

For the boys. For our future.



CHRIST'S COLLEGE
CANTERBURY

Sporting Excellence, Health & Wellbeing Centre



Facilities

Location

The Sporting Excellence, Health & Wellbeing Centre will be built on the corner of Montreal and Gloucester streets, on the former site of Christchurch Girls' High School, which was bought by College in 2005.

The 2010–2011 earthquakes rendered most of the buildings unfit for repair and, since being cleared, the site has been used as a carpark, with one of the remaining buildings used as a storage facility and rowing ergometer room.

The Sporting Excellence, Health & Wellbeing Centre will be positioned on the south side of the space, potentially leaving room for a new swimming pool on the northern end when the current College pool is no longer fit for purpose.

Community

Outside of College's requirement, the Centre is open for community to use.

Once demand is assessed, it is expected that the Centre will be open from 6am until 10pm, 7 days per week. Combined with approximately 16 weeks of school holidays per year, this will provide flexible times and opportunities for other users to take advantage of the facilities.

Building

The Centre will be a two storey building designed by leading design studio Architectus.

Architectus brings together the experience of more than 350 architects, interior architects, urban designers and urban planners across Australia and New Zealand. With a strong history across architecture, interior and urban disciplines, Architectus teams have specialist expertise across all industry sectors, on projects from the smallest to largest scale.

“We are proud of our reputation for clear strategic design thinking and for the collaborative approach we bring to problem solving. Our focus is to thoroughly understand our clients’ needs, applying our research, experience and technology to develop solutions that are functional and elegant.”

Architectus

Ground Floor

- Reception area and offices
- Strength and conditioning gymnasium
- World class indoor rowing training tank
- Male and female changing rooms

Level One Floor

- The major court space
- Wellbeing Centre
- Additional flexible multi-purpose offices and teaching spaces

Click here to view the Centre Plans.

Major court space

In its main configuration, the major space will be the size of two basketball courts side by side. A full-height net will separate the courts to allow for two basketball games or two PE classes or other sports combinations to operate simultaneously.

In its second configuration, the space will provide one central basketball court with spectator seating. The main seating area will be an extendable/retractable system which, when fully extended, will allow for approximately 650 seated spectators.

In either configuration, the space will cater for a range of activities, with or without seating – such as, badminton, circuit training, futsal, gym sports, netball, table tennis, trampolining, volleyball, and other fitness and recreational activities.



Wellbeing Centre

Christ's College Wellbeing

A dedicated area within the building will be established as a Wellbeing Centre to ensure that people understand wellbeing and what they can do to move from surviving to thriving. The Wellbeing Centre at Christ's College will be the "jewel in the crown" at the school. A place where our students, staff and community can not only keep physically fit, but also attend seminars, lectures and education sessions, to learn about emotional health. A goal of the Centre is to become the wellbeing hub of New Zealand, with best practice and research to give our students, staff and community the best information and tools to enhance their lives.

John Quinn

Director of Wellbeing & Positive Education - Christ's College

John Quinn is a specialist in the fields of leadership and mentoring, positive psychology, wellbeing, happiness, mental skills coaching, and resilience. He has worked with individuals and teams of all abilities from the weekend warrior to athletes on the world stage, across a wide range of sports, as well as with people in government, business and education.

Some of the teams and organisations John has worked with include High Performance Sport New Zealand, New Zealand Rugby, New Zealand Cricket, New Zealand Softball and New Zealand Bowls and, in the Canterbury region, the Crusaders, Mainland Tactix, Canterbury Golf and Canterbury Cats Hockey, to name but a few.

John aims to ensure people and teams are equipped with the skills and tools that enable them to flourish – to "not just count the days but to make the days count" – and to live a healthy lifestyle from the inside out.

Other areas

Reception

The main entrance will be on Gloucester Street. It will lead to a spacious and welcoming reception area, which will be open from early in the morning until late in the evening, subject to requirements and demand.

The wide stairway nearby giving access to the second floor can also be used as a teaching space or tiered function area.

Offices and teaching spaces

A number of offices, teaching and resource spaces will also be available within the facility. These can be configured in different ways according to requirements, and will be available to external providers who offer services that complement the strategic use of the facility – for example, a fitness studio offering exercise to music, yoga/pilates studios, physiotherapist, dietician, or counselling rooms.

Strength and conditioning gymnasium

A major fitness gymnasium will contain state-of-the-art equipment for fitness training, strength and conditioning. It will be ideal for the person exercising for health or for advanced sports training.

What does strength and conditioning mean?

Strength and Conditioning is the physical and physiological development of athletes for elite sport performance. The role of strength and conditioning is to use exercise prescription specifically to improve performance in athletic competition.

What does strength and conditioning do?

The first is to improve athletic performance, which usually means improving athletes' speed, strength, and power (although specifics vary according to individual athletes and individual sports). Conditioning coaches develop systematic training programmes for both teams and individual athletes, often working in close association with sport specific coaches.

How does strength and conditioning prevent injury?

Strength training can be done using various types of resistance, with or without equipment. Strength training is used to strengthen the muscles, tendons, bones and ligaments and to increase muscle mass. Strength training should be implemented in the conditioning programmes of all sports, not just strength sports.

Male and female changing rooms

These will be modern well equipped spaces that will service all the needs of the range of activities available across the whole complex. The areas will be flexible enough that they can be designated to meet the Centre's changing requirements.

Indoor rowing tank

The design will cater for a single scull option up to an eight-oared “boat”, which sits in a specially designed tank. The Christ’s College tank will be the latest concept, which is called an “athlete powered tank” rather than the traditional “mechanically powered tank”. With the athlete powered tank, the water motion that the tank relies upon to create a realistic rowing feel is generated entirely by the rowers, rather than the water pump mechanical versions.

The rowing tank will allow all year training regardless of weather conditions. Tanks are very good for novice rowers, offering a quicker and safer learning option for practice rather than risking difficulties on the water. The latest designs provide exceptional technical rowing analysis. It allows coaches to be right alongside the rowers to get real time feedback and analysis without being on the water to do so.

Download more information about the rowing tank [here](#).





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