

Sports

SHORTS

Vol 4 Issue 1 – May 2004

NSW SPORT AND RECREATION



age no barrier
to fitness

SENIORS GET ACTIVE

... also
safe food at events

NEW LAWS EXPLAINED

sport rage

KICKING GOALS



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Email csciberras@dssr.nsw.gov.au or
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Editorial

Cindy Sciberras
Phone (02) 9006 3700 Fax (02) 9006 3883
Email csciberras@dssr.nsw.gov.au

Advertising

Andrew Haynes
Phone (02) 9006 3859
Email ahaynes@dssr.nsw.gov.au

Design and production

Jennifer Barrett

NSW Sport and Recreation

6 Figtree Drive Sydney Olympic Park NSW 2127
Locked Bag 1422 Silverwater NSW 2128
phone (02) 9006 3700
fax (02) 9006 3883
email info@dssr.nsw.gov.au
web www.dssr.nsw.gov.au



Our cover

Two older adults take part in a game of Lifeball during Seniors' Week

Photographer: Julianne-Howard Photography

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Older adults getting active

- Make a start with our Active Older Adults or Facts on Walking brochures – contact 13 13 02 for a copy
- Book in for an Active seniors' getaway at one of our sport and recreation centres – offering great accommodation, meal and activity packages at picturesque locations across NSW

Try Active Search on our website – www.dsr.nsw.gov.au – it's an easy-to-use online directory that can point you in the right direction for a range of sport and recreational activities, such as Walking for Pleasure, swimming and tai chi.

The six most popular sports for people aged 55 and over in Australia are:

- walking
- golf
- lawn bowls
- aerobics/fitness
- swimming
- tennis.



getting active

by Cindy Sciberras

A weighty challenge for older Australians

One in five Australians is now aged over 55 with the proportion set to increase over the years to come.

With this in mind, it has never been more important to promote physical activity to older adults.

NSW Sport and Recreation spokeswoman Sheena Barnes said the latest Australian Institute of Health and Welfare report has revealed some disturbing findings.

For instance, Australians in their 50s are continuing to gain weight as they gain years – at least into their mid 70s.

And the number of obese older Australians is now approaching one million.

“Of course, physical activity doesn’t just bring about benefits to the waistline,” said Ms Barnes.

“It helps reduce chronic disease, reduces stress, anxiety and depression, and can improve sleep and concentration.

“On a social level sport and recreation can prolong independent living, reduce isolation, enhance self-esteem and confidence and encourage family and community connectedness.”

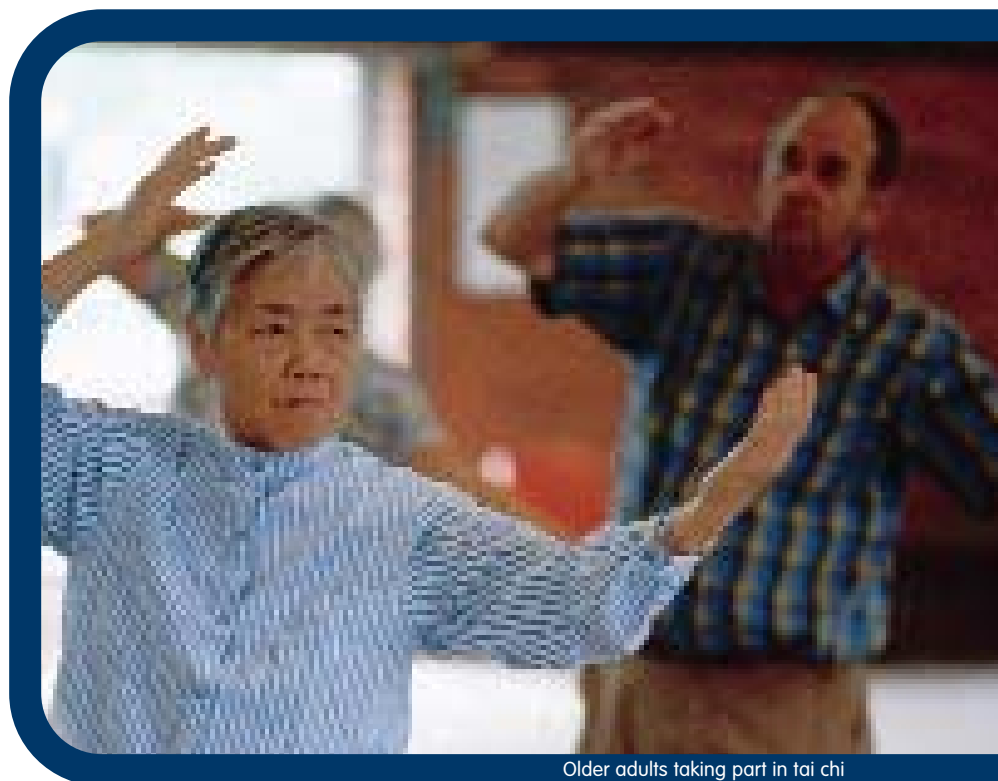
NSW Sport and Recreation is working on a number of initiatives this year to promote good health through regular physical activity to the over 50s.

In June the department will host a conference with an active ageing focus, aimed at people in the sport and recreation industry, local government and health services.

“We want to get people thinking about this age group and how we can get them more active,” said Ms Barnes.

“We also need to change the thinking on the types of physical activity options that are provided to older adults.

“For instance, the ‘baby boomers’ are more likely to see themselves engaging in more rigorous or ‘exciting’ forms of activity as opposed to the over 75s who want more passive forms of recreation.”



Older adults taking part in tai chi

Walking continues to be popular across all age groups with the department’s Walking for Pleasure program celebrating its 20th year.

There are more than 85 Walking for Pleasure groups in existence around NSW today. Ninety five per cent of participants are aged over 50.

“The great thing about walking is that it’s free, it’s social and walks can be varied to keep motivation high,” said Ms Barnes.

At NSW Sport and Recreation’s 11 centres, older adults are being targeted for active holidays.

“During Seniors Week, we invited older adults to ‘come on an adventure’ and sample one of four centres at either Broken Bay, Berry, Lake Macquarie or Wagga Wagga,” said the department’s Business Development Manager Andrew Haynes.

“We did this in conjunction with the NSW Department of Ageing, Disability and Home Care who provided some funding. The response was incredible, with all spots booked out.

“We want to get the message across that our centres aren’t just for the young – but also for the ‘young at heart’.”

The department featured in the Seniors Expo at Sydney’s Town Hall promoting the ‘more active, more often’ message to more than 10,000 older adults – and will attend the Royal Easter Show to demonstrate physical activity options to thousands more.

Mr Haynes said a strategic partnership has also been struck with the influential Seniors Card, which was set up in 1992 to encourage older people to enjoy an active and healthy retirement. Seniors Card now has more than 890,000 members.

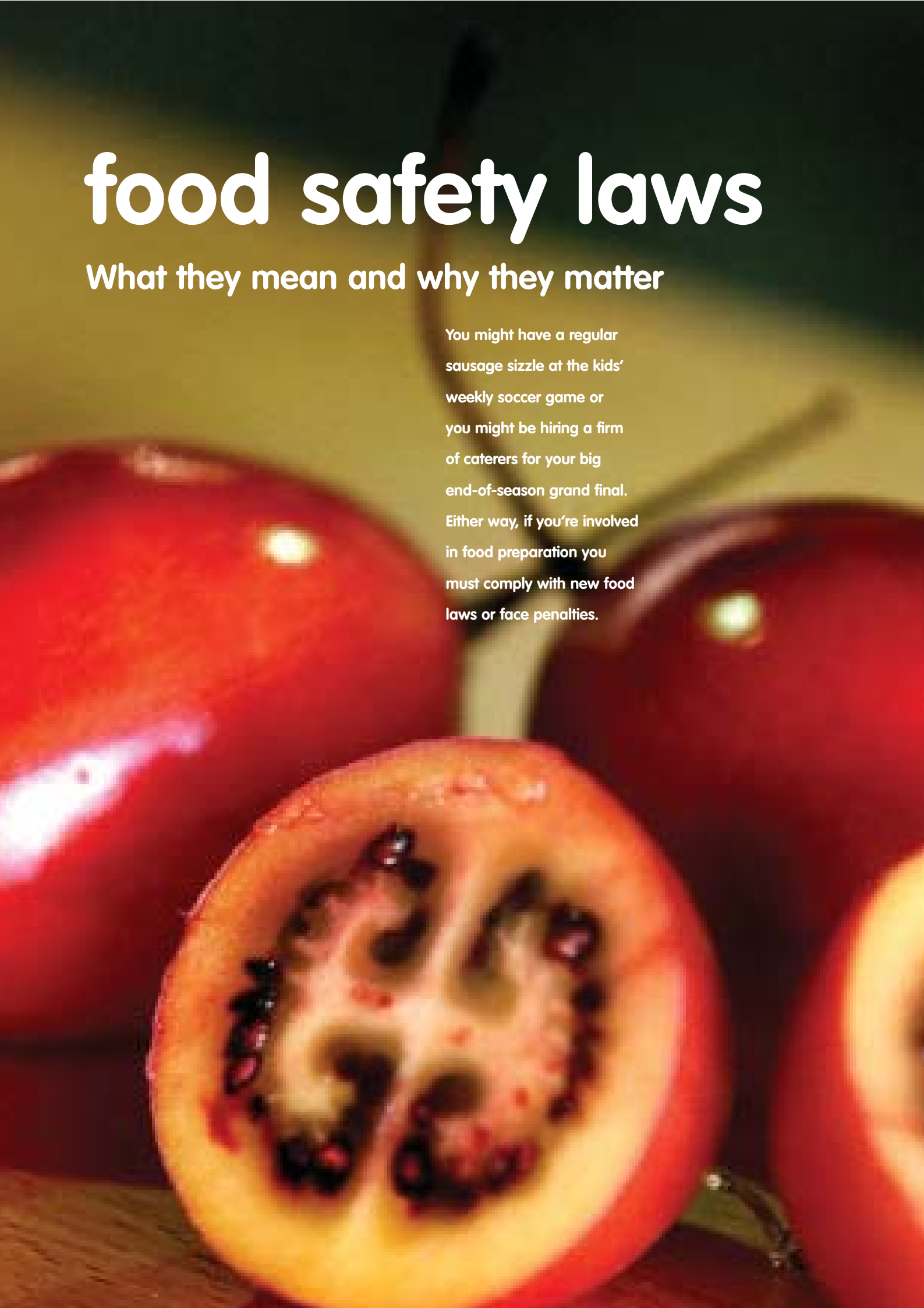
“Through Seniors Card we’re able to use their considerable networks to help us spread the word about the benefits of physical activity,” said Mr Haynes.

“We’re looking forward to working with them to provide a wider range of physical activity options for older adults through our centres over the next few years.”

food safety laws

What they mean and why they matter

You might have a regular sausage sizzle at the kids' weekly soccer game or you might be hiring a firm of caterers for your big end-of-season grand final. Either way, if you're involved in food preparation you must comply with new food laws or face penalties.

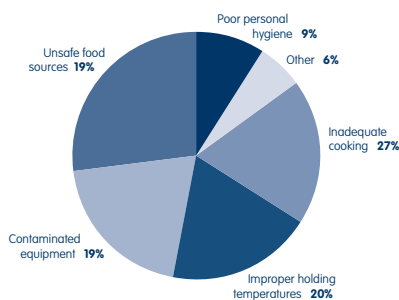


In February 2004 the Food Act 2003 and the Food Regulation 2004 became law in NSW.

The Act and the Regulations apply to all types of food premises, whether wholesale or retail, and include everything from mobile food vending stalls to temporary food premises, irrespective of whether the event is for charity or commercial purposes.

They aim to reduce the level of food-borne illness by creating more effective, uniform regulations that update food safety and hygiene practices.

Factors contributing to food borne outbreaks from 1980-1995.



NSW Sport and Recreation has been working over many months with TAFE NSW to ensure involvement with food at its 11 centres and academies meets all of the new requirements.

The department's Executive Officer in Operations Liz Daykin says the centres prepare millions of meals each year, so it is critical staff are fully aware of what can go wrong when working with food.

The work with TAFE has resulted in development of a Food Service Policy and Manual, and a Food Safety Plan developed by each centre to systematically identify potential hazards and how to control them.

While community sporting groups aren't expected to go to these lengths, the law says that no matter how minor your involvement in providing food for sale to the public, you must do so safely.

So what are some of the things you can do to ensure you meet your food safety planning and hygiene requirements?

Frequently Asked Questions

Q: I've been asked to help out at a sausage sizzle fund-raiser for the school. What do I need to do to ensure the food I am cooking is safe?

A: Meat is a high-risk food because it can offer bacteria ideal conditions for growth if handled poorly.

- Never thaw meat at room temperature; thaw in the refrigerator until just before use. And never re-freeze meat that has been thawed.

- Cook all meats, including sausages, until well-done so that no pink is left visible.
- Do not allow meat to cool on the bench. As soon as steam stops rising it should be refrigerated in a leak-proof container if not immediately eaten.

Q: I'm planning a sports Open Day and want to secure the services of a mobile food vending operator. What questions do I need to ask?

A: A Food Vending Vehicle (FVV) is defined as a handcart, bicycle, trailer/van or stand used for the preparation, heating, refrigeration or storage of food for sale for human consumption. You should ask:

- Is the FVV listed on the NSW Health database of food operators?
- Have all staff received training in food safety?
- Has the FVV been inspected and approved by the local council?
- Does it have adequate refrigeration and running warm water, liquid soap and hand towels for handwashing?

Q: I work at the canteen at the local sports field. Is there anything important I need to know?

- Tea towels spread bacteria so where possible avoid using them. If you have no option make sure they are freshly laundered.
- Make sure food contact surfaces used to prepare food are wiped clean, using a sanitiser.
- Allow enough fridge space. Cold air cannot circulate in an overloaded fridge.
- Keep hair tied back or use clips, keep beards trimmed and wear a hat.

- Never work in food preparation areas when sick.
- Cover cuts or sores with a water-proof dressing.
- Wash hands in warm soapy water after using the toilet, after smoking, after handling rubbish, after handling cleaning products and before handling food.

Need more information or advice?

TAFE NSW offers a range of courses in food safety and food hygiene. Details can be found at www.tafensw.edu.au

For copies of the Food Safety Standards and Fact Sheets go to the website of Food Standards Australia New Zealand (FSANZ): www.foodstandards.gov.au

The new Food Act 2003 and Food Regulation 2004 can be viewed at www.legislation.nsw.gov.au

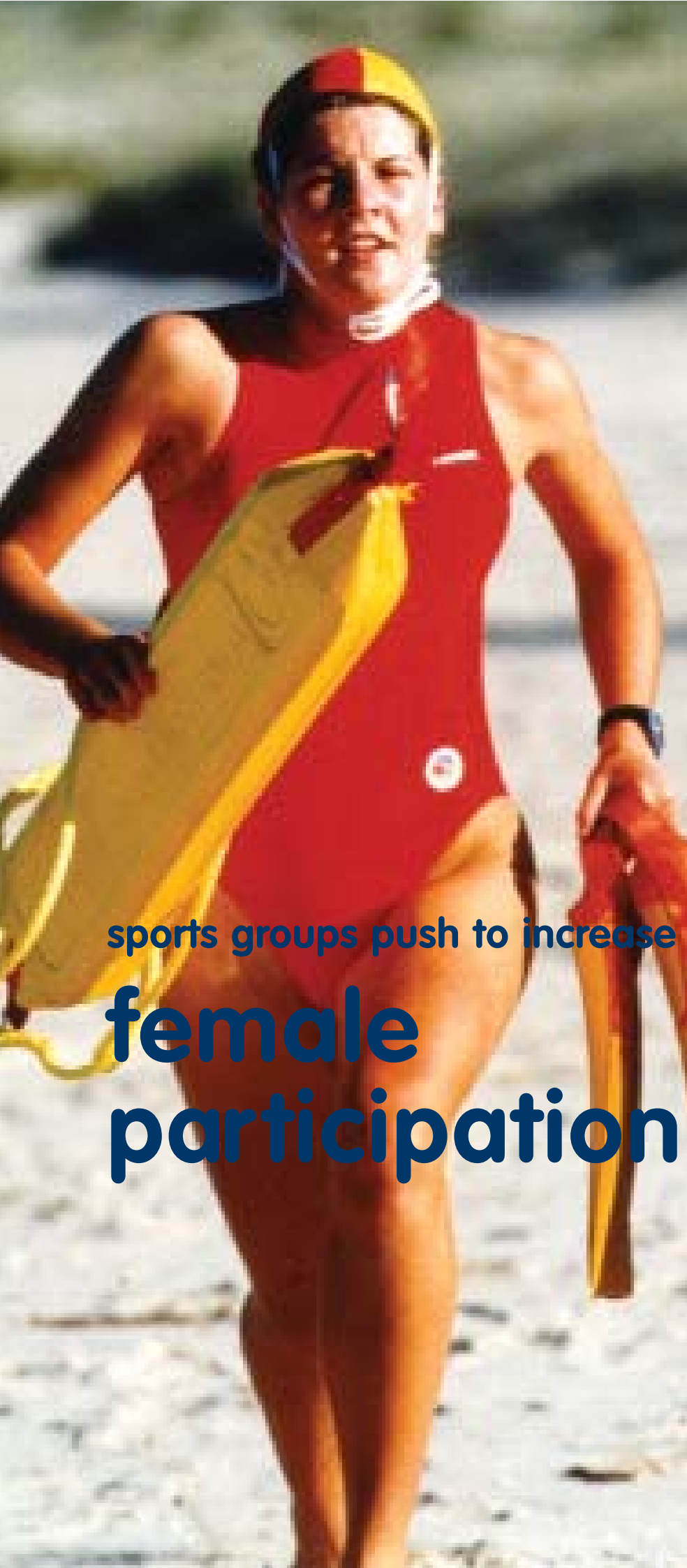
For advice and assistance on all matters relating to food safety contact the Australian Institute of Environmental Health (AIEH) at www.aieh.org.au

The Food Safety Information Council also provides Fact Sheets and assistance to consumers. The Council's website is www.foodsafety.asn.au

Most local councils have an Environmental Health Officer who can provide information about food safety requirements. Contact the Local Government and Shires Association www.lgasa.org.au or the NSW Department of Local Government: www.dlg.nsw.gov.au

Parts of this story have been compiled with the assistance of Food Standards Australia New Zealand the Food Safety Information Council, Auburn Council and The Australian Institute of Environmental Health.





sports groups push to increase female participation

Key state sporting organisations are taking steps to increase the participation of women under a funding agreement with NSW Sport and Recreation.

Training is now taking place with initial sessions targeting about 30 sporting organisations.

Directors and executive officers from a range of sports including athletics, cycling, hockey, golf, rowing, tennis and the four football codes are being encouraged to participate.

The workshops will help representatives develop strategies tailored to their own sport to increase the participation of women and girls as coaches, administrators, officials or players, whether in paid or volunteer roles.

The training program is part of a broader strategy to strengthen the sporting industry in NSW, improve corporate governance and shift the culture of sports organisations to attract and retain more women and girls in all capacities.

"Currently, women account for just 34 per cent of all board and committee members and less than 20 per cent of presidents or chairpersons in these organisations," said department spokeswoman Jeanette Webb.

"Recent figures from the Australian Coaching Council tell us only 26 per cent of women hold Level 1 coaching positions in their state sporting organisations in NSW. This figure drops to 17 per cent for Level 2 and 12 per cent for Level 3 coaching positions."

When it comes to organised sport, current participation rates are especially disappointing, with only 38 per cent, or 995,300 of all NSW women participating in organised sporting activities.

According to Ms Webb specific instructional training makes a big difference when it comes to boosting the numbers of women getting involved in sporting organisations.

National Development Manager of Surf Life Saving Australia, Danya Hodgetts has been a long-time pioneer and active supporter of gender equity training in her sport, surf life saving. Ms Hodgetts presented a paper on Gender Equity at the International Life Saving Federation in St Lucia last year, her trip sponsored by NSW Sport and Recreation.

As the Surf Life Saving Australia representative, she reported on the work being done in Australia to improve participation in her sport by women.

"Women were only allowed to do their Bronze Medallion and begin active surf patrols in Australia after 1980," said Ms Hodgetts, "but in just 24 years we've achieved a 45 per cent female membership."

"Surf Life Saving Australia now has 51,000 female members with 11,000 on active patrol," she said.

Kicking goals

on sport rage

Are you a sport-rager?



Illustration by Christine Bray-Cotton

Anyone involved in children's sport may soon have clear and concise guidelines on how to crackdown on unruly sporting behaviour if a State Government initiative to crack down on sport rage is successful.

NSW Sport and Recreation and Soccer NSW have begun a pilot program in Blacktown to control behaviour that takes fun away from children's enjoyment of sport.

The pilot will run throughout the 2004 soccer season targeting four groups including parents, coaches, referees and administrators.

It includes a kit that encourages parents to sign an "Anti-Sledge Pledge" Code of Conduct at registration.

The kit also includes:

- a booklet that sets boundaries for appropriate behaviour towards players, officials, referees, coaches and administrators at a junior sporting fixture
- a strategy list for clubs offering advice on how they should deal with sport rage when an incident occurs and
- posters and banners that reinforce good sporting behaviour.

Also part of the trial are fun promotion days, an anti-sport rage slogan competition and a Good Sport award.

"If successful this program will be expanded to incorporate other sports," said NSW Tourism and Sport and Recreation Minister Sandra Nori at the March launch.

The initiative follows a sport rage seminar on the Central Coast in September 2003, which brought together more than 140 participants wanting help to deal with the problem of anti-social behaviour on the sporting field.

"Everyone knew what sport rage was, but we discovered very few people knew how to handle it, and that's why, with Soccer NSW, we've developed a guide book for each target group," said Ms Nori.

The Blacktown and District Soccer Football Association (BDSFA) was selected for the pilot because the Association has been so pro-active in developing policies to address sport rage. The BDSFA represents 26 clubs covering 1,700 families, 130 referees, 150 coaches and 100 sports administrators.

Soccer NSW President, Tom A. Doumanis, says sport is an important component of a child's development.

"It provides children with the opportunity of not only enjoying recreational time but deriving a number of social and personal skills through sport," said Mr Doumanis.

"Those of us involved in the administration of sport have a responsibility to ensure officials entrusted with control of a sporting activity are permitted to go about their tasks without threat, intimidation or abuse.

"Parents and officials sometimes overlook that children participate in sport for sheer enjoyment. While winning adds a further dimension to their enjoyment, it is not the end all or be all of participation.

NSW Sport and Recreation has funded another four regional initiatives to address sport rage.

■ Spirit of Surfing – a surfing code education strategy for Byron Bay

A surf education campaign will be developed to allow for greater awareness of surfing codes. Project partners include Byron Council, Surfing Australia, Surf Life Saving NSW – North Coast, Northern Star Newspaper and Southern Cross University.

■ Youth Taking the Pledge (North Coast)

A project to educate Kempsey students in years five to eight – through the PDHPE curriculum – on ways to overcome problems associated with unacceptable aggressive behaviour in sport, either as a player or spectator. Project partners include Department of Education and Training and the Aboriginal and Torres Strait Islander Commission.

■ Fair Go, Sport (Western)

This will focus on a rural community where practical strategies will be implemented across all sports and supported by the wider community. It aims to add value to the approach being taken with Soccer NSW by being community specific, rather than sport specific.

■ Raising Community Standards in Children's Sport (Sydney)

Working with Ryde Council, local clubs and associations will be surveyed to determine the issues associated with sport rage. Two seminars will then be held – one for administrators and managers and one for parents and players. Project partners include Northern Sydney Health, Ryde Sports Foundation, Ryde Council and Youthsafe. Ryde Council is actively involved in the World Health Organisation's Safer Communities Project and has established a Sports Safe Committee.

Howzat!

Aboriginal cricketers invited to the crease



Young Aboriginal people are being encouraged to look beyond AFL and rugby league and take up sports like cricket in a bid to boost their health and wellbeing, and address obesity.

NSW Minister for Tourism and Sport and Recreation Sandra Nori said Aboriginal cricketers are being “invited to the crease” through a push by Cricket NSW and the State Government.

It is part of a broader strategy involving a total of 13 sports, backed by \$100,000 funding for sports development and equipment from the Australian Sports Commission, to boost Aboriginal participation in sport.

“Cricket NSW is leading the way in actively recruiting Aboriginal kids into their sport,” she said, “with a series of after school cricket clinics planned across the state.”

“An initial 10 week clinic held at La Perouse has attracted more than 30 boys and girls, who are being encouraged to join local cricket teams. Campbelltown and Redfern are next to be targeted.

“Aboriginal people are also being trained as cricket coaches, umpires and other officials with NSW now boasting at least 50 Indigenous cricket coaches.

“These opportunities will not only help to boost Aboriginal participation in cricket but also increase the opportunities for Aboriginal players to follow in the footsteps of Jason Gillespie – a current Indigenous test cricketer and only one of two Aboriginal players who have represented Australia in cricket at a national level since the 1868 touring team.” (Faith Thomas, Women’s Cricket Australia, was the other player – source, an Australian Cricket Board report).

As well, the NSW Speedblitz Blues are playing an important role with the likes of Steve Waugh and Brett Lee donating their old equipment to kids in rural and remote locations including Bourke, Armidale and Casino to help defray the costs of participation.

NSW Sport and Recreation will also be working with the following sports to increase Indigenous participation: surf life saving, softball, swimming, tennis, golf, hockey, touch football, netball, soccer, basketball, athletics, rugby union, AFL and rugby league.

“This is an important initiative because we know that sport strengthens communities with skills developed on the sporting field transferring to life outside sport – such as self-esteem, goal setting, problem solving and the ability to perform under pressure,” said Ms Nori.

“Participation in sport and physical activity also helps address the growing problems of obesity and ill health which affect the Aboriginal population at rates higher than the general community.”

Photography by News Limited



Meet Anthony Carter

By Sheena Barnes

Anthony Carter has just signed on as NSW Sport and Recreation's Aboriginal sports development consultant.

He will work with a team of 10 Aboriginal sports development officers and local communities around the state to boost physical activity in Indigenous communities.

While this is Anthony's first foray into a dedicated sport and recreation role, he has a keen interest in sport and enjoys playing rugby league and tennis and was previously a lifesaver.

Anthony has extensive experience working with Aboriginal communities in a variety of capacities including health, employment, education and training.

His most recent job was with the Commonwealth Department of Employment and Workplace Relations South Australia where he was Manager, Indigenous Employment Branch.

The department's A/Director Industry and Partnerships John Egan says: "Our focus on working directly within communities will benefit from Anthony's experience in community liaison and developing partnerships.

"We believe this is the best approach to help increase active participation across all sports for Aboriginal people, in a way that can be sustained in the longer term."

Anthony says he is particularly interested in ensuring the department's stakeholders work together in addressing social justice issues affecting Aboriginal people.

"I'm looking forward to providing support to the team of regional Aboriginal sports development officers, working directly with communities and building on relationships with our State sporting bodies."

For further information please contact Anthony on (02) 9006 3827.

For further information on Aboriginal events and activities in your region, please contact any of our Aboriginal Sports Development Officers on 13 13 02.



Have river will swim

By Elissa Ulanas

Kids in the New England region of NSW can now transfer their water safety skills to the local river with the help of a new water safety program.

In an attempt to keep our state's drowning statistics down, the Bundarra Central School, in partnership with NSW Sport and Recreation and the Royal Life Saving Society, developed the river safety program aimed at school-aged children who live and recreate near the Gwydir River.

Based on a blend of the popular Royal Life Saving Swim and Survive program and the Bronze Rescue program, the program features practical elements easily transferable to a river environment.

"Students conduct a safety assessment of the venue prior to any activity and then set up a safe swimming area, clearly visible with markers and buoys," said NSW Sport and Recreation North West Regional Coordinator Gaylene Ryan.

Participants learn about:

- general water safety as it relates to a river environment
- personal survival – how to handle themselves if they come across an emergency and
- different types of rescues.

Royal Life Saving North Coast Regional Manager, Jason Phillips said rivers and lakes still dominate the state's drowning statistics and while the number of people drowning is down on the five year average, there was a slight increase in the six to 14 year old age group.

"This age group has traditionally recorded low drowning rates in NSW. By instilling a water safety and lifesaving program into the Bundarra school's recreation activities we will hopefully see other schools follow a similar progression and thus further educate our children in safe water practices," said Mr Phillips.

Down the river... with a paddle

"The good thing about the river safety program is that it allows students to explore and swim in their local river and participate in various rescue and survival scenarios, to meet all the safety requirements for this school participation activity."

"The beauty of this program," said Mr Phillips, "is that it encourages schools to actively seek out a suitable open water venue and gain qualified assistance in meeting the instructor and supervising requirements.

"It also allows students to fully appreciate the hidden dangers around these aquatic environments before they go swimming, boating or fishing," he said.

Bundarra Central School principal Steve Auld

agrees and added that his students' new water safety skills could be easily transferred to any river environment.

"Although some of these kids are the third or fourth generations to be swimming in the river, the good thing about the program is that it's based on the idea that in everyone's life they will come across different rivers – the skills to assess a totally different river location to where they've grown up is invaluable," said Mr Auld.

While some schools complete a swimming and lifesaving program at their local pool, many schools simply cannot participate in one of these programs due to meeting the excessive travelling requirements and expense in getting to a pool.

Mr Auld said the initial idea for the program came about from the pleasant location of the school on the banks of the Gwydir River.

"We wanted to make the best use of that river as there's no swimming pool here. Although kids swim with their families in the river, for school swimming we had to travel to Inverell for lessons which is almost a two-hour round trip.

"We started a canoeing program on the river four years ago, so the river water safety program complements that and some areas of our geography and science class work. It really helps students get a better practical understanding of our local river from both swimming and geographical aspects," said Mr Auld.

"And an extra advantage is that they're having a great time while learning about serious things."

Overcoming the natural environment challenge

Unlike other water safety and general water confidence programs, the challenge



of the river water safety program was the natural environment says program instructor Pam Weste.

"When you're working in a natural environment, it changes every week; there's not the constant elements of a pool environment. So, we had to choose an area that was safe.

"The students undertake a venue analysis every week before classes start to look at things like easy access points, dealing with water of varying depths, the flow of the water and any potential obstacles."

"The important thing is that the kids learn that sometimes it's a better idea not to go swimming in the river and this program teaches them to look for those danger signs," said Ms Weste.

The humble esky – a valuable safety tool?

"The main thing I like about the program is its practicality," said Ms Weste. "It's unlikely that on a very hot day, these kids will be able to get into a car and drive 50 kilometres to the nearest pool. The river is really the easiest option for them."

"So, we present them with the information, aids and tools to encourage them to think about how they would use these if faced with a water safety situation. For example, one of our lessons involved collecting things along the riverbank that they thought would be useful for a rescue situation," said Ms Weste.

Participants learn that often things like the unassuming esky, a bucket or even a sturdy stick or branch can be valuable rescue tools.

At the time of publication, all participants in this first river water safety program had successfully completed the river rescue I and II components.

"These kids have been very responsive to the program – they're excited about being part of something new and different. A couple have even indicated interest in doing their junior instructors course with the Royal Life Saving Society as a result of this," said Ms Weste.

"They want to take what they've learnt that one step further, which is a great sign for the Bundarra community."

Funding of \$1,800 for the program was provided by the Department of Tourism, Sport and Recreation. This covered the cost of vital safety and rescue equipment and the employment of a qualified water safety instructor.

From the participants

'I enjoyed doing the mock rescues; being in a situation where someone's life was on the line and having to save them.'
Brianna, aged 12.

'I learnt the dangers of the water that I wouldn't have even thought of before.'
Elizabeth, aged 12.

'When you go into the water, make sure there's not a big rapid. You throw in a stick to make sure of the current.'
Philip, aged 12.

'Throwing the rescue items and doing the program near the school was the best.'
Jacob, aged 12.

'It's really valuable as it teaches you stuff you will quite possibly need to use in an everyday situation, especially in rural areas.'
Courtney, aged 14.

'I liked learning to save people because we may need to use it later and I get to swim at the same time. We also know how to check the river for different things like the current, logs and other obstructions.'
Josh, aged 14.

Star basketballer

– an inspiration



Nearly 23 years ago Simon Ishac, 25, from Parramatta, was playing in his local street when he was hit by a motor vehicle. He received head injuries which left him with an acquired brain injury, but not without a fighting spirit to seize the day.

In 1995 Simon attended the Rowland Hassall School in Parramatta to complete Years 11 and 12. It was here his love for sport started.

The Rowland Hassall School was established in 1955 to cater for the needs of children with a mild or moderate intellectual disability.

"That school was a great school for me. It gave me opportunities. I was given the chance to do swimming, basketball and rugby league – everything," said Simon.

"I settled on basketball," says Simon, "but when I started I was not very good. I really wasn't a complete basketballer because my skills in driving and shooting were bad," he added.

"I was going to give up but the school's Assistant Principal, Dianne Watson, and my friend Nick Maroney pushed me along. It took me about a month to wake up. Finally I said to myself, 'I can do this. Just go out and do it,'" he said.

And that's what Simon did. In the eight years since he made that decision his list of

sporting achievements in the sport is nothing short of extraordinary.

In August 2000, Simon represented Australia in Basketball for athletes with an intellectual disability at the Paralympics, after first winning Australian selection in 1997.

Between 1996 and 2004 Simon has won selection every year to the NSW state team to contest the Ivor Burge National Championships. NSW won the title in 1998, 2000, 2001 and 2002.

Simon has also represented Australia in Basketball for athletes with an intellectual disability at the World Championships in 1998 in Brazil, where Australia came fifth and in 2002 in Portugal, where Australia took the Bronze medal.

Head Coach of the 2000 Paralympic Basketball Team for athletes with an intellectual disability, Tony Guihot, says Simon was what he calls his "sound bench".

"He's such a hard worker, always willing to go the extra mile and a completely reliable and dependable athlete. He's what every coach needs on a team," says Mr Guihot, who's now General Manager of the Basketball Association of Newcastle and Lake Macquarie.

"I think Simon's achieved more than he ever dreamed he would and this has given him an enthusiasm that has spilled over into wanting to encourage others who are just starting out," he said.

Not only has Simon played at the elite international level in his chosen sport for eight years, he's put his energies into furthering the talent of able-bodied basketballers at the local level.

Simon plays B-Grade with an able-bodied Men's Basketball team at The Hills Basketball Centre at Castle Hill in Sydney. He also coached an Under 16s able-bodied basketball team at The King's School in Parramatta from 2000 to the start of this year.

Such commitment to helping others has earned Simon Ishac a 2004 High Performance Individual Scholarship from NSW Sport and Recreation. He is one of 46

athletes representing a range of sports who've been rewarded this year.

Having a disability is no barrier to participating in sport and recreation. In fact, many sports find it easy to adapt without purchasing expensive equipment and discover the modifications necessary to coaching styles are few.

The Motor Accidents Authority (MAA) of NSW is involved in numerous sporting and recreational projects open to people with a disability. NSW Sport and Recreation has been running the Active & Able projects funded by the MAA since 1998.

More recently, the MAA has funded Project Connect at a state level, supporting six sports, including basketball, to develop new ways to include people with a disability in their sport.

Simon has the final word on what can be achieved. "Always have faith in yourself and never give up. Go for your goal and when you have your tough times, keep on trying."

As this story goes to press Simon is in Hobart about to take the court against Tasmania in the Ivor Burge Nationals. He reckons the game will be a tough one because of the home crowd advantage, but the NSW boys are confident.

Win, lose or draw there'll be no rest after the Nationals, though. Next on the list is selection for the Global Games in Bollnäs, Sweden in July 2004. Simon intends to be there - wearing the green and gold for Australia!

Acquired Brain Injury fact sheet

Acquired Brain Injury (ABI) is often referred to as the "hidden" disability. Many of the problems faced by people with an ABI are not visible, or do not appear to be that serious. Participation in sport and recreation is one of the most powerful, yet simplest, ways to improve the quality of life for people with an ABI. How can you, as a sport and recreation provider, include people with ABI?

Download the fact sheet from our website:
<http://www.dsr.nsw.gov.au/publicat/index.asp>

This page was funded
by the MAA under the
Active and Able initiative.



**MOTOR ACCIDENTS
AUTHORITY**



Rugby success

Following the Rugby World Cup, the Australian Rugby Union has recently launched a new television commercial to encourage children and their parents to register at their local rugby club.



Featuring star players George Gregan and Phil Waugh, the commercial aims to send the message that rugby is for everyone and suits children of all ages, shapes and sizes. It was developed in conjunction with a renewed push of the expanded national junior development program, TryRugby, and the ARU's EdRugby education program.

As part of this push to increase membership of local rugby union clubs, NSW Sport and Recreation is also helping channel kids' interest in rugby through Active Search – an online search facility – to find their local rugby club and get involved in the game.

Active Search has more than 235 rugby union listings in NSW.

NSW Sport and Recreation A/Manager Community Participation Kerry Turner said currently there are about 37,000 juniors aged five to 14 playing organised rugby in Australia.

"Through a range of modified rules rugby can be played by kids in a safe and encouraging environment that promotes rugby skills development and new friendships," said Ms Turner. "For the youngest kids there is no tackling and the focus is on fitness and fun."

Rugby has a number of modified sports programs catering for children and young people including:

- Walla Rugby – seven to eight year olds – As the first introduction to the game, Walla Rugby is played on a modified field to cater for the young age group, ensuring that each player will experience maximum involvement. It is a simple, non-tackling introduction to the game that concentrates on passing, catching and running skills.
- Mini Rugby – nine to 10 years – Mini Rugby continues the theme of free-flowing running and passing rugby action. However, most importantly it introduces the young player to the contact elements of tackle, continuity, ruck and maul.
- Midi Rugby – 11 to 12 years – Midi Rugby is a 12-a-side stepping stone to the full game. It is still on a modified field size, but more elements of the Under 19 game are introduced.
- Under 19 Rugby – This is the full 15-a-side game, which incorporates specific safety laws, tailored to the developing player.

"We hope that following the success of the Rugby World Cup 2003 there are hundreds of kids inspired to get active through a game of rugby," said Ms Turner.

Active Search is a user friendly online directory of sport and recreation clubs and facilities throughout NSW – providing an extensive list of physical activity opportunities. To access Active Search visit www.dsr.nsw.gov.au or call 13 13 02.

FITKIDS4SICKKIDS

fitness and wellbeing initiative goes national

Thirteen year old Mariza Trimmer from Hillsdale in Sydney's inner south, is one of the direct recipients of a scheme to promote physical well-being in children.

In May this year school children around Australia will begin a month-long program to learn about fitness and healthy eating habits, with fundraising one component of their efforts.

Money raised will go to the Sydney Children's Hospital for the benefit of people like Mariza – who has spent the past 10 years in and out of hospital with a range of illnesses.

NSW Sport and Recreation is a key sponsor of the scheme, called FITKIDS4SICKKIDS, which was trialled in NSW schools last year.

Two of the first schools to sign on this year were Coogee and Gunnedah Public Schools.

Speaking at the launch of FITKIDS4SICKKIDS, NSW Premier Bob Carr said children will learn how to maintain a healthy lifestyle.

"Healthy habits learnt at a young age are more likely to be retained throughout life," said Mr Carr.

"Giving kids clear guidance on simple exercises and good dietary habits will help keep them fit for a lifetime."

The second part is the FITKIDS-A-THON, where school students raise funds for research into childhood illnesses and problems such as obesity.



Mariza Trimmer (L) and friend

They will do this through events such as dance-offs, skip-a-thons, school mini-Olympics, walk-a-thons, swimming or bicycle races.

Recently released statistics show the incidence of obesity in Australia has almost doubled between 1989 and 1999.

More than 20 per cent of children in NSW are overweight or obese – a figure that is increasing each year.

As well as its obvious physical health dangers, obesity can destroy self-esteem, lead to social discrimination and contribute to mental illness.

From her hospital bed young Mariza will be cheering on her peers, hoping that they never take their good health for granted.

FITKIDS4SICKKIDS aims to raise \$200,000 in NSW this year. There is an entry fee of \$4 for each child joining the program.

Students taking part in FITKIDS4SICKKIDS



Schools are encouraged to register by going to www.fitkids4sickkids.com.au, or through a direct link from the NSW Sport and Recreation website www.dsr.nsw.gov.au

Creation of D Sport

The peak NSW sports organisation for people with a disability has undergone a facelift!

The NSW Sports Council for the Disabled, founded in 1984 has officially changed its name to D Sport after implementing a new constitution, new Board, new logo and new direction.

Four member associations were founding members of the original Sports Council, amputee, blind, deaf and wheelchair. By 1988, that number had expanded to eight.

Today, there are 22 member organisations covering approximately 35 sporting and physical recreation activities, from blind cricket to sitting volleyball.

The new Board of D Sport is made up of six representatives from the 22 member associations and three independent representatives.

NSW Sport and Recreation, under its Sport Development Program, provides funding.

D Sport represents a fresh approach. The new organisation will continue to push for the development of more quality sporting opportunities for people with disabilities, but will focus on participation at the community level.

The new CEO of D Sport, David Woolley, is a former CEO of Basketball Australia and CEO of Soccer Australia.

According to Mr Woolley the idea is that everyone gets involved in community events right across NSW, from the "Back to Guildford Festival" to your local swimming carnival, because everyone has a link to disability in some way.

"Research from the Australian Bureau of Statistics tells us that 19 per cent of Australians have a disability.



"These figures explain why D Sport wants to concentrate on attracting local businesses to form community partnerships that create wider sporting choices for the disabled," said Mr Woolley.

To this end, David Woolley and Amy Winters, Manager Sports, have been "on the road" for the past six months hammering home this message across NSW.

They have held community consultations, met with local government and talked to Sports Council regional offices asking for their ideas and gathering information about the future sport needs of people with a disability.

Discussions have also extended to "mainstream sports", including state sporting organisations, NSW Sport and Recreation and the Australian Paralympic Committee.

As Mr Woolley explains the new organisation has a clear and precise vision.

"It's essential we go to the grass roots level and integrate activities for people with a disability into the existing carnivals, performing arts festivals and recreational events held by local government and community organisations.

"If we can do this, we will not only create a legacy for the entire community, we will create the infrastructure, communication links and support network necessary to open up opportunities for athletes with a disability across the board," he said.

Stay tuned for the launch of D Sport's new website, www.dsport.org.au, which is currently under construction.



Staff from NSW Sport and Recreation trying wheelchair basketball

Stakeholder survey

NSW Sport and Recreation has surveyed its stakeholders to determine how satisfied they are with its performance.

The stakeholder survey, conducted in October 2003, looked at five key areas:

- expectations of NSW Sport and Recreation and its staff
- how the department meets those expectations
- overall satisfaction with services and support
- priority issues and
- areas for improvement.

The surveys were distributed to state sporting organisations, sports clubs, sports associations, federal, state and local government departments, non-government sport and recreation facilities/venues, registered charities, schools, regional academies and community groups.

The responses

Of the 251 surveys returned, local government delivered the most responses, accounting for 30 per cent of the total. The second-largest respondent group, almost a quarter of all returned surveys, were sport clubs.

Analysis of the responses revealed a generally high satisfaction with NSW Sport and Recreation staff, with other state government departments the most satisfied.

Top priorities

Overall, the top five expectations of NSW Sport and Recreation were very clear:

- funding for sport and recreation programs
- funding for facility development
- child protection screening
- promoting sport and recreation to the community and the government and
- sharing information and resources.

Nearly all stakeholders saw funding for sport and recreation programs as the key priority issue for action.

Also identified as a priority was the provision of assistance to the sport industry on emerging issues and being kept up-to-date with what's happening in government and industry. Of all stakeholders who applied for grants, 77 per cent applied for Capital Assistance Program grants and another 30 per cent for Regional Sports Facilities Program grants.

When asked about the grant application process, 56 per cent of stakeholders said it was manageable, while 19 per cent said it was difficult.

Those who believed grant applications were problematic saw the amount of paperwork required from volunteer-based organisations as the most challenging aspect.

However, a quarter of all stakeholders responded positively, saying the grant application process was relatively easy and straightforward.

When asked to identify the most critical issues facing them today, stakeholders listed funding, insurance, volunteer participation and falling participation rates as the areas of greatest concern.

Where to from here?

Based on the comments of all stakeholders, NSW Sport and Recreation is now examining the survey's key recommendations to more adequately meet the needs of its stakeholders. These recommendations include:

- stronger focus on partnerships and networking;
- simplify documentation and ensure it is more accessible and more widely distributed; and
- streamline the grant application process.

STATS CHAT

PARTICIPATION IN EXERCISE, RECREATION AND SPORT IN NSW, 2002

All sport and physical activity:

- 3,915,200 people (just under four million) participated in sport and physical activity in 2002
- this was a participation rate of 76% (more than three-quarters of every person aged 15 and over participated in sport or physical in the 12 months in 2002).

NSW had the 7th highest participation rate behind ACT (85.9%), WA (81%), NT (78.9%), Vic (78.5%), Qld (78%) and SA (77.8%) and ahead of Tas (75.9%).

Top sports/physical activities in NSW were:

1. walking (other than bushwalking)
2. swimming
3. aerobics/fitness
4. golf
5. tennis
6. cycling
7. running
8. bushwalking
9. soccer (outdoor)
10. yoga.

Participation decreases with age:

- 15 - 24 years - 89%
- 25 - 34 years - 80.8%
- 35 - 44 years - 75.8%
- 45 - 54 years - 74.5%
- 55 - 64 years - 69.4%
- 65 years and over - 62.4%

More males participate than females – 77.8% for all males aged 15 and over compared to 74.2% females

Organised sport in NSW:

- 2,126,500 people participated in organised sport in 2002
- this was a participation rate of 41.3%

NSW was 4th out of all states and territories behind ACT (46.1%), NT (44.5%) and WA (42%) and ahead of Qld (40.9%), Vic (40.2%), SA (39.3%) and Tas (38.4%).

WHAT'S new



Older adults conference

The mid June conference, organised by NSW Sport and Recreation, will explore provision of physical activity opportunities for older adults - the needs, barriers and issues that impede participation in physical activity for older people, how to motivate older adults in physical activity and communications strategies to that audience. For more information call Sheena Barnes on (02) 9006 3830.



School camps for small schools

An initiative aimed at taking NSW Sport and Recreation's Outdoor Education Program to smaller rural schools by transporting camp equipment and instructors to local towns is being trialled again this year in the following areas: Murrurundi, Scone, Port Macquarie, Kempsey, Moree, Narrabri and Broken Hill between May and August. Schools interested in the initiative, known as Campfires Alive, should call Michael Ticehurst on 13 13 02.



Crime Prevention Award for NSW Sport and Recreation

The department has been awarded a merit certificate for its Youth In Sport program, which targets youth at risk of entering the criminal justice system through local Police and Community Youth Clubs. For more information about the program call Katherine Lopez on (02) 9006 3834.

May 2004 is FITKIDS 4SICKKIDS™ month



Join in the fun

Help promote healthy lifestyles

Provide kids with the skills and knowledge to maintain healthy attitudes for life.

Attention: All teachers

Funds raised through the  -a-thon will support medical and child health research initiatives, particularly on the impact of obesity and related health issues.

Any school can enter, just visit www.fitkids4sickkids.com.au to register.

 is proudly supported by

spotlight on clay target shooting

By Richelle Buckland



Less than a decade ago, at the age of 34, Wendy Barton decided it was high time she found out what was so wonderful about clay target shooting that it kept her husband away from home every weekend.



Less than a decade ago, at the age of 34, Wendy Barton decided it was high time she found out what was so wonderful about clay target shooting that it kept her husband away from home every weekend.

"My husband Tony absolutely loved it and I was getting sick of being stuck at home with the kids every weekend, so I thought I might as well see what all the fuss was about," said Wendy.

Before long, the centuries-old sport had sunk its claws into Wendy as well. In just a short time she became just as passionate about clay target shooting as her husband.

"It's an addictive game, a very mental game, a lot like golf in a way. You have to be really determined and remain focused on every shot, you can't just go into it half-cocked," she said.

Her passion and dedication to her sport has paid off. Last year, at the age of 43, Wendy became the first woman ever to win the overall title at the NSW State Carnival.

"I was very surprised when I won. I mean, I had broken a women's record before, but I never thought I'd win at a State level, let alone beat all the guys. I shot a 50, which is a perfect score."

The women's record Wendy broke was when she cleaned up at the World Championships in New Zealand in 2002. Wendy won the world women's title for down-the-line shooting, taking out an unprecedented 472 targets in a row.

Her incredible achievements over such a short period of time have won her the respect of many of her male peers. That respect has been hard won as clay target shooting is still very much a male-dominated sport.

"The attitude towards women competing in clay target shooting is definitely changing, becoming more positive. When I first started, a lot of the older guys were like 'what are you doing here, you're a woman' but it's different now."

About 96 per cent of the sport's 4,000 members in NSW are men, but there is a good balance of girls and boys coming up through the ranks in the juniors.

Clay target shooting is becoming more popular with young people, especially in regional NSW, where the majority of clubs are based (there are only three in Sydney).

Wendy's three children are also heavily involved in the sport and are not too far behind their mother in gaining national and international recognition.

Her eldest daughter Elizabeth, 17, won the bronze medal at the World Championships in 2002. Her son Glen, 15, is a member of the NSW Junior team and her youngest daughter Tracey, 13, is also doing very well with hopes of following in her siblings' and mother's footsteps.

"It's great that the kids are involved as well as it gives us all the opportunity to spend a lot of time together as a family doing what we all love to do," said Wendy.

"The other great thing about it is that you don't have to be young or extremely fit. Anyone can give it a go, you'll either love it or you'll hate it. It's that sort of a sport. I love it."

Wendy has been busy preparing for her next challenge, the National Championships which were held on 31 March, 2004.

Clay target shooting is broken up into three different types of competition; Trap, Skeet and ISSF (Olympic). It is an all-year round sport and the only requirement to start is that you have a gun licence and an appropriate gun.

Anyone interested in finding out more about the sport, or who would like to join a local club, can contact Karen Bart at the NSW Clay Target Association on (02) 6931 9980.

FROM AROUND NSW

From around NSW is a regular Sportshorts feature, profiling the activities of NSW Sport and Recreation's regions across the state.

Central Coast

- A new community based program called Sport-in-the-Neighbourhood kicks off in Killarney Vale, Bateau Bay and Tumby Umbi in April. It involves "come and try" activities and coaching and refereeing courses for both kids and adults. Sports equipment has been obtained through a local government grant and the projects are driven by a network of local government and non-government agencies and community representatives.
- The Central Coast may soon get a "walking bus" as an alternative to kids being driven to school – as part of a strategy to boost health and fitness. The initiative is being trialled from mid-April at one school, and rolled out to a further three by September.
- Thirty sport and recreation programs are being offered to the children of the Central Coast in the April school holidays. Activities range from drama, magic and clowning classes to athletics, self-defence, multi-sports, horse-riding, trampolining, ice-skating and surfing to name a few. These programs are having a very high return rate with many Central Coast families enrolling in a number of activities every school holidays.

Hunter

- Two girls' soccer clinics will be run during the April school holidays – at Warners Bay Soccer Club on 20 April, and Badderley Park Cessnock on 23 April. Coaches include NSW Institute of Sport Women's Soccer Head Coach Mark Jones and ex-Matilda Shelley Youman. The clinics aim to promote women's soccer and encourage new players into the sport.
- Between 15 and 30 intellectually disabled youth will benefit from a one-day Sports Fun Day to coincide with Youth Week in Cessnock at the end of March. Organised by the department and Cessnock Youth Centre and Outreach Service, there will be equipment available to suit all types of disabilities. Participants will be encouraged to take part in sport regularly.
- Aboriginal youth in the Taree area are being assisted into sport by the department's Hunter regional office and the Police and Citizens Youth Club (PCYC). Selected youth will take part in organised sporting activities on weekday afternoons and take part in leadership programs.

North Coast

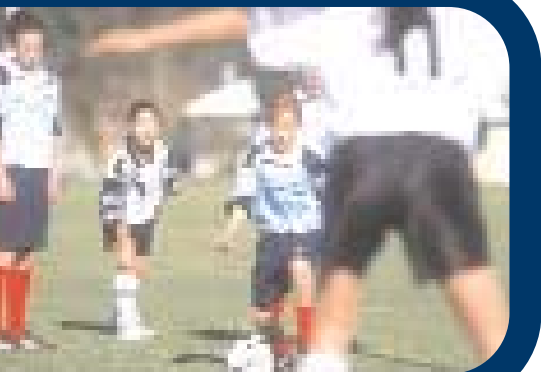
- Kempsey youth are being urged to take the pledge against unacceptable aggressive behaviour in sport, either as a player or a spectator. The North Coast region is working with local schools and the Aboriginal and Torres Strait Islander Service to develop an education package on sport rage to promote tolerance, increase understanding of the sport (and community) judicial system and reduce incidents of bullying, harassment and unacceptable aggression.
- A range of sport education programs is available to North Coast sporting clubs and other community groups during May to October. Programs will include club

planning and management, child protection, coach and official development, risk management, effective meetings and legal issues. Arrangements will be made to tailor programs to meet the specific needs of clubs.

- The annual Northern Rivers Junior Golf Program will be held at the Lake Ainsworth Sport and Recreation Centre in July. This highly acclaimed program provides young golfers from the area with an opportunity to develop their skills in all aspects of the game. Coaches include Greg Norman's former coach Charlie Earpe, NSW Golf's Peter Knight and leading local professional Peter Jaeger.

North West

- The North West region is expecting a surge in junior golf numbers with the coordination of three junior golf programs at Coonamble, Moree and Narrabri from May to July. The program provides four weeks of programming at school where children are taught skills through the Go Go Golf program. Identified children are then selected to take part in a four-week program conducted at their local golf course.
- With Little Athletics NSW, a camp has been designed for eight to 15 year olds to develop track and field athletics skills. Participants need not be of representative standard, but do need to have an interest in developing skills. Coaching will be provided by Little Athletics NSW Development Officers and high level regional coaches. The camp will be conducted in Tamworth on July 5 and 6.
- Eighty aspiring junior touch football players attended a Touch Camp held in Tamworth in April. The camp ran in conjunction with Northern Eagles Touch and provided opportunities for skill development and identification for future development opportunities.



Girls soccer



Golf program

Riverina

- Variety has been the key for community groups accessing the Borombola Sport and Recreation Centre. Recent visitors include over 140 karate practitioners who received two days of mentoring, high level instruction and grading for levels up to and including the Black belt. Other visitors include the Ausgrass Bluegrass five-day music boot camp and Bluegrass music convention – and the Woodturner's weekend convention which caters for hundreds of craft enthusiasts. Call 13 13 02 to make a booking for your group.
- More than 3,000 people – mostly children – took part in the department's Swimsafe learn to swim and water awareness classes at 80 different locations in the southern part of NSW this season. A big thanks to Murrumbidgee Irrigation which provided sponsorship for water safety tours and a radio water safety campaign in the Murrumbidgee irrigation area.
- Two Swimsafe instructors have been nominated for the Joy Parker Memorial Award. The annual award is in memory of sport and recreation long time staff member Joy Parker in recognition of her commitment to the learn to swim program. Nominees for Southern NSW are Kerry Poynter and Lauren McNamara.

South Coast

- Catholic primary and high school teachers from the Illawarra attended Willing and Able training recently. Teachers gained practical strategies to better include students with a disability in sport and physical activity in the school setting.

The program was conducted in partnership with the Illawarra Disability Trust.

- Over 20 sporting clubs in Kiama participated in the Kiama Safe Sports Project in February and March. It involved a series of three workshops on risk management, sports first aid, stretching and taping and child protection. Kiama Council is developing policies and procedures to address risk management and injury prevention relating to sports, which includes an environmental checklist and a process for responding to identified hazards.
- The South Coast region in consultation with the community is to plan a series of workshops for sports administrators. Workshops will cover information on the range of grants available to community organisations, child protection laws, sports taping and the Its Your Business package, which helps clubs with public liability issues. For details call 13 13 02.

- Term two sees the start of an after school recreational, sporting, cultural and artistic program in the Mt Druitt area as part of the Community Solutions and Crime Prevention Strategy. Young people aged seven to 13 will be encouraged to take part in these free activities together with community representatives and elders – who are looking forward to being trained to take up leadership roles in these activities.

Western

- The Western Region will conduct a sport rage seminar in Dubbo on 12 May. The seminar will focus on issues such as the ugly parent syndrome, abuse of officials and general bad sporting behaviour with the hope of addressing these through the provision of strategies to make sport an enjoyable, harassment free zone. Guest speaker is Sydney Morning Herald Journalist and former Wallaby Peter Fitzsimons. For further information please contact the regional office on (02) 6362 6623.



Lifeball

Sydney

- Sport rage prevention heads to Ryde in May and June – with two sessions being held. May 26 is for clubs and associations, while June 16 is for parents and kids. Dennis Baker, the author of the department's guide Kids Sport – A very real guide for parents – will be guest speaker. For more information call 13 13 02.
- The Canterbury/Bankstown area will be the second locality to trial the Active After School Program in term two, which aims to get kids attending out of school care to take part in physical activity. This follows a successful trial on the Central Coast in term one. Participants will also be linked to other sporting opportunities in their local community.

- Lake Burrendong Sport and Recreation Centre offered fun and exciting vacation programs in April, including the ever-popular paint balloon and laser skirmish battles plus tour of the Dubbo military museum. For older kids, camps were combined with a trip to the Western Plains Zoo at Dubbo.
- Lifeball – a game for older adults - is expanding in the Western area with 'come and try' days taking place in Orange and Lithgow recently. Attendance was high. All teams are now preparing themselves for the Lifeball Regional Carnival to be held in Orange in May.

Central Office

6 Figtree Drive
Sydney Olympic Park NSW 2127
Locked Bag 1422
Silverwater NSW 2128
Tel.: (02) 9006 3700
Fax: (02) 9006 3800
TTY: (02) 9006 3701
info@dssr.nsw.gov.au

Properties Division

Unit 3
8 Avenue of the Americas
Newington NSW 2127
Tel: (02) 8745 3300
Fax: (02) 8745 3388
info@dssr.nsw.gov.au

Central Coast Region

Regional Office

Ourimbah Campus,
University of Newcastle
Brush Rd, Ourimbah NSW 2258
Tel: (02) 4362 3184
Fax: (02) 4362 2910
gosford@dssr.nsw.gov.au

Broken Bay Sport and Recreation Centre

c/o Post Office
Brooklyn NSW 2083
Tel.: (02) 4349 0600
Fax: (02) 4379 1201
Freecall: 1800 644 049
brokenbay@dssr.nsw.gov.au

Milson Island Sport and Recreation Centre

PMB 11
Brooklyn NSW 2083
Tel: (02) 9985 9261
Fax: (02) 9985 9360
milsonisland@dssr.nsw.gov.au

Hunter Region

Regional Office

State Government Offices
117 Bull St, (PO Box 5164)
Newcastle West NSW 2302
Tel: (02) 4926 1633
Fax: (02) 4929 4397
newcastle@dssr.nsw.gov.au

Myuna Bay Sport and Recreation Centre

Main Rd (PO Box 5037)
Dora Creek NSW 2264
Tel: (02) 4973 3301
Fax: (02) 4970 5014
Freecall: 1800 654 422
myunabay@dssr.nsw.gov.au

Point Wolstoncroft Sport and Recreation Centre

Kanangra Drive
Gwandalan NSW 2259
Tel: (02) 4976 1666 or 4976
1230
Fax: (02) 4976 2705
Freecall: 1800 819 244
ptwolstoncroft@dssr.nsw.gov.au

North Coast Region

Regional Office and Lake Ainsworth Sport and Recreation Centre

Pacific Parade (PO Box 121)
Lennox Head NSW 2478
Tel: (02) 6687 7168
Fax: (02) 6687 7920
Toll free: 1800 655 248
ainsworth@dssr.nsw.gov.au

North West Region

Regional Office

Level 1 Noel Park House
155 Marius St (PO Box 532)
Tamworth NSW 2340
Tel: (02) 6766 1200
Fax: (02) 6766 7459
tamworth@dssr.nsw.gov.au

Lake Keepit Sport and Recreation Centre

Fitness Camp Rd, (c/o Post
Office)
Gunnedah NSW 2380
Tel: (02) 6769 7603
Fax: (02) 6769 7585
Freecall: 1800 644 105
keepit@dssr.nsw.gov.au

Riverina Region

Regional Office and Borambola Sport and Recreation Centre

1980 Sturt Hwy, Borambola
via Wagga Wagga NSW 2650
Tel: (02) 6928 4300
Fax: (02) 6928 4384
Freecall: 1800 810 890
riverina@dssr.nsw.gov.au

South Coast Region

Regional Office

84 Crown St, Wollongong NSW
2500
PO Box 307
Wollongong East NSW 2520
Tel: (02) 4228 5355
Fax: (02) 4228 5399
wollongong@dssr.nsw.gov.au

Berry Sport and Recreation Centre

660 Coolangatta Rd
Berry NSW 2535
PO Box 185, Berry NSW 2535
Tel: (02) 4464 1406
Fax: (02) 4464 2270
Freecall: 1800 811 387
berry@dssr.nsw.gov.au

Jindabyne Sport and Recreation Centre

The Barry Way (PO Box 514)
Jindabyne NSW 2627
Tel: (02) 6456 2242
Fax: (02) 6456 2917
Freecall: 1800 817 937
jindabyne@dssr.nsw.gov.au

Sydney Region

Regional Office

6 Figtree Drive
Sydney Olympic Park NSW 2127
Tel: (02) 9006 3700
Fax: (02) 9006 3800

Sydney Academy of Sport and Recreation

Wakehurst Parkway (PO Box 57)
Narrabeen NSW 2101
Tel: (02) 9454 0222
Fax: (02) 9454 0133
sydneyacademy@dssr.nsw.gov.au

Western Region

Regional Office

Cnr McNamara and Byng Sts
(PO Box 381) Orange NSW 2800
Tel: (02) 6362 6623
Fax: (02) 6362 3264
orange@dssr.nsw.gov.au

Lake Burrendong Sport and Recreation Centre

Tara Road
Lake Burrendong NSW 2820
(c/o Post Office, Mumbil NSW
2820)
Tel: (02) 6846 7403
Fax: (02) 6846 7597
Freecall: 1800 815 892
burrendong@dssr.nsw.gov.au