



Message from the Deputy Secretary

Welcome to our September edition of *Actively In Touch!*

It's so nice to finally have some sun and longer days to enjoy getting out and being active.

In this issue, we celebrate the achievements of our State cross country team and the outstanding results recorded. There are also a number of upcoming events that I encourage you to look at and attend if you can.

Kate Kent

Deputy Secretary, (Communities, Sport and Recreation)



National Success for Tasmanian Athletes

Athletics Tasmania was proud to send a large group of young athletes to the 2019 Australian Cross Country Championships in New South Wales in August. Tasmania was represented by 34 primary school students and 39 secondary school students in perfect cross country conditions at the Kembla Grange joggers track outside Wollongong.

The Tasmanian competitors posted some outstanding results and achieved individual and team success across a range of age groups. The 12 years girls, 14/15 years boys and 18/19 years girls won bronze medals in team events, with distance running young gun Sam Clifford claiming gold in the men's under 18 individual event. The group effort culminated in Tasmania winning the trophy for Aggregate Improvement from School Sports Australia.

Tasmania was also represented for the first time by para athlete, Emily Aichberger. To Athletic Tasmania's knowledge, this is the first time that Tasmania has been represented by a para athlete at the national cross country championships. In her first event, the under 16 individual run, Emily won a bronze medal. She then stepped up further in her time trial event, taking out the gold medal.



Photo: *Emily Aichberger with her gold medal.*

Tasmanian Women in Sport Exhibition

Tasmanian Museum and Art Gallery (TMAG) is developing a new exhibition that celebrates the contribution and achievements of Tasmanian sporting women and girls, and brings light to the lesser known stories of sporting excellence and the people behind the games.

The project is being led by Curator and Project Manager, Kylie Eastley, who will consult with sports groups and communities across the state.



"This is about the person, as well as the podium. We aim to capture the humour, spirit and endurance that so many sporting women have demonstrated. It is about the female coaches, commentators, managers, referees and team captains as well as the athletes."

The project will explore the impact and influence of women and girls participating in mainstream, new and emerging sports.

The exhibition will run from 6 February until 29 March 2020, coinciding with the International Cricket Council Women's T20 World Cup.

TMAG is collating stories, photographs, audio/video recordings and memorabilia such as uniforms, trophies and other materials that depict extraordinary Tasmanian women who have championed, supported and/or competed in amateur or professional sport.

Please call Kylie Eastley on 0439 262 344 or email taschampions@gmail.com to discuss any items or information by 31 October 2019.

This project is being delivered by TMAG with support from the Tasmanian Government.

Photo: *Grace Cochrane, TIS scholarship holder, competing in the King of Concrete*

Hear about One Cycling and what it means for you

The three primary cycling organisations in Australia, Cycling Australia, BMX Australia and Mountain Bike Australia have been undertaking a process with the support of Sport Australia to investigate the optimal business model for cycling in Australia.



This project, referred to as 'One Cycling', is seeking to grow the sport and improve the cycling experience for all riders across the country by forming a new single entity to represent the three cycling disciplines, and to strengthen benefits for all members and the broader cycling community.

One Cycling represents an opportunity to transform the sport by uniting all disciplines, preserving the things that all cyclists and cycling organisations are currently doing well, and creating efficiencies that will be invested in improved services for members, clubs and the broader cycling community.

Further information about One Cycling is available from the dedicated [website](#).

2019 Good Sports Awards

Nominations for the 2019 Good Sports award are now open. Clubs accredited with the Alcohol and Drug Foundation's Good Sports Program have the opportunity to nominate themselves for a number of different awards, recognising outstanding club culture and positive contributions to looking after local members. The Good Sports program, which has grown to include over 450 community clubs in Tasmania, is an accreditation-based program



available free of charge to sporting clubs and associations. Through targeting various avenues of club culture, Good Sports helps build and maintain healthy, family friendly and sustainable sporting clubs.

The 2019 awards include categories recognising State and National Clubs of the Year, Club Champions (volunteers), clubs promoting a strong mental health culture, clubs promoting healthy eating options and clubs promoting positive role-modelling for youths and juniors. Winners of each state award receive a \$500 cash prize, and go in the running to win a \$1000 prize at the national awards.

Previous winners have included the Kingston Blues Netball Club who last year won the National Good Sports Healthy Mind Club of the Year Award, on the back of some fantastic work and promotion in the mental health space.

For more information on the awards, contact Hugh Graham (Southern Tasmania) at hugh.graham@adf.org.au or Shae Collis (North/North West Tasmania) at shae.collis@adf.org.au.

Good Sports Award nominations close on 30 September 2019.

Disability Sport and Active Recreation Network Forum

Communities, Sport and Recreation hosts two Disability Sport and Active Recreation Network Forums each year. The forums provide a networking and information sharing opportunity for the disability and sport sectors. The focus of the forums is to identify opportunities to increase participation of people with disabilities in sport and active recreation in Tasmania. Speakers include athletes, coaches and sport development officers showcasing programs and pathways that promote participation of people with disabilities in sport.



Who: Anyone from the disability, sport, education or community sectors.

When: Wednesday 9 October 2019, 10.30am - 1.15pm

Where: Professional Learning Institute, 9 Timsbury Road, Glenorchy

To register for this event, go to [questlist](#)

For enquiries, please contact Morgan Kent - Project Manager Participation on (03) 6165 5090 or by email morgan.kent@communities.tas.gov.au

Sport and Recreation Major Grants Program

The Sport and Recreation Major Grants Program provides grants of between \$15,000 and \$80,000 to clubs, associations, local government and other not-for-profit providers of sport and active recreation.

Funding is available for major equipment purchases and/or the development/improvement of facilities or playing surfaces that directly benefit sport and recreation clubs and improves opportunities for Tasmanians to participate in sport and active recreation.



Funding is limited to a maximum of half the project cost.

Success story

A recent success story comes from the North Western Axemen's Association Inc. It received funding under a Sport and Recreation Major Grants Program to purchase an automated diesel powered block trimmer. This has allowed the Association to host four World Titles on the North West Coast with 400-500 competing axemen benefiting from the grant. Could your club be the next success story?

Applications are currently open and close on 30 October 2019. Guidelines and application forms can be found on the [Department of Communities website](#).

Tasmanian Good Sports Grants Program

Grants for Tasmanian Good Sports clubs are now open.

**TASMANIAN GRANT
APPLICATIONS
NOW OPEN**



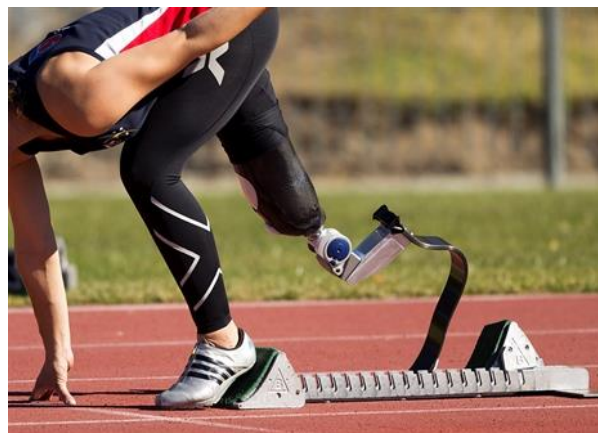
Exclusive to accredited Good Sports clubs in Tasmania, the grant is designed to help clubs improve the health of members and embed the Good Sports program in the club by providing access to education, resources and equipment. The grant will help clubs inspire a healthier sporting community.

Applications are open until 18 October 2019.

For more information and to apply visit the [Good Sports website](#)

Athletics Para Classification Day

Athletics Tasmania, with the support of Athletics Australia, will again be hosting a Para Classification Day in conjunction with the Tasmanian All Schools Track & Field competition this year. Any person over the age of 8 years with a physical disability who is interested in nominating for a Para classification in the sport of athletics can register. Although it is not essential that those nominating for classification compete at the All Schools Track & Field event, it is definitely encouraged.



Who: Anyone with a diagnosed physical disability

What: Para Classification event. Obtaining a Para classification allows all athletes to compete on a equal playing field.

When: Saturday 26 October 2019.

Where: Northern Athletics Centre, St Leonards, Launceston.

How: To nominate for classification, please register through the following [link](#).

Cost: There is no cost to nominate for classification.

Cycling Talent Search

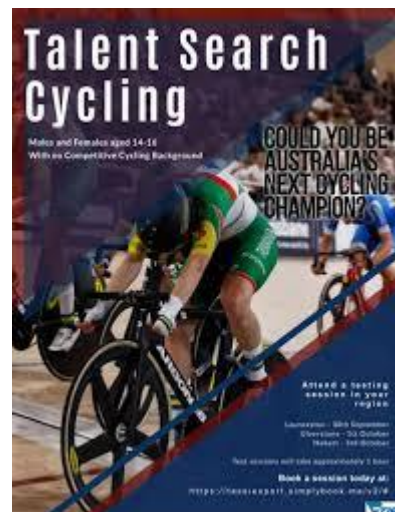
Could you be Australia's next cycling champion? The Tasmanian Institute of Sport is looking for males and females aged 14-16 with no competitive cycling experience. Three testing sessions are being held around the state.

Launceston: 30 September 2019

Ulverstone: 2 October 2019

Hobart: 4 October 2019

To book a session, click on the following [link](#)



Volunteers needed to test health benefits of bus travel

Can catching the bus more improve your health?

This is one of the questions researchers will be examining in a new University of Tasmania study focused on people's transport habits.

Lead researcher Dr Verity Cleland, from the Menzies Institute for Medical Research, said the world-first study aimed to determine whether an incentives scheme would lead to more passengers on buses and ultimately improve community health.

"We expect that using a bus more will increase incidental physical activity through more walking trips to and from bus stops and less reliance on cars for short trips," Dr Cleland said.

"Those small walking trips add up and contribute to meeting the recommended 150 minutes/week of physical activity, which can have important health benefits."

The study is being undertaken with Metro Tasmania, Department of Health and the Local Government Association of Tasmania.

All study participants will each receive up to \$30 in Metro Greencard credit as a thank you for participating. They will also be entitled to three free Menzies health checks and a free smartphone app specially designed to help keep track of travel behaviour.

The study is open to people living in the greater Hobart region who are aged 18 or older and who currently catch the bus no more than twice per week.

For more information contact (03) 6226 4290 or [Trips4health website](https://tinyurl.com/trips4health).

Does taking the bus = better health?

“Want to earn over 50* bus trip credits?”

*conditions apply

- Are you 18+ years old?
- Do you use the bus less than 3 x per week?
- Would you like to participate in a study to see if more bus use = more physical activity?

Then contact: <https://tinyurl.com/trips4health>
trips4health.study@utas.edu.au
6226 4290

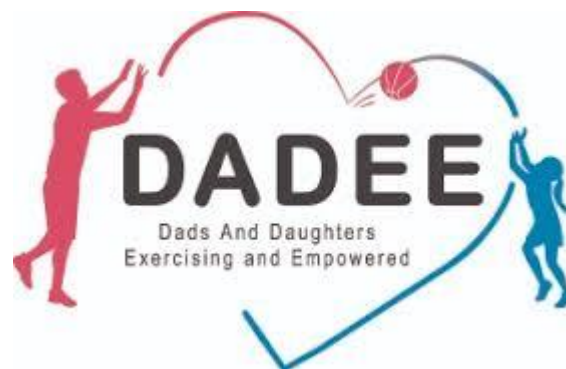
UNIVERSITY of TASMANIA | MENZIES+ | **trips4health**

Tasmanian Government | Metro | LGAT | NHMRC

This study has been approved by the Tasmania Health and Medical Human Research Ethics Committee (approval number H0017820).

Dads and Daughters Exercising & Empowerment

Dads and Daughters Exercising and Empowered (DADEE) program was the first ever program to target the father-daughter relationship as a form of an engagement mechanism to improve social-emotional well-being and physical activity in girls, resulting in it winning a National Award.



DADEE is about engaging dads to increase physical activity and well-being in girls.

Research shows that positive father involvement with children improves amongst other things: resourcefulness, maturity and moral behaviour, psychological well-being, quality of father child relationship, self-control, depression, happiness, tolerance, self-esteem, academic achievement, and positive peer relations.

Football Tasmania in conjunction with the University of Tasmania are hosting a presentation with Professor Phillip Morgan on Wednesday 2 October at the Stanley Burbury Theatre, University of Tasmania from 6.00pm.

For tickets to this event, please visit the [humanitix website](#).

Active Launceston returns

In conjunction with City of Launceston, Active Launceston returns from 15 October with two eight-week programs to help you get moving.



Active and Alive: Young People

Tuesdays 4:00 - 5:00pm
October 15 - December 3 (8 weeks)
Ti-Tree Reserve, Ti-Tree Crescent,
Rocherlea
All abilities welcome, Info: 0438 386 025



Active and Alive:

- **What:** Hang out with Luke and PJ from the YMCA team and try out all sorts of fun games and activities. Be challenged by their ninja obstacle course, get some air on the mini tramp, be strategic in their big team games or try their gymnastics program.
- **When:** Tuesdays starting 15 October till 3 December 2019.
- **Who:** 11 -17 year olds
- **Time:** 4.00pm - 5.00pm
- **Where:** Ti-Tree reserve, Ti-Tree Crescent, Rocherlea

Active Armchairs:

- **What:** Low impact activities designed for anyone doing little or no physical activity. Active Armchairs will include a variety of exercises that can be done in your armchair at home.
- **When:** Thursdays starting 17 October till 5 December 2019.
- **Who:** Adults, Older Adults or anyone wanting to get active.
- **Time:** 10.45am - 11.30am

- **Where:** Starting point Neighbourhood House in Ravenswood

For more information visit [Active Launceston](#) or call on 0438 386 025

Longford Recreation Ground

The Longford Recreation Ground Facility has undergone a makeover and is available for hire!

The newly updated facility features change rooms, clubrooms, meeting room and function space. The facility is close to the centre of Longford and provides car parking.

Longford is located 20 minutes' drive from Launceston and is the perfect location for meetings, conferences or sporting events.



For all Longford Recreation Ground hire enquiries please contact (03) 6391 1683.

This publication has been produced by the Department of Communities Tasmania. You are directed to a [disclaimer and copyright notice](#) governing the information provided, and a [personal information protection statement](#).

[Edit your subscription](#) | [Unsubscribe](#)

Communities, Sport and Recreation
communities.tas.gov.au/csr
GPO Box 65
Hobart TAS 7001
1 800 252 476

