



Message from the Deputy Secretary

Welcome to the end-of-year issue of *Actively In Touch!* It's been another bumper year of sport, recreation and physical activity. This issue provides an insight into the vast array of activity happening across Tasmania.

Since last month, we presented the winner of the Get Moving Tasmania Physical Activity Award at the recent Community Achievement Awards, welcomed two new members into the Tasmanian Sporting Hall of Fame and announcing the TIS Athlete of the Year for 2019. In addition, three Tasmanian clubs were recognised at the Alcohol and Drug Foundation's National Good Sports Award in Canberra.



Find out about the West Coast Councils newest mountain bike adventure, three Tasmanians who competed on the World Para Athletics Championships in Dubai, Mitchell Holton's Little Athletics and children in the Huon Valley area who enjoyed the AFL Gala Day. And finally, have you ever thought about playing Footgolf? Read all about it [here](#).

As the festive season draws near, I would like to take this opportunity to wish you a happy, healthy and active summer with time to do the things you enjoy.

Kate Kent

Deputy Secretary, (Communities, Sport and Recreation)

Mitchell Holton joins Little Athletics Tasmania

Mitchell Holton has cerebral palsy but this hasn't stopped him from being involved with Little Athletics.

Mitchell became a member of the South Launceston Little Athletics Centre and attends regularly with assistance of members from the Centre. All the U11 boys in his age group love having Mitchell around participating in track and field events.

The South Launceston Little Athletics Centre is very inclusive of those wanting to participate and will accommodate anyone that wants to join. The Centre has had a number of athletes with varying disabilities with some at times requiring adjustments which the Centre is always happy to provide.

Recently, IAFF World Championship representative Josh Harris paid a visit to the South Launceston Centre where he spoke about his own personal journey from Little Athletics to the World Championships. While at the Centre, Josh joined Mitchell in the U11 Boys 800 metre event, where they teamed up for a win.

Mitchell is a member of the Just Like Jack organisation which helps children with disabilities enjoy their best life.

Photo: *Mitchell and Josh Harris (centre) at the South Launceston Little Athletics Centre*



Footy for Kids AFL Gala Day

The Glen Huon Oval was the location for a day of learning the finer points of playing AFL for primary school students from the Huon Valley area. Primary school students from Cygnet, Glen Huon, Franklin, Dover, St James were eager young players, with up to 200 students in attendance. For the first time, students from St Aloysius and Huonville Primary were able to come along.

Kingborough Tigers Community Engagement Officer, Jordan Phillips worked very closely with the South East Tasmanian Aboriginal Corporation to make the day a successful event. Starting with Laura Butler conducting the Welcome to Country, all the students were then put into groups for a round robin of activities that included kicking, marking, tackling and handballing.



Senior Tigers players assisted Jordan on the day with former AFL Hawthorn mid fielder Kieren Lovell available for inside knowledge and photo opportunities.

The students were put through their paces with all of them showing a great deal of enthusiasm and excitement. Some showed a level of talent which caught the eye of Jordan, who said, "You can always see future champs playing with ease and the other children having fun which for us was the goal of today's event."

Photo: *Glen Huon Oval*

Get Moving Tasmania Physical Activity Award Winners

Risdon Vale Bike Collective was awarded the Get Moving Tasmania Physical Activity Award at the 2019 Community Achievement Awards gala dinner on 22 November 2019.

The Get Moving Tasmania Physical Activity Award recognises the important role not-for-profit community organisations play in promoting and providing opportunities for physical activity. The award recognises programs, services and projects that increase, improve or provide physical activity participation opportunities in communities.



Risdon Vale Bike Collective operates through restoring, selling and riding bikes. It works with young people from Risdon Vale to increase social cohesion, work readiness skills and recreational opportunities, providing a place for them to grow in character and life skills. This occurs through two workshop sessions each week during school terms with up to 30 participants aged from 10 to 18. It also runs regular ride days and multi-day mountain bike camps to participants each year. In the past two years, over 60 young people have participated in all aspects of the program, completing 4,000 hours of learning and development.

Finalists for this award included Womensport and Recreation Tasmania, the Tasmanian All Schools Mountain Bike Championships and Surf Life Saving Tasmania.

For more information contact Risdon Vale Bike Collective at the website [here](#).

Photo: *Helen Langenberg (R), Manager Sport and Recreation and members of the Risdon Vale Bike Collective.*

New Members join Tasmanian Sporting Hall of Fame

The Tasmanian Sporting Hall of Fame has two new members; both Olympians with long sporting careers.

Sam Beltz - Rowing

Olympian and World Champion rower Sam Beltz was a member of the Australian Rowing Team for 15 years. Born in Hobart, Sam rowed with the Lindisfarne Rowing Club and trained with the Tasmanian Institute of Sport while also studying and working as a physiotherapist.



In 1999, Sam joined the Australian Rowing Team and went on to win a number of medals for Australia. The highlight of Sam's career was winning gold in the Lightweight Men's Four at the 2011 World Championships in Bled, Slovenia.

Sam won silver medals in the lightweight Men's Four at the World Rowing Championships in 2010, and silver in the Lightweight Men's Quadruple Sculls at the World Championships in Italy in 2003. Sam represented Australia at the Olympic Games Beijing 2008 and Olympic Games London 2012.

Following his retirement from sport, Sam is focusing on family life and his physiotherapy career specialising in workplace rehabilitation and injury management.

David Guest - Hockey

David Guest was a member of the Kookaburras, the Australian Men's hockey team, for 10 years and played 103 international matches and scored 19 goals. David was a member of the Kookaburras team that won gold at the Champions Trophy in Chennai in 2005; and silver at the Champions Trophy in Kuala Lumpur in 2007.

Winning a bronze medal for Australia in men's hockey at the Olympic Games Beijing 2008 was a highlight of David's career, where the midfielder made two penalty corner conversions. David has acquired an extensive background in coaching and performance analysis through his time with the Kookaburras and Hockeyroos, as an analyst with the Fremantle Dockers along with working with the WAIS and NSWIS.

Following his retirement from International Hockey, David moved to coaching in 2011 and was the Tassie Tigers assistant coach in 2012 and 2013.

Congratulations David Guest and Sam Beltz on becoming members of the [Tasmanian Sporting Hall of Fame](#).

Photo: *David Guest and Sam Beltz*

2019 Tasmanian Athlete of the Year

Congratulations to the recently announced 2019 Tasmanian Athlete of the Year - Ariarne Titmus.

Ariarne has had an outstanding season, winning two World Titles at the World Swimming Championships in Korea, taking both the 400m Freestyle and the 4x200m Freestyle Relay - she also secured the world record in that event. Training commitments meant Ariarne was unable to attend the presentation on 20 December 2019; however her mother Robyn was present to accept the award on her behalf.



Ariarne's focus continues to be on the Olympic Games Tokyo 2020, which are now just around the corner.

Photo: Ally Bradley, Executive General Manager for Seven Tasmania, (middle) Robyn Titmus - Ariarne's Mother, Minister for Sport and Recreation, Jeremy Rockliff MP.

Oonah Hill Mountain Bike Track Opened

The West Coast's latest tourist attraction was unveiled on 5 November 2019 with work completed on the Oonah Hill mountain bike trail near Zeehan.

This project is one of a number of West Coast mountain bike trails funded through a \$500,000 grant from the Tasmanian Government as part of a package of measures designed to help diversify the West Coast economy and attract more visitors to the area.



Set in the picturesque hills just outside Zeehan, the trail provides an exciting new recreation opportunity for the West Coast community and visitors. It has been described as a great venue for exercise and physical activity with a low environmental impact.

Built by local trail specialists, Next Level Mountain Biking, the trail provides access to magnificent views of the nearby ranges overlooking Zeehan. The area has a rich history of mining activity and riders pass several old mining structures on the trail.

The trail is the first of other more significant proposed mountain bike developments which are being driven by the West Coast Council including the gravity trails adjacent to Queenstown. Purpose-built trails will provide an incentive for visitors to stay longer on the West Coast, adding a welcome boost for the local business community.

For further information about the new mountain bike track, contact the West Coast Council at 100 Main Street, Queenstown or phone **6471 4700**.

Photo: *West Coast Mayor Phil Vickers, Member for Braddon Roger Jaensch MP and trail designer Marcelo Cardona at the new Oonah Hill trail.*

Tasmanian Trio at World Para Athletics Championships in Dubai

Three Tasmanian athletes competed at the IPC World Para-Athletics Championships in Dubai in November. Australia finished in seventh place overall at the championships with 8 gold, 6 silver and 9 bronze medals.

Launceston shot putter Todd Hodgetts was the Paralympic Games London 2012 gold medal winner and 2015 world champion in Doha, but he found it hard to hit his straps in Dubai. In the men's F20 shot out final, he managed 9th with a 14.88m throw, below his season's best of 14.53m.



The third member of the F38 shot put crew was Hobart's Sam Walker, who was in unusual position of having his 100m track event and his field event within ten minutes of each other. The 17 year old finished in 4th in his 100m heat with a personal best of 11.69 seconds, but unfortunately he failed to qualify for the final. He finished 9th in the shot put at his first senior world championships.

Australia then wound up the nine day competition with a ninth bronze medal when Devonport's Deon Kenzie kicked on the bend in a 16-strong field of 1500m specialists to cross the line with a time of 4:08:49.

Kenzie was the reigning gold medallist from the last world's in London in the 1500m (T38). He also collected bronze in Doha in 2015, giving him a podium finish at the three straight world championships.

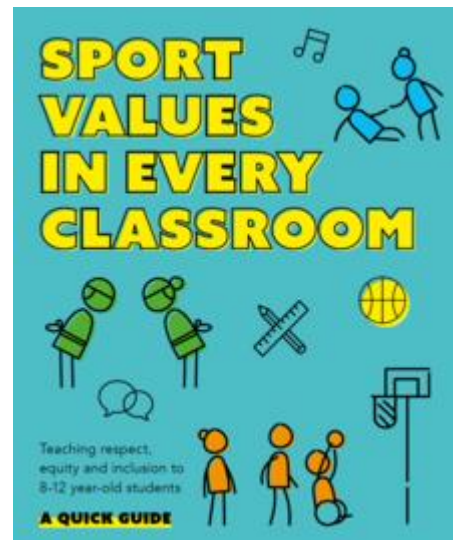
Kenzie said, "the field has changed a lot since London 2017 (World Championships), so to win a medal, I'm over the top. In saying that, the Paralympic Games in Tokyo in 2020 is the one that really counts, so I'll be putting in the hard yards over the next nine months".

Photo: *Devonport's athlete Deon Kenzie wins bronze medal in the 1500m (T38)*

Toolkit Launch: Sport Values in Every Classroom

Six international bodies including UNESCO and the World Anti-Doping Authority (WADA) have partnered to produce a 106-page toolkit to promote values-based education in schools. The toolkit, titled *Sports Values in Every Classroom*, is based on research that found that physical education and sport have the potential "...to promote values such as fair play, equality, honesty, excellence, commitment, courage, teamwork, respect for the rules and laws, respect for self and others, community spirit and solidarity as well as fun and enjoyment".

The decision to use sport and its positive values as the context for the toolkit forms the basis of an engaging resource for teachers and students. It is designed to help teachers to instil in children the sport values of respect, equity and inclusion through movement-based classroom activities and provide students with transferable skills with which to make sound decisions and actions 'beyond the school gate'.



Sport enhances socialization by bringing people together and by providing a bridge between different backgrounds and individual personalities. Sport also offers a unique way of developing morally because the values learned through participation transcend into all areas of life.

The toolkit consists of a set of activity cards designed for use with 8-12 year old students. The cards can be used in the classroom, gymnasium or other outdoor spaces and they can be used independently of, or to complement, the existing curriculum.

The three core values of respect, equity and inclusion are widely recognised throughout the sporting community. They underpin all types of sporting activities and provide a solid foundation for young people, encouraging them to conduct themselves with integrity and contribute positively to their societies.

The toolkit can be downloaded from the [World Anti-Doping Authority \(WADA\)](#)

Footgolf anyone?

Footgolf is a combination of football (soccer) and golf, and the game is played in more than 5 countries. There are World Cup, UK, European and USA Championships, and there are now 31 Footgolf courses in Australia, including the latest course at the Riverside Golf Club located off the West Tamar Highway.



The Riverside Footgolf course is the first accredited in Tasmania. The West Tamar Council supported the venture with a grant for equipment and accreditation with Footgolf Australia, which was also responsible for the designing the course layout. The sport is designed to complement the golf club, and it can only be

played when golfers aren't playing golf. Players must wear shoes without cleats to ensure that the integrity of the golf course remains paramount.

A Footgolf game lasts from 40-60 minutes and has a set of simple rules with each player/s using their own ball to kick around the course. A nine-hole game costs just \$12 for adults and \$8 for children under 16, including ball hire and a scorecard.

For further information about this fun new community project or to book a game, contact the Riverside Golf Course Pro Shop on **6327 4043**; the golf club house on **6327 3312**; or visit the club's website at [Riverside Golf Club](#).

Photo: *Participants enjoying the game of Footgolf.*

Welcome Ryan Lees to the ADF Team

Ryan Lees is now working with the Alcohol and Drug Foundation across Tasmania. He is a former professional cricketer for Cricket Tasmania and still actively involved in community sport, playing for the University Lions in the Cricket Tasmania Premier League Competition. He has recently worked with the Flinders Council as a Community Development Officer. Ryan is a big believer that sporting clubs in collaboration with local government are critical partners in creating a positive and healthy environment for current and future generations.

As a Community Development Officer, Ryan's role is to help deliver Good Sports programs to sporting leagues, associations and local councils. Ryan believes that everyone has a role to play in promoting resilient and healthy communities. Good Sports in collaboration with almost 500 clubs in Tasmania is core to this approach.



To hear more about the program, you can call Ryan on **0429 796 040** or email him at Ryan.Lees@adf.org.au or visit the [Good Sports website](#).

Three Tasmanian Clubs win National Good Sports Award

The Alcohol and Drug Foundation's Good Sports Awards are the ultimate trophy for sporting clubs that participate in the Good Sports program. This year three Tasmanian sporting clubs won an award at the presentation ceremony at Parliament House in Canberra on 27 November 2019.



Redpa Football Club, in the North West of the State won the Tasmanian Good Sports Club of the Year and the National Good Sports Club of the Year; Glenorchy District Junior Football Club was the winner of the Good Sports Rookie Club of the Year; and the Devonport Gymnastics Club won the Good Sports Healthy Minds Club of the Year.

The ADF Good Sports program is being delivered in around 10,000 community sporting clubs across Australia and receives support and funding from the Tasmanian Government.

Shane Hine, President of the Redpa Football Club credited the Good Sports Program for its support in making the rural club the inclusive place it is today. "For the past 20 years our club has been working towards shifting its culture, and the Good Sports Program has helped us move forward in leaps and bounds," he said.

The club holds regular alcohol-free events, provides safe transport options at events where alcohol is consumed, and has also implemented a smoking management policy. It also encourages participation by running free buses to and from training and providing dinner for junior players.

The Federal Minister for Youth and Sport, Senator the Hon Richard Colbeck stated, "sporting clubs are the beating heart of many communities. Clubs that demonstrate healthy behaviours are role models for local families and the whole community. I am particularly proud that Redpa is leading the way."

Further details about the Good Sports Program can be found on the website [here](#).

Photo: *Federal Minister for Youth and Sport, Senator the Hon Richard Colbeck (left) with Shane and Anita Hine from the Redpa Football Club.*

Come and Join the Big League

Are you looking to improve your club and attract new players and members? Over 9,500 community clubs have created a better sporting culture by implementing the Good Sports Program. That's over 2.6 million players and families enjoying their sport in a safe and supportive environment. Come and join the Big League, your club could win **\$1,000***.

Why Good Sports?

Good Sports in Australia's largest and longest running health promotion initiative. Benefits of joining include;

- Support from Good Sports staff with development policies and even applying for sponsorship and grants,
- Build on your family-friendly environment,
- Increase and retain your membership,
- It's FREE

Join today

Get started by visiting the Good Sports [website](#) and the Good Sports team will help you make it happen.

**One club in each state/territory that joins Good Sports and completes an accreditation will win \$1,000. Make sure you join before 20 December 2019 to be eligible for the prize.*



High Performance Female Coaches and Executives Leadership Program

Applications are currently open for the 2020 Australian Institute of Sport Talent Programs, two ground-breaking performance leaderships programs for high performance female coaches and executives. These programs will support women to identify opportunities and remove barriers for personal and professional development with the aim of increasing the number of women in these roles.

Sport Australia CEO Kate Palmer said the nation-wide was a direct-investment in elevating more women into visible leaders positions. "These programs help build depth and diversity by equipping women with the skills to progress to executive and senior coaching jobs and challenge the status quo."

The two programs will run concurrently with participants required to attend three face to face modules held at the Australian Institute of Sport in Canberra. Sixteen executives and sixteen high performance coaches will be offering positions in the programs.

For further information about the programs and to submit an application visit the AIS website [here](#).

Applications close 5pm on 23 December 2019.

Grants available to help bring communities together through sport

Almost \$20 million is now available to help communities promote social inclusion and improve health outcomes through sport. The Australian Government's Driving Social Inclusion through Sport and Physical Activity grants program is open for applications from not-for-profit organisations including local community groups, sporting clubs and local government entities.

The program is part of the government's \$71 million investment in social cohesion initiatives to build stronger communities. Minister for Youth and Sport, Richard Colbeck said the grants will also contribute to the government's plan to make Australia the world's most active sporting nation.

"Playing sport and engaging in physical activity is great for our physical and mental health, so we want to make sure more Aussies get more active, more often," Minister Colbeck said.

The grants are open to applications from not-for-profit organisations including local community organisations, sporting organisations and local government entities and are available assist the following community groups get involved in sport and recreational activities;

- newly arrived migrants and refugees;
- people with a physical or mental disability;
- Aboriginal and Torres Strait Islander people; and
- Women.

Further information about the Driving Social Inclusion through Sport and Physical Activity Grant Opportunity (GO2645) is available from the [GrantConnect](#) website.

2020 Vic/Tas Region Conference

Parks & Leisure Australia (PLA), Victoria/Tasmania Region is pleased to announce the 'Call for Abstracts' for the 7th Annual PLA Vic/Tas Region Conference is now open.



The 2020 Conference theme "Planning Ahead" encourages papers that respond to challenges and changes occurring and emerging within the sector.

The PLA Conference provides the opportunity for parks and leisure professionals to come together to share learnings and innovations within the sector.

Next year's three-day program will comprise Pre-Conference events and technical tours on the first day, followed by two days of presentations and workshops. There will also be plenty of opportunities for networking and socialising, including the pre-conference golf and social events, plus an activity's session following the first day's program, and the very popular *Awards of Excellence Dinner*.

Access this link for more details, and for submissions: [click here](#).

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