



FROM THE DESK OF THE AASC WA STATE MANAGER

– Jo Davies



The Active After-school Communities (AASC) program has now been running across Australia for one year. In this time in Western Australia 197 schools and Out of School Care Centres have commenced with nearly 6000 children participating. In addition there are currently 20 AASC Regional Coordinators working within all participating communities around the State. This dedicated team is aiming to improve the physical activity levels of children through the AASC whilst also helping to build community capacity.

The Regional Coordinators have been a major factor in the program's success. They are all passionate advocates of the program who have travelled thousands of kilometres by road, air and water to reach our sites around the State.

Another crucial element of the AASC program's success in WA has been the hundreds of supervisors and deliverers working with the children at each site. To date more than 800 coaches, parents, teachers and volunteers have undertaken the AASC Community Coach Training Course to be able to teach our kids how to "Play for Life".

To recognise the enormous commitment of our program deliverers, an awards program commenced in Term 3 2005. The Community Coach 5 Star Award is designed to acknowledge all of our deliverers whilst also identifying one person each term from the State who has gone above and beyond within their community to help the children. Congratulations to Cobber Rogers, Sean D'Arcy and Cerrie Beech who are our winners so far.

I would like to take this opportunity to thank you all for your commitment to helping kids and communities get active.

BE PART OF THE WORLD ULTIMATE CHAMPIONSHIPS!

In an event attracting around half the number of competitors of the recent XVIII Commonwealth Games, the 2006 World Flying Disc Federation (WFDF) World Ultimate Club Championships will see 2,000 competitors from 20 nations converge on Perth, Western Australia from November 11 to 18.

The WFDF-sanctioned event marks the first-ever international tournament in Australia for the fast-emerging sport of 'Ultimate'. The event is backed by Tourism WA through their event agency Events Corp.

Fusing sportsmanship and fair play with elements of soccer, basketball and gridiron, Ultimate is a high-speed, non-contact sport played with a hi-tech flying disc (or Frisbee™). The disc is contested by two teams of seven players (plus substitutes), in a dynamic aerial challenge over a 70-metre-long by 36-metre-wide playing field.

Whilst intensely competitive, Ultimate is governed by the 'Spirit of the Game', where the players themselves, not umpires or referees, preside over the rules – a quality setting it apart from other team sports.

Another feature of Ultimate is the Mixed Division which involves teams that comprise male and female players. Other divisions at the championship will include Open (Men's), Women's and Master's (over 32). In the lead up to the World



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Championships participating schools and Out of School Care Centres in the Australian Sports Commission's Active After-school Communities Program WA, have a fantastic opportunity to be involved.

In conjunction with event organisers and the Western Australian Flying Disc Association, a series of 'Ultimate Development Courses' will be running at the AASC sites. These playing for life sessions will teach the fundamentals of Ultimate together with the skills of throwing and catching a flying disc.

A key feature of Ultimate, the 'Spirit of the Game', where sportsmanship takes precedence, will be an integral part of the program. Participants will be instructed to take responsibility for their own actions, according to the rules of Ultimate.

The program will be held in the first four weeks of Term 4, as part of the AASC program. All participants will receive an invitation to attend the week long World Championships and witness the highest level Ultimate competition, plus a free Flying Disc!

For more details or to register your school's interest in being involved in this opportunity please contact your AASC Regional Coordinator or AASC Senior Regional Coordinator Kim Low on 043 7700 439 or kim.low@ausport.gov.au



Ultimate frisbee in action!

PARENT INVOLVEMENT NEEDED

Involving parents in your AASC program is a good way to ensure the ongoing success of the program as well as helping to promote the activity message to the larger community. Parents are a valuable resource and bring with them a variety of skills as well as their enthusiasm to help children. Interested parents can participate in FREE national accreditation with the Australian Sports Commission's Community Coach Training Program or Playing for Life sessions can be developed at program sites for groups of parents.

WHY UTILISE PARENTS ?

Parents make good role models. Parents can take the activity messages to the larger community. Parents can enable you to run a larger variety of activities and involve more children. Parents have a vested interest in the health of their children.

WHAT ARE THE BENEFITS FOR PARENTS?

Increase the opportunities for their children to be involved in quality, safe and fun structured physical activities. Ensure children have opportunity to develop their mobility and motor skills. Promote the health benefits of structured physical activities for children.

Gain a national accreditation with the Australian Sports

www.ausport.gov.au/aasc



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Commission's Community Coach Training program.
All of this is **FREE** to any parents involved!

- Opportunity to spend more active fun time with more children.
- Get physically fit while having fun yourself.

ALL CHILDREN NEED ACTIVITY

The inclusion of inactive children in the AASC program is the ultimate goal of this initiative. Children are inactive for many reasons including family, location, health, ability and disinterest or self esteem. The AASC is attempting to provide solutions to these issues and helping sites and deliverers to motivate all children to be active.

At Carson Street Primary School in Victoria Park Perth, several children with significant disabilities are accessing and enjoying activity within the AASC program. Program Supervisor Colin Pestell said "While these children have physical impairments and require high level support, the help of parents and a nurse specially funded through the program has ensured that they too can be active".

"Watching these children participate in the program is not only satisfying but incredibly inspiring" AASC Senior Regional Coordinator Kim Low said. "This is a huge benefit of doing the work we do- getting to see children who otherwise wouldn't be able to participate being given and embracing that opportunity" Ms Low said

The AASC program is continuously developing strategies to involve children who are not active, including children with disabilities, girls, children from Indigenous or multicultural backgrounds and those who simply don't have the motor skills or confidence to be regularly active.



Carson Street children enjoy a range of activities

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Contact your AASC Regional Coordinator for more information on how to involve inactive children in your community.



Kids at Carson Street love cycling!



Community Coach 5 Star Community Coach Award Term 1

The AASC program is pleased to announce that the winner of the 5 Star Community Coach Award for Term 1 this year is Cerrie Beech from the Mid West Gascoyne region.

Cerrie has been delivering circus skills in a number of the Mid West Gascoyne schools, and is into her third term as a deliverer in the AASC program. She is based in Geraldton yet travels out to all the towns within the region (some are 9 hours away) to expose these children to circus skills and conduct circus skills activities with the schools involved.



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As a deliverer she is always supporting our healthy message and actively promotes good eating habits and physical activity to the kids. Circus is a great way to get fit,

improve strength, and improve hand eye coordination without even realising because it is so enjoyable.

She will quite often give the children a skill to practice at home before the next session so they are keeping active during the week.

Cerrie's program targets a diverse range of people and can cater to all abilities. A number of children who have participated in circus skills in the AASC program have joined her Mid West Circus School. She is also able to provide discounted circus equipment to schools as a way to entice children to continue.

The children in her sessions cap off their experience by creating their own circus performance to present to the school at assemblies, parent nights or community events.



Children from North Hampton Primary School Midwest



*Cerrie Beech:
Queen of circus
in the Mid West
Gascoyne schools*





GOLDFIELDS REGION Western Australia

Term 2 2006
WA 2006 - 2

NEW SOUTH EAST REGIONAL COORDINATOR

Bridget Hurst has recently taken over the role of Regional Coordinator for the Active After-school Communities (AASC) program in the Goldfields South East region.

Born and bred in a rural New Zealand community, Bridget studied marketing and tourism and has spent the last couple of years in Melbourne working in the marketing and business development industries.

Earlier this year Bridget moved to Esperance with her partner and loves the friendliness and helpfulness of everyone in the community. Bridget is already heavily involved in the community sport and recreation culture and is enthusiastically looking forward to promoting the benefits of the AASC program to the wider community.

If you would like to know how you can support the AASC program, Bridget is located at Suite 4, Balmoral Square, The Esplanade Esperance WA 6450 and contactable on 0437700419, 9071 7944, (fax) 9071 6955 or via email at bridget.hurst@ausport.gov.au

COMMONWEALTH GAMES ATHLETE SUPER SESSION

Approximately 50 children from around Kalgoorlie and Boulder had the chance to get active with four medal winning Commonwealth Games Athletes who were visiting the region as part of the Federal Olympic and Commonwealth Games Regional Tour.

As an extension of the Australian Sport's Commission's Active After-school Communities program, children were invited to the Eastern Goldfields Hockey stadium to meet the athletes and engage in some fun game-based activities.

Paul Rogers, Basketball
Jennifer Reilly, Swimming

Kylie Wheeler, Heptathlon
Emily Halliday, Hockey

While the visitors are highly skilled elite athletes they too recognise the need to encourage all children no matter what their skill level, cultural background or gender to be active.

"This is the best part about the Active After-school Communities program, Goldfields Regional Coordinator, Ben Mollett said. "Because we train our deliverers in a simple but effective playing for life philosophy, all children can engage in and enjoy getting active.



The children are having so much fun they don't realise they are also getting great health benefits from the games they play. Sport and physical activity also helps the children build self esteem.

DELIVERER FOCUS

There have been a number of new individuals and organisations becoming actively involved as AASC deliverers in 2006. Two of those organisations include:



Kalgoorlie City Football Club League players Cameron Brown, Malcolm Ismail, David Clark and Bubba Cullen are playing lots of fun game based football activities with kids at O'Connor PS and Hannans PS.



Through the fantastic efforts of Chris Hicks the Eastern Goldfields Hockey Association has identified eight quality hockey players and role models to promote and deliver game based hockey activities at four Kalgoorlie primary schools.

The Hockey Stadium was also used as the venue for the recent Commonwealth Games Athlete Super Session. Many thanks go to the Hockey Association for making this wonderful facility available to Active After-school Community participants.

Goldfields Regional Coordinators:

Goldfields North – Ben Mollett
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ben.mollett@ausport.gov.au

Goldfields South East – Bridget Hurst
90717944 or 0437700419
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NEW SCHOOL/OSHCS ROUNDUP

Term 2, 2006

Goldfields Baptist College
Wiluna Remote Community School
Esperance Christian School