You'll assist the head coaches for each particular event. This will give you good experience and a good insight into a variety of gymnastics events. On this project you will be able to improve your coaching skills and learn from the highly qualified and experienced coaches at the clubs.

No qualifications are required for this project but it would be best if you were a gymnast or ex gymnast and had coaching/training and competed within gymnastics.

You'll work with a variety of age groups and with children at different levels of ability, from beginners through to national gym level.

There may also be the opportunity to work with a number of school groups that use the gymnastics club. The club have a variety of different gymnastics events and groups, including:

- Kindy Gym (2-5 year olds)
- School gymnastics

- General Gymnastics (recreational 5 - 12 year olds)
- Trampolineing
- Recreational Gymnastics
- Men's Competitive Gymnastics
- Women's competitive gymnastics
- Teen Gym (13 - 16 year olds)
- Rhythmic Gymnastics



PLEASE NOTE: If you wish to compete within gymnastics on this project, there might an entry fee involved for a competition. As you'll be a coach at the club. you'll be able to use the club's facilities for training.

### THE GYMNASTICS SEASON & COACHING TIMES:

This project runs all year around during the school terms but is not available during the school holidays. The dates are as follows for 2007:

- Term 3: 16th July - 21st September
- Term 4: 8th October - 20th December

The dates for 2008 are:

- Term 1: 4th Feb - 18th April
- Term 2: 5th May - 4th July
- Term 3: 21st July - 26th Sept
- Term 4: 13th Oct - 15th Dec



You'll work from Monday to Friday with some optional coaching on the weekend. As this project is very flexible, you may wish to coach on the weekend instead and have 2 days off in the week and arrangements to do this will take place between you and the head coach while on your placement. However, you'll have to take into account that certain events take place on different days. A typical day on this project is as follows:

- 9:30 - 1:30 Kindy Gym & School groups
- 1:30 - 3:30 pm: Administration work and lunch time
- 3:30 - 8 pm: All gymnastics groups at various times

These are long hours, but you'll only be expected to do between 6 and 8 hours perday. Your schedule will be arranged between you and the Head Coach. The best dates to come on this project is ideally during term 2 & 3 as there is more opportunities to do coaching during the day with the school groups.

If you wish to compete in gymnastics competitions, they do run all year round, but the main season is from May to September.

### POLICE CHECKS:

Within New Zealand Law it is compulsory for all volunteers who work with children to undergo a police check. These checks are done to ensure the safety of children in New Zealand.

The checks are a simple process and we will provide you with all the details of what identity you need to take with you. On your arrival in Auckland, our New Zealand manager will complete the checks with you and take you through the process. As soon as you have registered, you'll be allowed to start working with children.

The fee for the checks is included in your project price and we will ensure that you have all the relevant information before you come to New Zealand.



### ACCOMMODATION:

You'll be accommodated in a centrally located lodge that is friendly and relaxing, making it ideal for long-term

stays. You may have your own room or you may share a room with other volunteers. There is an excellent kitchen and storage area for cooking meals and plenty of space to relax.

Entertainment at your accommodation includes cheap internet access and cable TV (Sky) as well as an outside balcony. You are literally a stroll from the Sky Tower, harbour and waterfront. Trains and buses are also only a few minutes away to take you to parts of Auckland and New Zealand or to the many other 'things to do'!

The city centre boasts great shopping, restaurants and pubs or head over to the viaduct for more pubs, nightclubs and multicultural cuisine.



### **ARRIVAL: YOUR INDUCTION INTO THE COUNTRY**

When you arrive you will be welcomed at the airport by our New Zealand Manager, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Auckland and its culture, as well as useful information like how to use the transport system etc.

### **BRIEF INTRODUCTION TO NEW ZEALAND**

New Zealand is a must see destination – with its stunning scenery of rolling hills, beautiful mountains and amazing beaches it's no wonder New Zealand is one of the most popular places to visit in the world! New Zealand's most striking feature is its variety of landscapes, with great beaches, mountain ranges, big lakes, volcanoes and geysers. Tourism in New Zealand rose dramatically after the success of the Lord of the Rings Trilogy, filmed on location throughout New Zealand.

Auckland has a mixed climate. The hottest months are January and February where temperatures can frequently reach the mid to high 20's. Occasionally the weather can reach 30+ degrees.

### **THE NEXT STEP**

**If you would like to join us on one of our exciting projects then please fill in either an online application form at our website ([www.travellersworldwide.com](http://www.travellersworldwide.com)) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.**

**I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email [info@travellersworldwide.com](mailto:info@travellersworldwide.com)**

**If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at [www.travellersworldwide.com](http://www.travellersworldwide.com)**

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