



## Message from the Deputy Secretary

Welcome to our second issue of *Actively In Touch* for 2019. In February, the successful applicants under the first round of *Levelling the Playing Field* were announced and Tasmania's sports voucher scheme, *Ticket to Play* was launched. Please visit our [website](#) for details.

In this issue we feature the success of both Grassy Football Club and the South Launceston Cricket Club for their positive initiatives around inclusion and diversity.

This newsletter also covers the results of the exciting National Wildwater and Canoe Slalom Championships that were held in January. I had the pleasure of seeing some of the action at Brady's Lake and commend the agencies and competitors!

Kate Kent  
Deputy Secretary, (Communities, Sport and Recreation)



## Good Sports leads to Great Sports in the North

The Grassy Football Club and South Launceston Cricket Club were successful finalists in the 2018 Good Sports Awards. Both clubs have been referred to as 'community champions' by the Alcohol and Drug Foundation, which manages the program.

Good Sports is a health initiative which helps sporting clubs develop new practices to become more positive, safe and healthy.



"The awards recognise outstanding local sports clubs and the passionate people within the clubs, who are dedicated to fostering a healthy and inclusive culture for members" said Federal Sports Minister Bridget McKenzie.

Both Grassy Football Club and South Launceston Cricket Club have committed to building stronger, healthier and more family friendly environments. Grassy Football Club was the national runner-up for the Rookie Club of the Year Award. Since joining Good Sports this year, Grassy Football Club has reached the second level of the program. It has achieved this through policies targeting alcohol management, tobacco and safe transport. The club also has policies addressing mental health, healthy eating and junior safety.

South Launceston Cricket Club has also been recognised as Tasmanian runners-up for the Tasmanian Club of the Year Award. The club has reached the highest level of the program through policies on alcohol management, tobacco and safe transport. The club also has policies targeting mental health, healthy eating and junior safety.

"We are very mindful that we have a mentoring responsibility for our large junior membership. We need to display healthy behaviours both mentally and physically", said Club Vice Chair, Leigh Beardwood. The club has also increased healthy food options for members and their families and provides a healthy dinner on Thursday evenings.

South Launceston Cricket Club prides itself on being an inclusive club. The club encourages female participation, and sponsors and develops people with disabilities. The club also has an over 40's competition to re-connect past players. "We call ourselves a family club, welcoming players with any ability to help us sustain a healthy club atmosphere", Leigh Beardwood said.

In Tasmania, Good Sports is funded by the Australian Government and Tasmanian Government and supports over 350 clubs. "Community sporting clubs are becoming healthier and more family-friendly through Good Sports. We invite more clubs to join the program, so they can benefit too" said CEO of the Alcohol and Drug Foundation, Dr Lalor.

"We know that running a community sporting club is hard work. That's why Good Sports is committed to guiding clubs through the program and making it easier for already busy volunteers to implement" said Dr Lalor.

**Photo:** *Grassy Football Club*

## Vale Chris Doig

Squash Tasmania and the Australian squash community mourned the loss of Chris Doig in late December 2018. Chris was a past-president and long-serving board member of Squash Tasmania. He was a passionate coach and wonderful advocate for squash and racquetball in Tasmania, and his effort in promoting the sports were highly valued.

Richard Vaughan, CEO of Squash Australia, said that "Chris was a major contributor to the sport of squash in many ways both in Tasmania and Australia - he will be sadly missed".

Born in the United Kingdom, Chris was in his early twenties when he first started playing the game in Tasmania. Chris quickly became involved in the sport both as a junior coach and as an administrator. Close friend and work colleague, Cameron Smith, remembers Chris as a very humble, private and self-contained person who devoted his adult life to squash.

"His total commitment to the sport was huge," Cameron said. "He gave his all to squash and he equally encouraged senior and junior players".

Cameron further recollected that it was in 1997 when Chris chose to leave his career as a civil engineer to purchase the Eastside Squash Centre with a friend. He then became a full-time administrator of the Tasmanian Squash Academy - a not-for-profit organisation that still operates from the Eastside Squash Centre.

Chris's drive and enthusiasm for the sport will be fondly remembered by his work colleagues, and by school students who had their first contact with squash through one of his Come and Try days.

**Photo:** *Chris Doig*



## National Wildwater and Canoe Slalom Championships

In January, Paddle Tasmania conducted two prestigious National Championship events: the Wildwater Race and the Canoe Slalom Race.

The Wildwater Race was held in the Mersey River and featured two key races: the 4km race and the 350m rapid sprint. Both Wildwater races were hotly contested, as winners had the chance to represent Australia at the World Championships and/or Wold Cup events in Spain or France. For under 23's, the race provided a chance to represent Australia at the World Championships in Bosnia and Herzegovina this July.



After an absence of 8 years, Tassie paddler Dan Hall won the Wildwater Classic Class and finished in second place in the Rapid Sprint.

The Canoe Slalom race at Brady's lake Whitewater Course was the first national race to take place there in 25 years. There were four key races: men's and women's kayaking and men's and women's canoeing. Local Tassie paddler Daniel Watkins came first place in both the kayaking and canoeing. Fellow Tasmanian, Kate Eckhardt won second place in the kayaking and third in the canoeing. Tasmanian Institute of Sport scholarship holders Demelza Wall and George Lazenby also competed in the race at Brady's Lake.

Slalom events involve paddling through a series of gates which are altered for each race. Paddlers must go upriver through red gates and downriver through green gates. Brady's Lake Whitewater Course is particularly arduous and requires a high degree of technical skill. The Course is one of Australia's most challenging.

Paddle Tasmania wishes to acknowledge the support of sponsors, volunteers, Hydro Tasmania, the Tasmanian Government, Tasmanian Parks and Wildlife Services and the Tasmanian Institute of Sport.

**Photo:** *Kate Eckhardt (bottom left), Daniel Watkins (centre), Dan Hall (top right)*

## Wheelchair Golfer Takes on The World

Richard Jones has been passionate about golf throughout his life. This passion has taken him all the way to the inaugural International Wheelchair Golf Open Championship in Mallorca, Spain in November 2018. The Championship involved 40 competitors from 20 countries in the world's largest golf tournament for wheelchair users.

Richard has been playing golf since he was 10 years old, but stopped playing after an injury that resulted in him becoming a wheelchair user.

Since purchasing a ParaGolfer in 2017, Richard has been able to play golf again. Richard enjoys the level of access a ParaGolfer provides, saying that "it's great to be able to play a sport and be included in regular competitions. Playing with my sons is also a massive highlight".



In preparation for the tournament, Richard played 3-4 rounds a week by himself. Richard also played in regular competitions at the Tea Tree Golf Club.

Richard was well prepared for the wet weather conditions at the Championships. "The ball had no bounce and carry. It was extremely challenging to get any distance in shots" said Richard. Despite the conditions, Richard managed to come sixth in his division.

In future, Richard plans to play closer to home. "I'm keen to play in the Australian titles this summer and I'll go from there" Richard said. "My future goal is to improve my game and get my handicap under 30" he said.

If you would like to know more about playing golf as a wheelchair user, contact James Gribble via email at [james.gribble@empowergolf.com.au](mailto:james.gribble@empowergolf.com.au)

**Photo:** *Richard Jones*

**National Futsal Championships 2019**

For the fourth consecutive year, Tasmania was proudly represented at the 2019 FFA National Futsal Championships in the Athletes with Disability 'AWD' division. The carnival took place in January in Penrith, Sydney.

Co-ordinated by New Horizons Tasmania, the team were coached by Steve Ockerby and managed by Lorna Wilson (both volunteers).



"Tassie faced some David and Goliath battles, but on the whole I've never seen our players perform better - it is those battles that really lift performance" said Steve.

Despite finishing sixth on the ladder, the Tasmanian team impressed national selectors, with three players - Hayden Hill, George Kearnes and Justin Nilon - making the Australian squad. National training will commence soon in preparation for the INAS Global Games which will be held in Brisbane in October.

CEO Belinda Kitto highlights the importance of vital partnerships to support AWD teams. "Without supportive financial partners, many of these teams just wouldn't have the opportunity to travel to national carnivals outside of the State" said Belinda. "It's really wonderful to see a growing interest from the corporate sector in inclusive sport".

For more information on the championships, please visit the [National Championships website](#).

**Get Active**

Being active is important at every stage of life.

Being a member of an active community provides physical, economic and social benefits. You can become more involved in your community, meet new friends, reduce your risk of health problems and enjoy an active lifestyle.

Communities, Sport and Recreation aims to create opportunities for all Tasmanians to enjoy the benefits of an active lifestyle.

The *Get Active* booklets provide ideas for older adults to be active and social in their regional area, whether it be gardening, bowls, playing golf, croquet or joining an interest group. The booklets have something to suit a wide range of interests and abilities.

*Get Active in the North 2019* and *Get Active in the North West 2019* are now available from local libraries, councils, information centres and Service Tasmania outlets. Get Active is also available [online](#).



## Women in Sports Action Awards

Entries are now open for the 2019 Women in Sports Action Awards. There are two award categories - amateur photography and professional photography.

Entry into the competition is free and each applicant can submit up to three photographs. To enter, the photograph must have been taken and published between 1 May 2018 - 30 April 2019.



The entries will be judged by a judging panel and the winners will be announced on 30 May 2019. Judges are looking for images which display a female athlete's strength and skill whilst playing sport.

For more information please go to the [Women In Sports website](#).

## Free eSafety Presentation

The Tasmanian Institute of Sport is hosting free eSafety presentations in Hobart and Launceston in March. The presentations will provide participants with an overview of how young athletes/people use technology and the risks to which they may be exposed.



With more and more mobile devices at hand for young athletes, it is tempting to stay online all day, seven days a week. This can have significant impacts for athletes in regards to their health, family, social life, education, employment and sporting expectations.

Tagged photos, blog posts and social networking interactions shape how a young athlete is perceived by others. A person's digital reputation can impact upon friendships, relationships, and selection processes.

Unfortunately, cyber abuse can have devastating effects on young athlete's wellbeing and sense of safety. Cyber abuse can be threatening, intimidating, harassing and humiliating for athletes.

Greg Gebhart from esafety will be undertaking session in Launceston and Hobart to address these issues. These sessions are free for all participants:

- **Launceston - Monday 4 March 6pm-8pm at TIS Silverdome**
- **Hobart - Tasmanian Hockey Centre 5 March 6pm-8pm**

Please register [online](#) if you are interested or call Ellie or Lyn on (03) 6165 6630.

## Tasmanian Bike Week

Bicycles are one of the easiest, cheapest and most enjoyable ways to be physically active.

Tasmanians are being encouraged to hop on their bike and be part of State Bike Week from 2-10 March.

There are events being held in the South, North and North-West during the week including a women on wheels ride, a night ride, a treasure hunt and an electric bike convoy.



For the full range of events please visit [Bicycle Network Australia](#).

## Free Indigenous Tennis Come & Try Event



The Evonne Goolagong Foundation is holding a free Come and Try event which is supported by the Australian Government. The event will take place on 4 March at Cygnet Tennis Club 17 Louisa Street, Cygnet between 10am-2pm.

The event is for Aboriginal girls and boys aged between 5 and 17. Racquets and lunch will be provided on the day.



The day will include the following:

- Talk by Evonne Goolagong Cawley
- Fun tennis activities
- Coaching
- Potential for additional free coaching

If you are interested, please RSVP to Anzac Leidig, National Indigenous Head Coach on 0497 538 206 or email [a.leidig@evonnegoolagongfoundation.org.au](mailto:a.leidig@evonnegoolagongfoundation.org.au)

**Photo:** *Evonne Goolagong*

## Sports Medicine Australia Courses

Sports Medicine Australia are running a variety of Sports Training Courses in Tasmania between February and March. Courses are being held in locations in Hobart, Launceston and Ulverstone.



The Safer Sport Training Courses play an important role in ensuring the safety and wellbeing of participants at sporting clubs. The training provides an opportunity to upskill in the prevention and management of injuries and qualify to become a Sports Trainer Member with Sports Medicine Australia.

For more information please email [vic.admin@sma.org.au](mailto:vic.admin@sma.org.au) or visit the website to [register and pay online](#).

## Australian Masters Games 2019

Are you looking for activities to help you achieve your New Year's resolution to get active? Why not enter into the 17th Australian Master's Games taking place this year from 5-12 October in Adelaide?

There are over 50 sports on offer and there is something for everyone! You do not have to be an elite athlete to compete. The only criteria is that you meet the minimum age, which is 30 for most sports. The Games are a great excuse to get your friends together and take part in a festival atmosphere. The Games combine sport with a fabulous social program throughout the week.



Entries open on 12 February, so start making plans for #Vintage2019. See you in Adelaide!

For more information visit the [Australian Masters Games website](#).

## 2019 Awards of Excellence Nominations Now Open

Nominations are now open for the 2019 Parks and Leisure Awards of Excellence.

With 12 categories to choose from, this is your chance to recognise achievements and outstanding work of individuals and teams. Finalists are announced at events held across the country in May and June and national winners at the prestigious Awards of Excellence Gala Dinner to be held at Crown Perth, Western Australia 29 October, 2019.



Visit the [Awards of Excellence website](#) for more information about award categories.

Nominations close on 29 March 2019.

## The Pain Revolution is coming to Tassie in March!

Persistent pain affects 1 in 5 Australians, yet fewer than 10% of people get the help they need to recover. The impact of chronic pain on rural and regional communities is pervasive, and increasing.

A number of free education events for community members will be held across Tasmania in March to share information about pain management, including the latest research.



World renowned pain scientist, educator and clinician Professor Lorimer Moseley is leading a team of 50 health professionals, patients and educators on the 700km Pain Revolution Rural Outreach Tour from 16 - 23 March. The tour will take in Smithton, Burnie, Devonport, Launceston, Scottsdale, St Helens, Swansea, Hobart, Glenorchy and Huonville.

The community events will centre on an easy-to-understand talk about why people's bodies hurt, why they keep hurting, and what they can do.

Event registrations can be made by visiting the [Pain Revolution website](#).

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