

AAA NEWSLETTER

June 2008

HANDBALL ANYONE?

The handball federation of Victoria under the 2007-2008 PICSAR project "handball for all abilities" is seeking organizations that are interested to include handball in their sport and recreation programs

As the peak governing body of handball in Victoria and responsible for management, development, and promotion of the game, catering for players of all ages and abilities.

We would like to offer;

- School handball clinics
- Leadership programs PD in handball for leaders within the communities
- Coaching and referee courses
- Online training
- Community coaching certificate in handball

We are also seeking for students that would like to get a free PD and resources in handball and be part of our projects as volunteers.



For more information, please contact:

Andres Olascoaga

Victorian Handball Federation Melbourne

Email: ndentertainment@optusnet.com.au

Phone: 0412160607



Sporting Tips:

- Before playing any sport, it's important to warm up your muscles. By warming up your muscles you will reduce the risk of tearing or straining them
- Stretching is important and should only be performed when your muscles are warm, so after your warm up. Stretching helps to keep your muscles flexible, but don't over do it. Don't forget to stretch at the end of your physical activity to assist with recovery
- Drink plenty of water before, during and after physical exercise to prevent over heating and dehydration
- Not only should you warm up, but you should cool down to reduce the risk of sore muscles and stiffness
- Keep things fun!

AWAKENINGS FESTIVAL

The Awakenings festival is Australia's only regional disability arts festival offering a wide variety of activities. It is a dynamic, inclusive 10 day event which draws performers and participants from around Australia to the welcoming community of Horsham in October each year.

This year the festival will be held from the 17th-26th October.

The AAA program will be coordinating the outdoor adventures and are searching for interested clubs to become a part of this marvelous event. If your club chooses to be involved, the AAA program will require a small commitment on

the clubs behalf to hold an event. For example a 'come & try' session, social event, demonstration or a pilot program such as a round robin competition.

Please contact Rachel at the Sports Assembly on (03) 5382 4599 for more information on how to get involved.

BOWLING IN THE BUSH...

Bowling in the Bush is a local and regional lawn bowls program that is currently being developed in partnership with the Wimmera Regional Sports Assembly, South West Sports Assembly along with our local and regional Lawn Bowls Clubs.

The aim is to establish a lawn bowls skill development program for people of all abilities that supports pathway development into community based bowling activities and culminates into an annual regional lawn bowls tournament for people of all abilities.

The program will provide support to participants as they are introduced to new skills and new friends, while having an opportunity to participate in an inclusive environment as a part of a local or regional lawn bowls club.

Clubs that participate will benefit from professional and personal development, inclusive coaching training provided by the Sports Assemblies, improved community awareness, and the prospect of increased memberships and volunteers to the club.

Our first Bowling in the Bush will kick off in Hamilton (details below).

WHEN: Friday 5th September 2008
WHERE: Hamilton Bowling Club, Hamilton
TIME: 10:30am—2:00pm (light refreshments provided)
COST: \$5 per participant
CONTACT: Rachel Hateley
 AAA Manager, Wimmera Regional Sports Assembly
 Ph: (03) 5382 4599
 Email: aaa@wrsa.org.au



We inviting as many interested individuals, current members of a lawn bowls club as well as complete beginners to the sport, to participate in this program.

I'd also like to encourage as many local lawn bowls clubs as possible to become involved and send a car load of members/players/volunteers down to participate and support the program.

KERRI TEPPER TABLE TENNIS TOURNAMENT

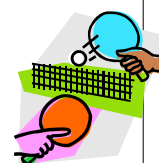
The Horsham Table Tennis Association (HTTA) has begun preparing for the 13th annual Kerri Tepper Table Tennis Tournament, a competition for players with a disability. Competitors come from across the land including Ballarat, Swan Hill and of course the Wimmera region to participate in this yearly event.

An invitation is extended to you and any of your friends that may be interested in participating. If you've

never played before, then come along and check it out and enjoy a scrumptious BBQ lunch for just \$5 while supporting those who compete.

The Kerri Tepper Tournament is supported by many local organizations, which allows the Horsham Table Tennis Association to continue the event each year. A huge thank you to everyone who contributes to putting a smile on the faces of these wonderful competitors.

WHEN: Sunday 31st August 2008
WHERE: Maydale Pavilion, Horsham Show Grounds
TIME: 10:30am—4:00pm
COST: \$10 to compete
 \$5 for BBQ lunch
RSVP: 20th August
CONTACT: Jeff Pekin, HTTA President
 (03) 5382 1034



INCLUSIVE BEHAVIOR...

Something we all need to consider in our every day lives is... How inclusive are we???

FACTS:

- A disability is any condition that restricts a person's mental, sensory or mobility functions. It could be caused by an accident, trauma, genetics or disease.
- A disability may be temporary or permanent, total or partial, lifelong or acquired, visible or invisible.
- 88% of disabilities are invisible
- Approximately 20% of Australians have a disability of some form
- **Attitude is everything!**

We can all help create a more inclusive environment by considering a few simple things...

- See the person for who they are, not their disability.
- What you say is important, but what you do it is more important
- Think ABILITY not disability
- Be positive
- Adapt your communication skills to allow everyone to understand
- Respect other peoples opinions, thoughts and desires
- We all deserve the chance to participate
- **Attitude is everything!**

Below is an acronym know as T.R.E.E. It can be used in your everyday tasks and is something that all clubs should consider before designing a coaching program.

T.R.E.E will you basic information on how to modify your sport when necessary so everyone can participate.

Modification is essential to allow the young and old to participate; for complete understanding of directions; and to incorporate people of all abilities.

For more information on creating an all inclusive environment, please contact the Wimmera Regional Sports Assembly on (03) 5382 4599.

<h2>Teaching Style</h2>	<ul style="list-style-type: none"> • <u>Develop thinking players</u> • Demonstrations verses verbal descriptions • Pictures verses video usage • Buddy Systems (one experienced & one beginner) • Body Language/Energy levels • Questioning to ensure complete understanding... Can someone demonstrate? No yes, no answers!
<h2>Rules</h2>	<ul style="list-style-type: none"> • Time • Area/Zones (increase/decrease) • Bounce verses no bounce • Number of players (more/less) • Scoring/Goal size • Touch instead of tackling
<h2>Environment</h2>	<ul style="list-style-type: none"> • Zones/Area (increase/decrease) • Indoors verses outdoors • Lighting • Heat/Wind/Rain • Sounds
<h2>Equipment</h2>	<ul style="list-style-type: none"> • Balls (different sizes/grips) • Goals (wider/narrower, taller/shorter) • Size (height/width/length) • Soft verses hard • Density (bouncing ability) • Color (brighter/duller)

WIMMERA REGIONAL SPORTS ASSEMBLY

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We're on the web...
www.wrsa.org.au



... Access for All Abilities aims to encourage and support sporting and recreational clubs, facilities and events to develop a more inclusive approach...

The Wimmera Regional Sports Assembly...
Providing active participation and opportunities in sport and recreation.

The Wimmera Regional Sports Assembly Inc. is a volunteer based organization established to support the growth, development and promotion of sport and recreation at the grass roots level.

The Assembly provides a vital link between local clubs and state and national bodies. It has formed a solid partnership with Sport and Recreation Victoria and other strategic partners including VicHealth, Local Government and health agencies to provide a quality service for Wimmera sporting clubs and associations which encompasses the needs and priorities of the region.

The Assembly office is located at 50C Pynsent Street, Horsham.

The Staff can readily provide information and support on a variety of sports related topics. They have a wide range of both experience and knowledge and would be pleased to assist wherever possible.

GOODBYE TO A FELLOW STAFF MEMBER

The Wimmera Regional Sports Assembly's PICSAR (Participation in Community Sport and Recreation) manager, Anna Wilson has resigned from her role with us and moved to Wangaratta to pursue the PICSAR role there.

Anna finished up in the Wimmera on Friday 20th June and commences her new role in Wangaratta on July 1st. On behalf of the Sports Assembly I would like to thank Anna for her hard work and dedication. We wish her the best for her new journey and hope that she enjoys her new role.

Dream what you want to dream; Go where you want to go;

Be what you want to be; Because you only have one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet; enough trials to make you strong, enough sorrow to keep you human and enough hope to keep you happy.

*The happiest of people don't necessarily have everything;
They just make the most of everything that come their way.*



From left to right: Anna Wilson and Rachel Hateley