



# THE TAUTOKO RANGATAHI Times

## UPCOMING EVENTS:

**#BeFitKids Classes - Every Monday, Wednesday and Friday during the school term, 4pm - 5pm**

**TSSSA CrossFit Competition  
CrossFit New Plymouth  
9th May 2019**

**New Zealand Individual CrossFit Nationals.  
Online Qualifier  
3rd - 28th June  
Finals 20th - 21st July  
Cambridge**

**End Cohort 2 2019  
5th July 2019**

**Start Cohort 3 2019  
22nd July 2019**

[www.tautokorangatahi.org.nz](http://www.tautokorangatahi.org.nz)

[www.facebook.com/tautokorangatahi](https://www.facebook.com/tautokorangatahi)

[admin@tautokorangatahi.org.nz](mailto:admin@tautokorangatahi.org.nz)

One Cohort for 2019 already down, and another one under way!

The #BeFitKids performed exceedingly well in Cohort 1. Many of the kids set and reached many new heights in their journeys. There's so many exciting things coming up for the #BeFitKids in Cohort 2!

On May the 9th, CrossFit New Plymouth will host the TSSSA CrossFit competition for Secondary School athletes. I am sure many of our #BeFitKids will be in attendance and all their hard work and dedication will be on display for all those watching. Good luck to each of you participating, we look forward to shouting at you from the side-line!

This year the New Zealand CrossFit Nationals have introduced two teens divisions which is super exciting for many of the #BeFitKids. The age groups are 14-15 and 16-17 year olds and there are 8 spots up for grabs within each age group. We will be working with 3B Fitness Club to run several of the #BeFitKids through the online qualifier process.

### Cohort 2 Sponsors

This Cohort we have 15 amazing sponsors backing our #BeFitKids. Please show your gratitude to the following businesses for all they are doing to support our youth. A huge thank you to each of you.

Active Electrical Suppliers, Alison Smith - First National, Caffeinate, Craig Fevre Painter & Decorator, DJBB, DR (Jack) Gray, Fortitude - Functional Strength & Conditioning, Hawera Glass & Panel, MARdesignNZ, Marracbo Café, Nix Dungeon, Tara Hogan Independent Arbonne Consultant, TNT - Tattooed Nail Tec, Tommo's Tyres, TSH

### 3B Branded Bag & Keyring Fundraiser

Many of you may have already seen our current fundraising flyer, if you haven't, we have attached one to this newsletter for your convenience.

Both the bags and the keyrings are \$10 each and all funds raised go back to our youth program to cover sponsorship shortfalls, equipment purchases etc. You can order by contacting us through our Facebook page or by email, or by filling out the order form at 3B Fitness Club.

### Nothing Naughty Bars

Tautoko Rangatahi Trust has been once again accepted into the Nothing Naughty Bars fundraising program for 2019. As we have previously done, we will continue to take orders for these yummy bars throughout the year. We aim to place monthly orders, and the #BeFitKids will be asked to sell boxes of these bars occasionally throughout the year. There is an order form available at 3B Fitness Club, alternatively you can place orders by contacting us. Nothing Naughty bars are not only a healthy alternative for lunchboxes, but also a great little fundraiser for Tautoko Rangatahi Trust.

### #BeFitKids May Athlete Profile

**Name: Cassidy**

**Age: 11**

**How long have you been a part of the #BeFitKids: This is my 2nd Cohort**

**What was your reason for joining the #BeFitKids:**

**To get fit**

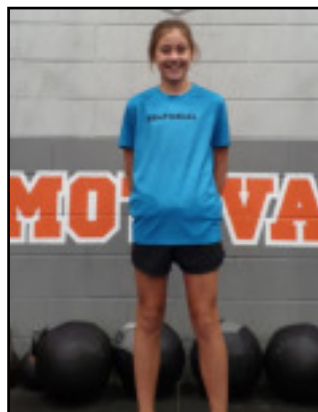
**What have you gained from the #BeFitKids Program:**

**Heaps more confidence and my strength and fitness has improved**

**What's your proudest moment as a #BeFitKid:**

**Being able to run faster than heaps of the other kids and being able to lift weights**

**Photo 1: Cassidy**



**Photo 2: #BeFitKids Cohort 1 Technique Session**



### A HUGE THANK YOU TO OUR COHORT 2 SPONSORS





# FUNDRAISER ALERT

All funds raised go back  
to our youth program.

PM the Tautoko Rangatahi Trust  
facebook page or place your order on  
the order form available at  
3B Fitness Club.

[www.facebook.com/TautokoRangatahi](http://www.facebook.com/TautokoRangatahi)



Limited numbers of both items are  
available – act quickly to avoid  
disappointment!

Thank you so much for supporting us  
as we support our youth

[www.tautokorangatahi.org.nz](http://www.tautokorangatahi.org.nz)