



WIMMERA REGIONAL SPORTS ASSEMBLY ACCESS FOR ALL ABILITIES NEWSLETTER

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WHAT'S HAPPENING AT WRSA

There has been plenty happening at the Wimmera Regional Sports Assembly as we gear up for the winter sport season. Many football, netball and hockey leagues have started with competition looking fierce between many teams. The assembly has been busy with many events such as drug/alcohol/code of conduct sessions being held at many clubs around the area.

Alex Thompson our PICSAR manager has recently returned from a trip overseas and is back into the swing of things.

David Berry has been very busy with both work at the sports assembly and with Volleyball. The Western Phantoms had their first state league match not long ago and walked away with a victory so he has been very happy of late!

There have been some AAA programs start and there are many that we have in the pipeline that will hopefully be rolled out in the coming weeks and months.

Luke Werner
Access for All Abilities Manager
WRSA



WHEELTALK

WheelTalk addresses the importance of leading a healthy active lifestyle through participation in sport and recreation and a range of issues including:

Diversity
Bullying
Workplace and road safety
Goal setting
Spinal injury awareness
Disability sport & recreation awareness

Jason Sleep was the guest presenter. Jason's credentials include:
World Champion of slalom skiing in 2007
5 time Australian slalom champion
Holds the Australian slalom skiing record
Wheelchair Sports Victoria Athlete of the year.



Jason has been a paraplegic for over ten years. Jason was riding his motorbike through the bush one day when he hit a small stump which propelled him from his motorbike. Jason was lucky to survive and suffered horrific injuries. For over two years Jason was in and out of hospital and he's never say die attitude was shown.

Jason still rides motorbikes, skis, jet skis and cycles in the Murray to Moyne each year. Jason spoke very well to the students at;

Horsham College
St. Brigids College
Rainbow Secondary College
Warracknabeal Secondary College
Horsham Primary School

Students had the opportunity to compete in a game of wheelchair basketball. All students enjoyed the experience and will now hopefully have a greater appreciation of those in a wheelchair, understanding risk taking behaviour and making correct decisions in life.



AAA FOOTBALL AND NETBALL

The Wimmera Regional Sports Assembly is currently working on a football and netball program. The program is in its early stages of development, although we are hoping to have a program up and running soon.



DANCE PROGRAM

AAA dance is coming to the Wimmera!
The WRSA along with Woodbine in Warracknabeal have started a hip hop dance program. The program will start in the near future. If you would like any information on how to be involved please contact Woodbine or Luke at the WRSA on 53 824 599.





AAA TENPIN BOWLING

The 2011 AAA Tenpin Bowling season is now underway at Horsham Lanes and Games. The League runs on the following Saturday afternoons at 1:00pm.

May 28th

June 18th

July 2nd, 16th, 30th

August 13th, 27th

September 10th, 24th

October 8th, 22nd

November 12th – Presentation day



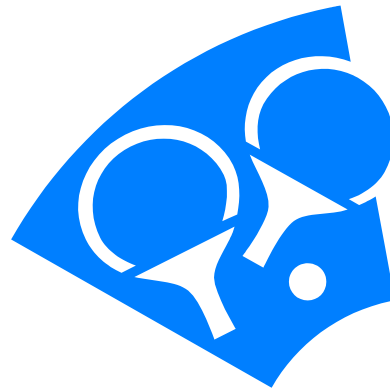
COST: \$8 per session

Wheelchair accessible

Please contact Wayne at Horsham Lanes and Games for more information on 53 825 022

AAA TABLE TENNIS

AAA Table Tennis is returning in May 2011. The Horsham Table Tennis Association is currently taking names of interested. If *you* are interested in playing in this ever growing sport please contact Ian 5382 1336





WHEELCHAIRS IN WORKPLACES



The Wimmera Regional Sports Assembly is currently working on a new project '*Wheelchairs in Workplaces*'. The program will be designed for employees at local businesses, sporting clubs and other organisations to live a day in the life of someone in a wheelchair. The program allows workers to identify the positive and negative aspects of being in a wheelchair and how their workplace may improve their facilities, layouts or disability action plans. The program will hopefully allow some businesses or sporting clubs to make changes to their surroundings to allow for more people to access their services.

WALKING GROUPS

Walking is a great way to stay in shape as well as socialise with friends and family. Currently there are walking groups located right around the Wimmera. If you would like to join a walking group and participate in exercise that provides fun and fitness, please call the sports assembly on 53 824 599.

CONTACT US

WIMMERA REGIONAL SPORTS ASSEMBLY
17 MCLACHLAN STREET HORSHAM
PH: 53 824 599
FAX: 53 824 801
WEB: WWW.WRSA.ORG.AU