



## Message from the Deputy Secretary

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

In this issue we feature the fantastic results of the All Abilities Swimming Program which is helping people with disability to develop their swimming skills and confidence in the water.

We also provide information about the 2019/20 National/International Sport Championships Program which is now open and provides grants to eligible organisations to assist in hosting a national or international sporting event in Tasmania.

Kate Kent

Deputy Secretary, (Communities, Sport and Recreation)



## All Abilities Swimming Program Underway

Swimming Tasmania, in conjunction with Special Olympics Tasmania, have established an All Abilities Swimming Program which has been supported by Communities, Sport and Recreation.

The All Abilities Swimming Program teaches participants the basic swimming techniques needed to survive in the water. The program is designed to create a safe and accessible pathway for Tasmanians living with disability to be active in the pool.



Anna Newstead from Ogilvie High School said, "our students thoroughly enjoyed the swimming lessons over the month at YMCA and looked forward to each session, chatting happily on the way to the pool. We had girls with a range of abilities, from those who were nervous about stepping into the water, to students who have regular swimming lessons and who are more confident in the pool".

"One of our grade eight students has many sensory challenges and was able to walk down the ramp in the shallow pool in her first lesson. She gained confidence as the weeks progressed and was able to feel comfortable with the water at chest height. She enjoyed the swimming lessons so much that she asked her family if she could have them regularly and she now has a private lesson with the same instructor (Jarrod) every week!", said Anna.

Participants had the following to say about the program:

*"I enjoyed the race and swimming was great" - Maddie*

*"I really enjoyed playing on the noodle" - Felicity*

*"I liked the swimming, it was fun" - Harriet*

**Photo:** All Abilities Swimming Program participants.

## ANZ Tennis Hot Shots Primary School Competition

Primary schools from across Southern Tasmania attended an ANZ Hot Shots Primary School Competition at Domain Tennis Centre on 26 June 2019.

Over 200 children were onsite, with media also in attendance, for their first taste of competition.



The successful tennis in schools program gives many students their first opportunity to play tennis and compete with their friends in a fun, safe and inclusive environment.

Following the competition, two coaches from Domain Tennis Centre and Sorell Tennis Club have established an ongoing opportunity for the students to keep playing.

The outcomes of this program will be monitored closely with the intent of expanding the program across the State.

Tennis Tasmania continues to work with schools and coaches to provide children with their first opportunity to play tennis, with over 19,000 Tasmanian primary school students playing ANZ Tennis Hot Shots in schools in the past year.

For more information about opportunities to play in your local area, please contact Tennis Tasmania at [tasinfo@tennis.com.au](mailto:tasinfo@tennis.com.au) or on (03) 6108 8200.

## Prevention in Practice Conference

The Alcohol and Drug Foundation hosted Australia's first conference dedicated to the prevention of alcohol and other drug harms in Melbourne on June 24 and 25. The keynote speakers included representatives from [Planet Youth](#) - Iceland's evidence-based drug and alcohol prevention program that has significantly reduced alcohol and other drug use rates in young people.

Iceland's Planet Youth program included changes to the law, regular surveys of 14-16 year olds, parenting programs, night-time curfews, and targeted funding for state and council organisations to improve access to sport and recreation activities. Since the beginning of the program in 1998, Iceland's rate of youth drug and alcohol use has radically reduced.



"Preventative health works fiscally and socially. However, it can sometimes take years and even generations to precisely determine a program's impact. Planet Youth shows that long term investment in community-led prevention leads to significant reductions in alcohol and other drug use", CEO of the Alcohol and Drug Foundation, Dr Erin Lalor, said.

The program has now been implemented in over 20 countries and will soon be trialed in 10 sites in Australia including two in Tasmania; at Huon Valley and Glenorchy.

Please visit the [Alcohol and Drug Foundation website](#) for more information.

**Photo:** *Deck'd Artwork Exhibit* - Wodonga Council, in conjunction with the Wodonga Local Drug Action Team created the skateboard art as part of a social media campaign to address stigma surrounding alcohol and drug use.

## Project ECHO Survey for NDIS Funding

One in four Tasmanians have a disability - the highest rate in Australia. Project ECHO works to Engage, Connect, Help and Open opportunities for Tasmanian organisations (mainstream services, community groups and local governments); to include all Tasmanians with disability in their services and in the broader community.



Project ECHO is conducting a survey to determine the priority areas for future investment in Tasmania as part of the National Disability Insurance Scheme.

Your views about the Tasmanian sport and recreation sector are important - this is why you are being requested to participate the research survey.

The confidential survey will take approximately 15 minutes and is designed to learn:

- Your current understanding and the information you need,
- Your experiences and challenges, and
- Your ideas and priorities for support and investment.

Please [click on this link](#) to access the Project ECHO survey.

## Annette Lutwyche Accepts NBL1 Position on League Advisory Panel

The achievements of Tasmanian athletes are frequently highlighted. Our sports officials and administrators also deserve recognition for their achievements. This month, we acknowledge the achievements of one of Tasmania's prominent female leaders in sport.

Annette Lutwyche has had a long association with basketball in Tasmania, starting approximately 30 years ago at club level. Since then, Annette has participated at state and association levels and five years ago was elected as the first female Chair of Basketball Tasmania. Annette was recently re-elected for a further two years following her success in bringing everyone together to ensure a strong future for the sport in Tasmania.



In June this year, Basketball Victoria officially invited Annette to become a committee member of the newly formed NBL1 League Advisory Panel. There are two women on the six member panel (the other being Lori Chizik), with both women independent panel members. The role of the panel is to advise the Basketball Victoria Board on the NBL1 League.

Annette firmly believes it is necessary for women to participate in key roles in sport. One of Annette's goals is to try and ensure that women's team issues are given adequate hearing so that women's team competitions go from strength to strength. "I definitely feel that women bring a different perspective to discussions; women listen and ensure that everyone at the table feels that their contribution is valued and appreciated", said Annette.

**Photo:** *Annette Lutwyche.*

## Anyone for Tennis?



Tennis in Tasmania has recently taken great strides in becoming more inclusive with a workshop focussing on growth through diversity.

Delivered at the picturesque Hobart International Tennis Centre on Friday 17 May, Tennis Tasmania partnered with Special Olympics Australia to improve the understanding of how best to engage all Tasmanians including the Tasmanian Aboriginal community, people from migrant backgrounds, people with disabilities and members of the LGBTI community.



Coaches and staff from Tennis Tasmania and Special Olympics engaged in a practical three hour workshop, presenting and reinforcing the principles of inclusion and developing strategies to ensure every Tasmanian is welcome at all levels of the sport as well as growing the number of new participants.

Attendees left the session with a skip in their step, and a commitment to working together to provide more opportunities for all Tasmanians to play tennis.

For more information please contact Tennis Tasmania at [tasinfo@tennis.com.au](mailto:tasinfo@tennis.com.au) or on (03) 6108 8200.

## Leading The Way - A New Structure for Rowing in Tasmania

Last month Rowing Tasmania members unanimously accepted a new structure for rowing in Tasmania through the adoption of a new constitution. The changes place rowing at the forefront of good governance in relation to membership structure, voting rights and board composition.



Aligned with Rowing Australia's good governance practice and contemporary governance principles, the updated constitution and structure strengthens rowing governance, enables robust leadership, improves decision-making processes and embeds transparent and accountable management practices. These changes aim to improve the quality of outcomes for Tasmania's rowing community.

The constitutional review commenced in late 2018 and was led by steering committee and Rowing Tasmania committee member, Julian Joscelyne. Two Regional Forums ensured input on the changes came directly from rowers, coaches and clubs.

Communities, Sport and Recreation worked with Rowing Tasmania and regularly partners with state sporting organisations to assist in implementing organisational change and good governance. For further information, including a copy of the Good Governance Toolkit and/or

constitution templates for clubs and state sporting organisations see the [Communities, Sport and Recreation website](#).

## Disc Golf: Free to Play and a Great Fitness Activity

The next time you're looking for a cheap and fun way to entertain the whole family, why not try disc golf? The game is designed to be enjoyed by people of all ages and levels of ability. Disc golf is easy to learn and fun for beginners.

The sport was formalised in the 1970's and it is much like golf, except that instead of using clubs and a ball, players use either a specifically designed flying disc or frisbee. The game shares with golf the aim of completing each hole in the fewest numbers of strokes or throws. Players share the same joys and frustrations of golf, whether it's sinking a long putt (throw) in an elevated metal basket, or hitting a tree on the way down a fairway.

As players progress down the fairway, they must make each consecutive throw from the spot where their previous throw landed. The trees, shrubs and terrain changes in and around the fairways provide the challenging obstacles that make the game so much fun to play. There are two formal disc golf courses in Tasmania and each course has been designed to incorporate beautiful woodland settings. They can be found at:

- The Poimena Reserve course in Wakehurst Road, Austins Ferry; and
- View Road Reserve, Burnie.

No bookings are required to play disc golf and there are no admission fees. Simply turn up and play!



## Get Moving Tasmania Local Government Forum

You are invited to a FREE information forum specifically tailored for local government and available to interested community organisations.

The forum will showcase a range of sport, recreation and physical activity initiatives and services to encourage and support



local government representatives and community organisations to offer opportunities for people to participate.

**Date:** Tuesday 3 September 2019

**Time:** 10:00am - 3:00pm

**Venue:** Pembroke Park, 7 Tasman Highway, Sorell

**RSVP:** Tuesday 20 August 2019

Contact Matthew Abey on 6165 5081 or email [matthew.abey@communities.tas.gov.au](mailto:matthew.abey@communities.tas.gov.au) to secure your spot.

## Australian Adventure Activity Standard - Angling

The Australian Adventure Activity Standards are being developed by a coalition of groups including all those currently responsible for the relevant state and territory standards.



The draft activity good practice guide for Angling has just been released for public comment. Members of the outdoors community can have their say about this activity good practice guide by visiting the [yoursaywebsite](#).

The draft good practice guide is available to download or readable online via the [yoursaywebsite](#). Feedback submissions can be lodged via the websites submission forms. These include 'general impressions', as well the opportunity to provide detailed and 'specific feedback' on any piece of content or section.

Feedback submissions for Angling will close on 7 Aug 2019 at 9.00am.

## National/International Sport Championships Program

The 2019/20 National / International Sport Championships Program (the Program) is now open. The program provides grants to eligible organisations to assist in meeting costs associated with hosting a national or international sport championship event within Tasmania.



The Program aims to promote and develop sport by encouraging national and international level sport championships in Tasmania. The National/International Sport Championships Program provides grants of up to \$3,000 per event (up to a maximum of \$6,000 per organisation) for national or international sport championships being held in Tasmania.

Funding is distributed on a first-come, first-served basis to organisations meeting the eligibility criteria. The guidelines for applications can be found [here](#).

For more information check out the [Communities, Sport and Recreation website](#).

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