

**Wimmera Regional
Sports Assembly
Inc.**

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AAA Newsletter

August 2008

13th Annual Kerri Tepper Table Tennis Tournament

The 13th annual Kerri Tepper Table Tennis Tournament held on Sunday 31st August, was hailed a complete success, thanks to the organization of the Horsham Table Tennis Association who host the event each year.

With approximately 50 competitors along with their numerous supporters, the day ran perfectly despite the rain and cold winds outside. A scrumptious BBQ lunch provided players plenty of energy to play out the round robin tournament with players from Ballarat taking home the major trophy. Mr Merv Tepper, Kerri's dad presented the trophy to the winning team on behalf of his daughter Kerri. Kerri was a commentator for the

Olympics in Beijing and due to illness unfortunately was unable to attend the tournament.

A huge thank-you to Jeff Pekin and the Horsham Table Tennis Association for their continued dedication towards this event each year. Your support and contributions are priceless!

Thank-you to all the competitors and supporters for their participation on the day.

We hope to see you all again next year!

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Expressions of Interest...

Are you interested walking, but need motivation??

Kelly Hobbs, PICSAR (Participation In Community Sport and Active Recreation) Manager for the Sports Assembly is seeking expressions of interest for a **daily** walking group in Horsham.

It has been brought to our attention there may be a need for a daily Horsham walking group to help keep locals motivated to be physically active on a regular basis.

Please contact Kelly Hobbs at the Sports Assembly on (03) 5382 4599 or send her an email, kelly@wrsa.org.au to register your expression of interest by October 3rd 2008

Benefits of Regular Physical Activity

Moderate physical activity including walking, even 15 minutes before and after work each day, can enhance wellbeing and productivity.

Physical inactivity increases all causes of mortality, doubles the risk of cardiovascular disease, Type 2 diabetes and obesity. It also increases the risks of cancers, high

blood pressure, osteoporosis, lipid disorders, depression and anxiety.

More than half (54%) of Australian adults are either overweight or obese. It is estimated that about 75% of the Australian population will be overweight or obese by 2020 (2004-2005 National Health Survey, ABS).

30 minutes of physical activity at a moderate intensity each day is all you need to improve your physical and mental health.

As we move into the warmer months, I encourage everyone to get out and about and increase your daily intake of physical activity.

Football & Netball Skills for All Abilities

On Sunday 17th August, Taylors Lake Football and Netball Club held their annual all abilities day.

The day commenced with football skill sessions to improve basic skills. These included improving handballs, kicking to a



target, marking and of course kicking goals! All skills were modified appropriately to accommodate everyone's abilities. The participants were split evenly creating

two teams to allow a scratch match to take place. At the end of the modified game the scores were level.

Taylors Lake Football Netball Club did a fabulous job, ensuring everyone got a chance to participate in a safe and fun environment.

A quick break at the end of the match for a drink and the participants were back out to give netball a go. Netball rings were set up allowing everyone a chance to practice their shooting skills. A whopping 15 goals in a row by 15 individuals just to show off their skills, well done! Towards the end of the

netball session, the weather turned and the rain came down. Not to worry as the BBQ lunch was ready to go.



Participants headed to the club rooms to enjoy each others company and a delicious BBQ and salad lunch provided by Taylors Lake.

Thank-you to one and all involved in this fabulous event.

Hope to see you all there again next year!

October = Walktober

October has been renamed Walktober! It is a whole month dedicated to walking and activities are run right across Victoria and interstate to include everyone from babies in prams to seniors as well as workplace and community challenges.

This is the 3rd year Walktober has been held and it's getting bigger each year. Walktober has been

developed by Kinect Australia (incorporating VICFIT) in collaboration with VicHealth and this year is also funded by the Department of Transport, Parks Victoria and the Victorian Seniors Festival.

Last year Walktober involved over 450 organizations and more than 80,000 people took part in events during the month.

To find out more about Walktober or to register, visit

www.walktober.com.au

Walktober exists to motivate and support people to safely walk for fun, health, transport, the environment and to build sustainable and connected communities.



Walk to Work

Friday 3rd October is Walk to Work day!

This is an annual event held throughout Australia to promote regular walking and a cleaner environment. The Sports Assembly is encouraging organizations and individuals to register online at www.walk.com.au to help Australia become a healthier country.

The Sports Assembly has registered for this

event. As staff live anywhere up to 50kms from Horsham, we are all driving to work before heading out for a 30 minute brisk walk together. There are no excuses! This event happens once a year. So support each other to improve Australia's health and environment!

Together Everyone Achieves More!



Ride to Work

Wednesday 15th October is Ride to Work day. It's been dubbed "Australia's biggest ever cycling event", the "largest active transport event" and a "new favorite on the annual workplace calendar." Participation in the 2007 event exceeded all expectations:

- Over 29,000 registrations and an estimated 90,000 participants
- 25% of registered riders were "having a go" for the first time
- Almost 3,000 registered workplaces, many hosting their own breakfasts.

So leave your car at home, jump on your bike and come and enjoy a FREE Horsham Community Breakfast at the Civic Centre Courtyard between 8:00am-9:00am. RSVP to (03) 5382 5607 or email wtc.wimmvol.com.au





Awakenings Festival - Outdoor Activities Timetable

Activity	Day	Time	Location	Cost / Details
10 Pin Bowling	Saturday 18th October	1:00pm — 4:00pm	Horsham Lanes & Games Jenkinson Ave	\$4 per participant
Aqua Aerobics	Tuesday 21st October	2:00pm — 3:00pm	Horsham Aquatic Centre YMCA Hamilton St Horsham	\$6 per participant Min 10 participants
Tennis	Tuesday 21st October	5:15pm — 6:15pm	Central Park Tennis Club	\$5 per participant
Table Tennis	Wednesday 22nd October	1:00pm — 3:00pm	Horsham Table Tennis Association Maydale Pavillion,	\$5 per participant
T-Ball, Badminton, Volley Ball	Thursday 23rd October	1:00pm — 4:00pm	The Wool Factory 134 Golf Course Rd	
Easy Trainer	Friday 24th	11:30am — 12:30pm	Horsham Aquatic Centre YMCA Hamilton St Horsham	\$6 per participant Min 10 participants
4 Wheel Drive around the Wimmera	Saturday 25th October	8:30am start	Wimmera 4 Wheel Drive Club	Emergency details form to be completed before departure. Must be able to transfer out of chair, sit comfortably in vehicle and wheelchair must be collapsible. BYO food and drinks
Cricket Match	Saturday 25th October	1:30pm	Between Wail Nursery & Seawinds Nursery Horsham	Spectators & volunteers welcome

All participants must register for each activity by contacting:

Wimmera Regional Sports Assembly

PO Box 116, Horsham 3402

Phone: (03) 5382 4599



2008 Outdoor Adventures Registration Form

Activity: _____

Day: _____

Number of Participants: _____

Name(s) of Participants: _____

Name of Group: _____

Contact Name: _____

Address: _____

Contact Number: _____

Email: _____

All enquiries need to be addressed to Rachel Hateley at the Wimmera Regional Sports Assembly on (03) 5382 4599 or via email aaa@wrsa.org.au

Activities that require payment must be fully paid for at the time of the activity. All money needs to be paid to the business/club on the day. No money for outdoor adventures is to come through the Wimmera Regional Sports Assembly or the Awakenings office.

Please complete this form and return it to the Wimmera Regional Sports Assembly by the 10th October 2008.

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



Spring is Here...

As we say goodbye to Winter and welcome the warmer days of Spring, we mustn't forget to cover up from the harsh sun.

Those 3 words of summer, **SLIP, SLOP, SLAP!**

SLIP on a shirt!

SLOP on the
sunscreen!

SLAP on a hat!

And don't
forget to SLIDE
on your

sunglasses for increased protection
from the sun's rays.



Your feedback is important to
us. Please let us know your
comments or suggestions on
how to improve this newsletter
by contacting us on
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