



# AAA Newsletter

## Get the Bowl Rolling...

Wheelchair Sports Victoria are making their way to the Warracknabeal Bowling Club on Wednesday 15th October to conduct their lawn bowls project.

People with a physical disability are encouraged to come and try lawn bowls... For an enjoyable and social day, come along and... GET THE BOWL ROLLING!



**When:** 15th October

**Where:** Warracknabeal Bowling Club

**Time:** 10am Disability Awareness session

11am Light Refreshments

12pm Try Lawn Bowls with champion bowler Steve Odgers

**Get The Bowl Rolling...**

For more information, please contact Jared, at Wheelchair Sports Victoria on (03) 9473 0133 or by email at [jkeely@wsv.org.au](mailto:jkeely@wsv.org.au)



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### Special points of interest:

Have you booked your position in the Awakenings Festivals' Outdoor Adventures??

Register your details for an outdoor adventure with the Sports Assembly on (03) 5382 4599 or [aaa@wrsa.org.au](mailto:aaa@wrsa.org.au)

## AGM, Awards and Grants

The Wimmera Sports Assembly held their Annual General Meeting on the 9th of September at the Horsham Sports and Community Club. We are pleased to welcome two new board members to the Sports Assembly General Committee. They are Marita Spicer and Ray Woods.

The annual reports were presented by the Vice-Chair, Mary Raynes on behalf of the Chairman, Ian Clough. Reports were also presented by each staff member of the Sports Assembly describing



activities within each of their programs.



The night also allowed the Sports Assembly to present the Valued Volunteer of the Year Award and the annual Sports Foundation Grants.

Kylie Ferguson, a coach for the Horsham Swimming Club was a finalist in the Valued Volunteer Award. For her efforts and to show our appreciation, Kylie was presented with a framed certificate.

Jeff Pekin, President of the Horsham Table Tennis Association was named the Wimmera's Valued Volunteer of the Year.

Congratulations to Aaron Watts, Brylea Swanton, Dominic Spicer and Tamika Edwards who were presented with grants from the Sports Foundation. We wish you all good luck in your sporting careers.



[www.pinkribbonday.com.au](http://www.pinkribbonday.com.au)



The Pink Ribbon is the symbol of support for the many women who have been affected by breast cancer globally. In 2008, Pink Ribbon Day will be held on Monday 27th October.

By selling a variety of pink ribbons or buying one to wear, you will be helping the Cancer Council to provide support to the many women affected by breast cancer each year.

The funds raised through Pink Ribbon Day will enable the Cancer Council to:

- Fund breast cancer research
- Help those affected by breast cancer right now, by offering support services to help them and their family through their cancer diagnosis and treatment
- Educate women to be 'breast aware'

## Walkers Wanted...

*Are you interested in regular walking but need motivation??*

The Wimmera Regional Sports Assembly is seeking expressions of interest for a Horsham based walking group.

Register your interest with the Sports Assembly's PICSAR (Participation In Community Sport and Active Recreation) Manager, Kelly Hobbs on (03) 5382 4599 or [kelly@wrsa.org.au](mailto:kelly@wrsa.org.au) by October 24th 2008.

Please include time of day that best suits you to walk, preferred location, distance and any other relevant



## Sunnyside Corporate Lawn Bowls

It's that time of the year again when the Sunnyside Horsham Bowling Club host their annual Corporate Lawn Bowls competition.

**AAA is organizing a team and would like to ask anyone interested to contact the Sports Assembly ASAP**

**When:** Tuesday 14<sup>th</sup> October – Tuesday 2<sup>nd</sup> December  
(8wk program)

**Time:** Bowling commences at 7pm sharp

*FREE BBQ each night available at 6pm*

**Cost:** \$6 per player (includes ticket in nightly raffle)

**Where:** Sunnyside Horsham Bowling Club,  
Baillie Street, Horsham

Teams of 4 (can be mixed male and female)

Bowls available at club. You will need flat soled shoes

Nightly prizes for winners. Grand prize for winning team announced at the end of the 8 week program

Bar facilities available.

**RSVP to Rachel by 7th October if you are interested in participating as part of the AAA team.**

To Register Contact:

**Barry Gross**

Sunnyside Bowling Club  
Ph: (03) 5381 0090

OR

**Rachel Hateley**

AAA, Wimmera Sports Assembly  
Ph: (03) 5382 4599

## Wimmera Regional Sports Assembly Inc

Drop In to see us at:  
50C Pynsent Street, Horsham

Post your requests to:  
PO Box 116, Horsham 3402

Phone: (03) 5382 4599  
Fax: (03) 5382 4801

Rachel Hateley  
Access for All Abilities (AAA)  
Manager, WRSA

E-mail: [aaa@wrsa.org.au](mailto:aaa@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..."



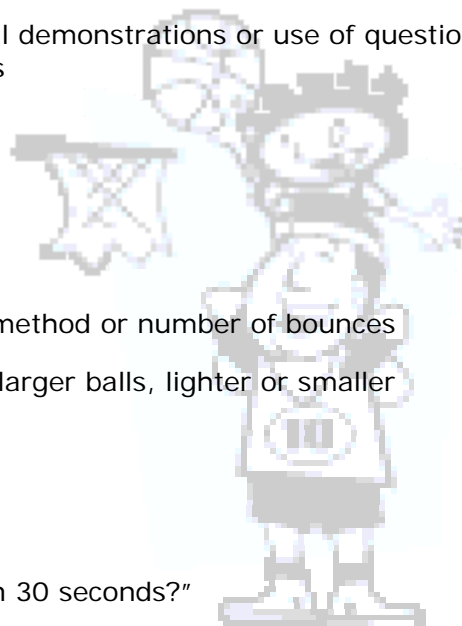
[www.wrsa.org.au](http://www.wrsa.org.au)

## CHANGE IT

Using CHANGE IT to maximize participation and include all.

One of the most challenging areas for a coach is dealing with multi-age groups and/or a wide range of sizes and abilities. All games should possess the ability to be made easier or harder to suit the participants. They playing environment can be modified to make it easier or harder using the CHANGE IT approach:

- |          |  |
|----------|--|
| <b>C</b> | Coaching style. For example, visual demonstrations or use of questions and role models and verbal instructions |
| <b>H</b> | How you score or win   |
| <b>A</b> | Area (playing area)  |
| <b>N</b> | Number of children   |
| <b>G</b> | Game rules, for example, scoring method or number of bounces   |
| <b>E</b> | Equipment, for example, softer or larger balls, lighter or smaller bats/rackets                                |
| <b>I</b> | Inclusion (or intensity)   |
| <b>T</b> | Time, for example, "How many... in 30 seconds?"  |



### Remember:

- Preserve the integrity of the activity
- It is more important to follow the concept of the CHANGE IT than to remember what each letter represents. If it's not working... CHANGE IT!
- All activities can be made harder or easier using these methods to ensure appropriate levels of activity and development for all children
- Often the children can modify the activity to suit their needs with a little guidance or facilitation from the coach