

Access For All Abilities Newsletter

MUSCLE VERSUS FAT

Weighing yourself doesn't provide an accurate reading because muscle is heavier than fat. So even if you're working out regularly and think you should be losing weight, the scales might say otherwise as you could have gained muscle. It's more accurate to measure your percentage of body fat rather than your body weight.

HEALTHY TEETH AND BONES

According to a recent Australian nutrition survey, 90 per cent of Aussie women do not receive the calcium they need. Calcium is vital for healthy teeth and bones, helping build bone density, preventing osteoporosis, and is also good for healthy muscles and nerves. Calcium is found in foods such as cheese, yoghurt and milk is stored in our bones until the age of 30. After that we stop storing and slowly use up what we've got, so it's important to eat as much dairy as you can now. Try to consume 800-1000 milligrams, or three serves of dairy, per day (two serves if you're eating low-fat varieties).

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Sportslink Launch, Join the Network!

Sportslink is a communication tool your club can't afford to be without, an essential promotional and development resource accessible to all clubs, and best of all it's absolutely FREE.

It is a state-wide online directory that will be promoted locally, regional and state-wide.

Sportslink allows clubs to manage their online details, including club and team information, contacts, events and volunteer vacancies.

Sportslink can provide information on how to join, where to find a club and who to contact for more information

Benefits of joining sportslink:

- ◆ Recruit new members
- ◆ Receive newsletters
- ◆ Promote club events
- ◆ Access club development resources and information
- ◆ Get grant information

Sportslink allows the



community to:

- ◆ Find a club or activity near them
- ◆ Find out how to get involved ie. Joining fees
- ◆ Check if it suits their needs!

WHEN?

Tuesday 7th April
Stawell Leisure Centre
between 3:30pm—6:30pm

Tuesday 14th April
Yarriambiak Shire Council,
Warracknabeal
3:30pm—6:30pm

Tuesday 21st April
Hindmarsh Shire Council,
Nhill
3:30pm—6:30pm

Tuesday 28th April
Edenhope Business Centre
3:30pm—6:30pm

Drop in to sign up your club or organisation and enjoy a free coffee with us!!

Sports Star of the Month...

Standout young shooter Alethea Sedgman from the Horsham Smallbore Club is the first finalist in the 2009 Horsham Sports and Community Club Sports Star of the Year Award. Fifteen year old, Alethea will receive an embroidered Sports Star of the Year jacket courtesy of DAGS Quality Screen Printing and voucher from Hip Pocket Workwear for having been the successful March monthly winner.

Alethea has only been involved in smallbore shooting for two years but in this short time has recorded some outstanding results as well as impressing state and national coaches with her abilities. Competing in events for air, prone and sport rifle, Alethea has proved her prowess by taking out events locally and at Shepparton, Nurmurkah and the Australian International Shooting's Youth Olympics in Sydney last year. This year she has recorded victories in the 2009 Victorian State Championships, the Auscup National Competition and the Target Rifle Australia National Championships in the sub junior division. Latest results from the Nationals place her as the Australian Sub Junior Champion for the 50m Prone rifle, the 50m 3 Position 20 Sport Rifle and the 10m air rifle and the bronze medallist in the Open Women's Air Rifle.

Her results have prompted the national coaches to offer her additional training and assistance which she has taken up and while still aged in the sub-junior category it is obvious that Alethea has the potential to achieve significant placings in open divisions. She has a real focus on her sport and would love to shoot for her country at the Olympics if the opportunity should present itself. With a strong work ethic and commitment, Alethea is in a position to continue the domination that the Wimmera has in the shooting disciplines.

Also nominated in the award for March was young Sarina Quick. Sarina, already a veteran equestrian rider at only eleven years of age, has achieved a great deal winning the Barastoc Champion Shetland of the Year. She has also had victories as the Reserve Champion at the Victorian Arabian Championships and the Arabian Feature Show and has, according to her coach Donna White, the determination and skill to make it to the top level in her sport.

Monthly winners are eligible to win the \$1,000 Sports Star Scholarship and trophy at the 2010 Horsham Sports and Community Club's Sports Star presentations. If you know of someone who is doing well at their sport and deserves some recognition, why not nominate them in the DAGS Screen Printing and Hip Pocket Workwear Sports Star of the Month.

All nominees in the monthly award will be presented with certificates signed by the Minister for Sport and Recreation, James Merlino, and the monthly winner receives (aside from the jacket and voucher), a free ticket to the annual presentation and a specially struck medallion from Wimmera Trophies and Gifts.



Nominations are welcome at any time and nomination forms are available from the Sports Assembly 5382 4599 or log onto www.wrsa.org.au. A reminder that the Special Category awards (teams, coaches, veterans etc) are welcome at any time and will be presented alongside the Horsham Sports and Community Club Sports Star of the Year next February 2010.

Get The Bowl Rolling... Wheelchair Sports Victoria

The Sunnyside Bowling Club will be hosting Wheelchair Sports Victoria (WSV) on Thursday 14th May as they implement their funded project, Get the Bowl Rolling.

The project aims to increase disability awareness, inviting school groups to participate in Disability Education Programs followed by instructed sessions on the greens. It also aims at increasing the number of community members with a disability participating in their

local bowling clubs.

The day will commence at 11am with a free 'come and try' bowls session. Coaching and advice will be provided by WSV officers and the Sunnyside Bowling Club members. A FREE barbeque will be provided for those who participate on the day.

For more information contact Rachel at the Sports Assembly on 5382 4599.

We look forward to seeing you there!

Troy Young's story...



HELP: Wimmera Regional Sports Assembly's Kelly Hobbs and Rachel Hateley join Troy Young and Sunnyside Bowling Club vice-president Barry Gross for a roll on the Sunnyside greens. Young needs thicker wheels on his wheelchair to be allowed to play on other Wimmera bowling greens. Picture: PATRICK O'MEARA

Troy Young is a well known sportsman within the Wimmera Region especially on the bowling greens. But due to his wheelchair, his dream of playing outside the Wimmera region is being restricted.

At the young age of 3 weeks, Troy suffered a brain hemorrhage which saw him restricted to a wheelchair for the rest of his life. But this hasn't prevented him living life to the fullest with his dream to one day represent Victoria in lawn bowls.

Since taking up lawn bowls, just 5 years ago Troy has become a familiar face at the Sunnyside Bowling Club. With the support of the Club's members Troy has come along way with his bowling and wishes to participate in competitions within the Wimmera to increase his skills. However many Clubs within the Wimmera have barred him from participating on their greens incase his wheelchair damages their greens.

Sunnyside welcomed Troy to their club with open arms, offering him the opportunity to compete in night pennants. In respect of other clubs, Sunnyside organised Troy to play between two teams to keep him playing home games on the Sunnyside greens. Troy's passion for the game continues to grow, but the barriers are causing him great heart ache.

The Access for All Abilities program is offering support and advice to Troy and the Club on upgrading the wheels on his chair to meet requirements provided by the Royal Bowls Association. This is the main factor preventing him from playing at other Clubs.

Players in a wheelchair must have tyres with a minimum width of 45mm which will allow them to play on any green up to the highest level of competition. Troy's wheels currently do not meet this standard, hence the restrictions from Clubs within the Wimmera. It is barriers like these that the Access for All Abilities Program

and the Sports Assembly work hard to minimise and eventually overcome.

Everyone has the right to participate within their local sport and recreational clubs and organisations. The Sports Assembly works closely with the Clubs and Community organisations within the Wimmera to provide up to date information about available grants, support from State Sporting Associations, overcoming barriers, the latest health information and much more.

To ensure your club or organisation is kept up to date, register your information by emailing the Sports Assembly at aaa@wrsa.org.au or contact us on (03) 5382 4599.

Troy is honored to be a part of the Sunnyside Bowling Club and will continue bowling and his passion to pursue his dream.

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IMPORTANT FACTS:

Weekly Calendar: Each week the Sports Assembly creates a calendar of events which is published each Wednesday in the Wimmera Mail Times. If you would like to add anything to the calendar, please forward the relevant information to aaa@wrsa.org.au or send the information to PO Box 116, Horsham 3402.

ABC Radio: Remember to keep listening to ABC on Wednesday morning at 7:35am for more Sports Assembly updates. If you would like our support to advertise an upcoming event, please send the information through.

HHH & 3WM Radio: Don't forget you can also hear us on HHH Community Radio on Fridays between 12pm & 1pm and finally on at 8:05am on Saturday with your radios tuned to 3WM!

Horsham Walking Group Calendar



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Walking Group
Calendar
May-September 2009



Tuesday	Thursday
2:00pm	2:00pm

