

In Form'D

INCLUSION WA'S SPORTS NEWSLETTER • JUNE 2014



Welcome to In Form'D

2014 is already flying past and as you'll see from the updates and stories to follow, we have been incredibly busy this year, with lots of programs and projects and no signs of slowing down in the near future.

The regional work has had some excellent outcomes and the word is starting to spread. We are fielding many calls from communities where we haven't yet had the privilege to work, but hopefully will in the near future.

On the subject of new things, Inclusion WA launched a new website recently. It will allow us to engage with the community in a more immediate, detailed way but will also better support us to support the community.

We have a dedicated resource section where we can continually upload articles, stories and video clips that showcase the great work many sports and clubs are doing – and how we might all work together to do more.

If you haven't seen it, please take the time to check it out (www.inclusionwa.org.au) or



WINNERS AT THE INCLUSION SPORTS CARNIVAL

go to our Facebook page and stay involved through social media.

Inclusion WA is dedicated to helping build a rich, diverse and sustainable sporting sector that is available to all of us, so I was delighted to read some of the excellent stories contained here about local clubs and how they are building a strong sport through new audiences.

I wish you well and hope to see you on the court, or the pool, or the field, or oval sometime soon.

Paul Fleay
Inclusion WA Chief Executive Officer

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"I love sport because I love life, and sport is one of the basic joys of life."
Yevgeny Yevtushenko

'Sport and Rec' Calendar

DATE	LOCATION SUBURB/CLUB	ACTIVITY	AGE	COST	CONTACT
8 May - 26th June Thursdays 3.45 - 4.45pm	Joondalup	Hockey 4 All A fun, inclusive program with qualified coaches for young people of all abilities. Ability Level: Designed for young people who can walk with minimal assistance on an artificial hockey field.	There are roles for all ages	FREE	lakershockey4all@gmail.com
Season runs from the 7th May to the end of September	Kingsway	Integrated Football WA Amateur Football League's Integrated Program provides people with an Intellectual Disability the opportunity to play Australian Rules football with existing clubs within WAAFL. Although the program is targeted at over 16's, all interested persons are welcomed at all of the participating clubs.	Males and females 12 - 15 years	FREE	Rohan Blee 0438 994 412 r.blee@subiacofc.com.au
19th May - 30th of June Mondays 4pm - 5pm	Noranda Netball Association	Netball 4 All An introductory program for people to learn the basic skills of netball in a fun and friendly environment.	Contact Claudia for more info	\$2 per session	Claudia Etherington on Claudia. Etherington@netballwa.com.au
19th May - 30th of June Mondays 4pm - 5pm	Rockingham Districts Netball Association	Netball 4 All An introductory program for people to learn the basic skills of netball in a fun and friendly environment.	Contact Claudia for more info	\$2 per session	Claudia Etherington on Claudia. Etherington@netballwa.com.au
21st May - 2nd July Wednesdays 4pm - 5pm	Wanneroo Districts Netball Association	Netball 4 All An introductory program for people to learn the basic skills of netball in a fun and friendly environment.	Contact Claudia for more info	\$2 per session	Claudia Etherington on Claudia. Etherington@netballwa.com.au
22nd May - 3rd July Thursdays 4pm - 5pm	Belmont Netball Association	Netball 4 All An introductory program for people to learn the basic skills of netball in a fun and friendly environment.	Contact Claudia for more info	\$2 per session	Claudia Etherington on Claudia. Etherington@netballwa.com.au
23rd May - 4th July Fridays 4pm - 5pm	Southern Districts Netball Association	Netball 4 All An introductory program for people to learn the basic skills of netball in a fun and friendly environment.	Contact Claudia for more info	\$2 per session	Claudia Etherington on Claudia. Etherington@netballwa.com.au
Every Wednesday	Ray Owen Sports Complex Kalamunda	Westrise Basketball The chance for you to develop your basketball skills with other individuals in your local community.	Various	\$5	Chris Saligari 0439 936 536 chrissaligari@hotmail.com
Every Sunday 6.30-8.30pm	Swan Park Leisure Centre Midvale	Midnight Basketball Program A great opportunity to play some social basketball with other like minded individuals.	Various	Please contact for more info	Griffin Longley 9287 1003 griffin@natureplaywa.org.au
Every Friday 1am-1pm	Kardinya Bowls Club Kardinya	Inclusive Lawn Bowls Develop your Lawn Bowl skills, to allow you to become a member of your local bowls club or even represent your state!	All ages	\$5 per bowler	Denise McMillan denise@bowlswa.com.au 0449 619 841
Every Monday 4pm-6pm	Cyril Jackson Recreation Centre Bassendean	Boccia A fantastic opportunity to learn rules and skills of this great game in a welcoming environment.	All ages	Free	Jill Bowman - 0400 513 943 OR Chris Barty - 9279 6588

Social inclusion training for clubs

The Sport and Community Development team have put together a training package for clubs and groups.

Off the back of a research project completed by Inclusion WA and Curtin University, it was identified that local sporting clubs needed more opportunities to up-skill their club members and volunteers about social inclusion and people living with disabilities.

As a result, Inclusion WA has worked hard to develop a training package that is flexible enough to cater for all club's needs, whilst still maintaining the focus on informing clubs on good inclusive practices.

The training package, which has already been booked by a number of clubs and recreation centres including, Kwinana Requatic centre, Joondalup Lakers Hockey Club and the Northam Recreation Centre, will cover a number of topics including:



- General Inclusion Principles
- Political Correctness
- Disability
- Mental Health
- Avoiding Stereotypes and
- The 7 pillars of inclusion.

If you or your club would like more information on this training package then please get in contact with Sport and Community Development Manager, Denver D'Cruz - Denver.dacruz@inclusionwa.org.au or 9201 8900.

Hockey is back in Joondalup

The Joondalup Lakers Hockey club are back again with their introductory sessions - 'Hockey 4 All'.



The club has been running these sessions during school holidays and term time for the past 12 months and are extremely proud of the program. During this time the club has been receiving lots of support from local Active After Schools Communities Regional Coordinator, Ben Mollett and Inclusion WA. Because of these successful sessions a

number of positive outcomes have resulted and some exciting plans are in store for the future.

The club has recently partnered with Venues West to reduce the cost of turf hire, in order to help sustain the FREE program for participants. The Lakers club and all supporting organisations would like to thank Venues West for this contribution to the program.

In recent months, the program has also received a boost from a local volunteer, Patrick Da Luz, who is working closely with Sally Mildenhall and Kathy Aylward to help strengthen the 'Hockey 4 All' program and also to implement the brain child of Sally and Kathy - an academy program designed to assist the transition into club life for current 'Hockey 4 All' participants.

For more information about these sessions or how you can join the club as a volunteer or player, please contact Sally Mildenhall on sallymildenhall@yahoo.co.nz

5 minutes with...



RANDALL STARR
SPORT & COMMUNITY DEVELOPMENT OFFICER

WHAT IS YOUR NICKNAME?

"Starry" or "The Raccoon"

WHAT ARE YOUR SPORTING PASTIMES?

Golf, Cricket, Rugby league, Darts, AFL, Soccer and Canine Freestyle Dancing.

WHO IS YOUR SPORTING IDOL?

Ricky Ponting, Michael Clarke and the Canine Freestyle Dancing sensation, Kevin (a poodle cross Labrador)

WHAT IS YOUR FAVOURITE INCLUSION WA EXPERIENCE?

Inclusion Sports Day and the regional Holiday Programs- so many people having such a great time together!

WHAT IS YOUR FAVOURITE QUOTE?

"Always reach for the stars because even you fail to reach them you'll never come up with a handful of dirt." Leo Burnett

IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE?

Definitely to be able to fly, however, it would be pretty cool to be able to hit a golf ball straight!

Netball 4 All takes over Perth!

Netball for All will be returning this winter, and with three new centres getting involved we are expecting the biggest set of clinics yet.

Programs at Waneroo and Southern Districts Netball Associations will be back following great participation during the Spring series; and Noranda, Belmont and Rockingham Districts Netball Associations have come on board to support the program this year.



Netball for All is the result of a partnership between Netball WA and Inclusion WA and aims to provide an alternative pathway to club participation for those who have not previously had the opportunity to play Netball.

Ellie Jones from Inclusion WA said of the program: "Netball for All is an excellent opportunity for anyone who would like the chance to develop their Netball skills, and build links with their local Netball Association. It's great to see local Netball Associations taking the lead role in running the clinics."

The 6 week program will focus on developing skills, building friendships and creating links with local clubs. Sessions cost \$2 per week and kick off from 19th May.

Netball WA and Inclusion WA encourage people of all ability levels and from all backgrounds to give Netball for All a go!

For more information or to register please contact Claudia Etherington at 9380 3700 or claudia.etherington@netballwa.com.au.

The benefits of volunteering

Student and volunteer Lukas shares his experiences of volunteering with Inclusion WA.

Hi, my name is Lukas and I started volunteering through Inclusion WA in late 2013. I started volunteering as I needed to complete a 20 hour prac for my university course. The registration process was easy and informative and after trying my hand at a few different opportunities that were available, I soon found that I was really enjoying volunteering at Inclusion WA's Social Clubs. The members and staff were very friendly and really made me feel like I belonged from day one.

I managed to build some great connections and asked if I could continue volunteering after my prac hours had been completed. My wish was granted and I started attending the Social Clubs regularly. Soon enough, a vacancy arose and the team at Inclusion WA offered me an interview which led to me being employed by Inclusion WA.

My story is like many others in that I started volunteering because I had to. However, I found out very soon that I actually really enjoyed volunteering because it gave me a purpose and a new circle of friends. Now I even get paid to hang out with my mates and that's a great feeling and to think it's all from volunteering! I would thoroughly recommend volunteering through Inclusion WA to anybody who is looking to meet new friends and develop their own social circles!

Do you want to volunteer with Inclusion WA? Head to the back page of this newsletter for our sign up form!



MEMBERS OF THE INCLUSION WA SOCIAL CLUBS

Spotlight on: Carine Netball Club

Carine Netball Club is this year celebrating 40 years. After starting life as a small primary-school club, Carine now boasts over 250 players and volunteers and has evolved to cater for all age groups.

Carine Netball Club is well known at its local Association, Wanneroo Districts (WDNA), for welcoming anyone and everyone into their club. Tricia Taylor, a committee member, notes that the club is committed to providing the opportunity to play sport to all people in the community. "Carine's club culture is to have as many girls and boys playing as possible as we realise the value of people being involved in a group and the wide-ranging benefits this brings," said Tricia.

Carine's inclusive mindset is strengthened by a number of policies including registration being open to everyone, players having the option to participate in a variety of grades based on skill and the flexibility to modify (in partnership with WDNA) to maximise individual potential. Their own policy states:

Carine Netball Club was founded over 20 years ago and our primary policy is to promote participation and development in the sport of netball for young players in the Carine area and surrounding suburbs. In particular, we guarantee team placement for all players who register by Registration Day, irrespective of their ability.

Carine's commitment to inclusion meant that when the opportunity to work with Netball WA, WDNA and Inclusion WA to implement an alternative pathway into the club they jumped at it. This alternative pathway is in the form of Netball for All, a six week program focused on developing skills, building friendships and encouraging transition into participation in mainstream competition. A similar program is also being implemented at four other Associations throughout the metro-area, with the upcoming program being the third set of clinics run at WDNA. Despite this history, the 2014 winter clinics at Wanneroo represent the first ever program to be owned and run by a local club. Although this sounds like a minor detail, project partners believe that this is an important step forward for Netball for All, with club ownership expected to create a simpler "next step" for program participants wanting to continue playing the sport.

As a result of taking on the Netball for All program Carine Netball Club will have access to a range of additional supports from Inclusion WA and Netball WA including free training and mentoring.

Want to play?

Carine Netball Club offers teams for players of 7-years +

Those wanting to try out the sport ahead of joining are invited to participate in the Carine Netball Club's Netball for All programs commencing on Wednesday 21st May and running for 6-weeks.

Sessions will be run from 4-5pm at WDNA. To register, or for more information please contact Claudia at 9380 3700 or claudia.etherington@netballwa.com.au

"...the club is committed to providing the opportunity to play sport to all people in the community."



Integrated league update

The WAAFL Integrated football program is kicking goals for people with intellectual disability in 2014.

WA Amateur Football League's Integrated program provides people with an intellectual disability the opportunity to play Australian Rules football with existing clubs within the WAAFL. Although the program is targeted at males and females over the age of 16, all interested people are encouraged to contact one of the clubs: Coolbinia West Perth, Ocean Ridge, Quinns Districts, Wembley Football Club, Fremantle CBC, High Wycombe, Kingsway, Lynwood Ferndale, Warnbro or contact Integrated club Coordinator Greg Gilbee on 0419 934 382 or ggilbee@wafc.com.au.

Further to this opportunity, the Kingsway Junior Football Club are also running sessions for males and females between 12-15 years with an intellectual disability to join their "Count Me In" Integrated Youth Football Team at the Kingsway Junior Football Club with weekly training sessions to begin on Wednesday 7th May at 4:00pm.

If you would like some more information about the junior program at Kingsway then please contact Rohan Blee on 0438 994 412 or r.blee@subiacofc.com.au.



Regional wrap up

During the April School holidays the regional holiday programs operated in the following communities; Broome, Karratha, Carnarvon, Northam and Esperance.

These school holidays saw an even greater number of sports, participants and volunteers involved in the various community-owned initiatives.

Although these holidays were shortened with three public holidays in two weeks, over 1400 young people participated in 34 different sport and recreational activities across the state. As usual each of the 34 sport or recreational activities on offer, were run by existing clubs within each of the respective communities. As this number continues to grow each holiday period, it only further reinforces each local community's commitment to ensuring that all young people have structured opportunities to participate in. These clubs are also taking the opportunity to utilise the holiday program as a promotional tool to participants and parents; notifying parents and participants about how they can become on-going club members. This is particularly important as 47% of attendees report that they are not currently a member of a sporting club, so participating clubs have a large market to tap into.

The other encouraging statistic in each of the regional areas has been the demographic breakdown of participants. Across the board 8.4% of attendees have a disability and 24% are indigenous. The reason for our excitement about these statistics is because they are a true reflection each of the regional areas. This shows that there is an equal representation of everyone in the community at each session, which is ultimately what true inclusion looks like.

Over the next 12 months, Inclusion WA's focus will be on putting some solidified plans in place to hand the reigns over completely to each of the steering groups behind the respective programs. For the onset of our time in each community, we have worked hard to engage with a committee of key local individuals who provide support, guidance and advice on how best to service the community. These local community members, who have a vested interest in the program's success, will ultimately be the driving force, once our involvement ceases.

For more information about the programs send an email with your query to:

- Broome: broomeinclusive@gmail.com
- Carnarvon: carnarvoninclusive@gmail.com
- Northam: northaminclusive@gmail.com
- Karratha: karrathainclusive@gmail.com
- Esperance: esperanceinclusive@gmail.com

Inclusion Sports Carnival

The month of May saw the first of the bi-annual Inclusion Day carnivals, run by Associated & Catholic Colleges of WA and supported by Inclusion WA, Sports Education & Development Australia (SEDA) and local volunteers.

The day saw just under 200 students from education support centres and mainstream schools participate in 9 sessions run by different State Sporting Associations. These associations included: Netball WA, Little Athletics WA, Touch Football WA, Western Australian Cricket Association, Lawn Bowls WA, Ultimate Frisbee WA, West Australian Football Commission, Football West and Hockey WA.

The event saw many volunteers participate once again, with over 50 people helping with a range of jobs. While some volunteers



came from local universities, most were from SEDA.

SEDA provides students with the opportunity to identify their future pathway through a range of learning experiences.

The learning environment enables students to work closely with teachers and other students who share common interests and goals. The curriculum focuses on a combination of both theoretical and practical learning activities, providing students with the opportunity to develop key life skills including, initiative, independence and teamwork.

At the conclusion of the event two awards are handed out to local schools - this year the winning schools were:

- Spirit Award: Prendiville Catholic College
- Inclusion Award: Lumen Christi College

Gina-Cassey Grayson from ACC said it was a great initiative, "Children living with a disability have traditionally been isolated and marginalised at all levels of the community. Initiatives such as this one are an exciting step toward achieving social inclusion and we look forward to partnering with Inclusion WA and seeing these events grow in Western Australia".

Getting involved with SEDA

SEDA is an education provider that exists to engage, educate and empower young people.

In 2013, SEDA commenced operation in Western Australia, offering three classes in partnership with Cricket Australia, the Fremantle Dockers and Perth Glory. SEDA students work in partnership with Inclusion WA on a range of initiatives aimed at educating the sport and recreation sector on the importance of social inclusion and belonging in local communities. In 2014, SEDA has grown to nine classes with the inclusion of a netball class, injecting 27 new female students into the program. SEDA provides a hands-on industry based education to students in Year 11 and 12. Completing their education full-time with SEDA ensures students are actively engaged in their education through their passion for sport. Students receive their WACE certification and life education skills and are empowered with the confidence to pursue a range of options post their time at SEDA; be that further study or direct entry into the workforce.

"SEDA gave me the opportunity to work with people of all walks of life from industry partners to students with disabilities." Current SEDA student.

Partnering with the Fremantle Dockers, Perth Glory, Cricket Australia and Netball WA, SEDA students have the opportunity to learn in a practical hands-on environment, be involved in participation programs, major events, practical placements and other industry experiences. Students develop networks, learn directly from industry experts, access high profile venues and work in and around established organisations in the sport and recreation industry.

As part of their curriculum, SEDA students are actively involved in running community clinics across Perth and Bunbury. From the design stages through to the implementation of the clinics, the SEDA students develop their communication and leadership skills whilst spreading their love of sport through participation programs. SEDA students work with participants of all ability levels and backgrounds through various initiatives.

For more information or to apply for a SEDA program, visit www.sedagroup.com.au or email info@sedagroup.com.au



THE LIONS FOOTBALL DISTRICT
'COUNT ME IN'

Integrated Youth Football Program
Come and Try Session at Kingsway Junior Football Club
Wednesday 23rd April, 2pm-3.30pm

If you are a male or female between 12-15 years with an Intellectual Disability and love your football, you are invited to come along and join our terrific community program!

All attendees are also invited to join our regular "Count Me In" Integrated Youth Football Team at the Kingsway Junior Football Club with weekly training sessions running on Wednesdays at 4pm from the 7th May until September. For further information, contact Coach Jamie Wynne on 8430 844 929.

To RSVP, please contact the Subiaco District Manager, Rohan Blee on 0438 994 412 or r.blee@subiacofc.com.au.

“Those who can, do. Those who can do more, volunteer.”



Volunteer program: GET INVOLVED!

Inclusion WA recognises the incredibly important role that volunteers play in the sport and recreation industry.

This industry is highly reliant on volunteers with the Department of Sport & Recreation stating over 75% of the workforce are volunteers. Without these valuable people, the industry would indeed be flawed and crippled. Inclusion WA has put together a simple process of registration that takes the hassle out of the recruitment process for both the volunteer and the sport. As a result of this process, we are confident that all sports receive good quality, committed volunteers and likewise, that the volunteers themselves receive a quality and beneficial experience.

For more information about volunteering, please contact us and/or fill out the form below and we'll get in touch.



CONFIDENTIAL VOLUNTEER APPLICATION FORM



Mr/ Mrs/ Miss/ Ms/ Dr. First Name

Surname DOB/...../.....

Address

Suburb Postcode

Mobile Other Phone

Email

Emergency Contact Name Phone

Personal Interests/Skills

.....

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