

Supporting Diverse Communities

Connect
2sport



BENEFITS OF SPORT

Research shows that sport can provide all sorts of benefits. People all over the world have enjoyed better mental and physical health and wellbeing by playing sport.

What else can sport do for you?

- Sport brings people together from diverse backgrounds
- Sport provides a break from stress associated with adapting to a foreign environment
- Sport gives you the chance to mix with a cross-section of New Zealand society
- Sport gives you more confidence and makes you feel better about yourself
- Sport keeps people busy by participating in positive and fun activities

ABOUT CONNECT2SPORT

Connect2sport aims to connect diverse communities to the sports of Football and Badminton. We want to encourage and support more people from diverse ethnic backgrounds to participate and volunteer in these sports.

We will initially focus on encouraging diverse youth aged 13 to 24 years' old, and who live in Mt Roskill, Avondale, New Lynn and Blockhouse Bay, to join in the project's programmes.

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CONNECT2SPORT & HAVE A GO!

As part of the Connect2sport project, the Metro Football club is hosting a series of 'Have a Go!' days for diverse communities living in the Mt Roskill Area.

The events offer diverse communities and their families the chance to get to know the club and to participate in a variety of football activity, in a fun and friendly environment.

When: Sunday 26 Feb 2pm – 4pm

Where: Phyllis Street Reserve
Phyllis St, Mt. Albert, Auckland

Bring: Yourself, your families and your football boots!

Expect: Free games, free coaching clinics, tours of the club introductions, free giveaways the chance to meet new people and learn new skills

The Metro Football Club was established in 1899 and is one of the oldest in NZ (it was founded in the same year as AC Milan, a team which ironically, also wears the same black/red striped shirt).