

## Balance is Better – ‘On a page’

We have simplified *Balance is Better* to assist partners to implement an approach that leads system change for regional and local impact.

*Balance is Better* is all about a **balanced approach to sport**.

An approach that provides young people<sup>1</sup> with quality sport opportunities and experiences to help them be happier, healthier, and supported to optimise their potential in sport and life.

We need to work together for **better balance** between:

- Winning and pressure to perform .... with getting an opportunity, getting better and enjoying sport
- Adult expectations .... with meeting the motivations of all young people
- Single sport focus .... with other sport and life commitments

We will achieve a **BALANCED** approach to sport by focusing efforts on:

- The **People** – who make sport happen (administrators, coaches, officials)
- The **Programmes** – that provide opportunity, development, and competition
- The **Environments** – where young people train, practice, play, and compete

So that we have **BETTER**:

- Coaching of our young people
- Design and delivery of competitions
- Support of young people, regardless of ability or motivation, so they can realise their aspirations in sport and life

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<sup>1</sup> Tamariki and Rangatahi.