



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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March 2016 - edition 3

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Search our free directory of all things sport and recreation... [Score!](#)

Do you have a story for Vortex?

Then get in touch with Catherine - catherine@dsr.org.au or call 9473 0133.

Wheelchair AFL - call for players and umpires

In early April, Melbourne will host the inaugural Wheelchair Aussie Rules National Championships, in partnership with Disability Sport Australia and the Department of Defence.

With AFL Victoria, we are calling for expressions of interest for players to represent Victoria in this exciting new sport. Wheelchair Aussie Rules is played by people with a physical disability, of any age and was developed to give Australian Football enthusiasts with disability a match play experience that has strong parallels with the traditional game. [Follow the link for an overview of the sport.](#)

In the lead up to the tournament, training will be held twice per week. If you are interested we ask you to be available for training.

Training schedule

Training will be at the Royal Talbot Rehabilitation Centre, 1 Yarra Boulevard, Kew
Sundays - 6, 13, 20 March, 12noon to 1pm
Thursdays - 10, 17, 24, 31 March, 8pm – 9pm

Tournament details



Wednesday 6 to Friday 8 April
Melbourne Sport and Aquatic Centre, 30 Aughtie Dr, Albert Park

Cost

There is no cost to participate at the Championships. Meals and transport are the responsibility of each player.

Please [download the expression of interest form](#) and return to Karla@dsr.org.au, no later than 5pm Friday 5 March, or call 9473 0133.

Member survey - more results

In last month's newsletter, we said we would share some of the results of our member survey. The survey gave us an insight into what you think about us, and where we need to improve.

Some of the good results:

83% of our members said they were satisfied or very satisfied with our programs and services.

74% of our members are likely or very likely to recommend to others to become a member of DSR.

Areas for improvement:

57% of members were not aware of our adaptive sports equipment library.

This library is a service available to all our members and we encourage you to get in touch with us about how you can access our wide range of adaptive equipment. Give us a call on 9473 0133.

We will share more results with you in our April edition.

Caitlyn is set for adventure

At 23, Caitlyn Alger has never had a real adventure. But in less than six months, that is all about to change when she takes on the 2016 CyclePower challenge.

[Read about Caitlyn and her plans to spice up her life.](#)



Wheelchair rugby nationals - Caroline Springs

Cheer on as Victoria Protect Thunder and Victoria Protect Lightning take on the rest of Australia at Melbourne round the Fierce 4 Rugby Wheelchair National Championships.



Get courtside for FREE, for three days of the toughest sport on wheels and watch Australia's finest wheelchair rugby players, featuring many players set to represent Australia as we defend our gold medal at the Rio Paralympic Games.

What: Fierce 4 Rugby - Melbourne Challenge

When: Friday 11 to Sunday 13 March, 11am-3pm

Where: Caroline Springs Leisure Centre, The Parade, Caroline Springs

Cost: Free

For the fixture listing, [visit the Fierce 4 Rugby website](#)

The Daughter - Movie night for a good cause

Christian returns to his family home for his father Henry's wedding. Reconnecting with his childhood friend Oliver and Oliver's wife Charlotte and daughter Hedvig, he unearths a long-buried secret. As he tries to right the wrongs of the past, his actions threaten to shatter the lives of those he left behind years before.



Please join us for a fundraising night at the movies, to raise money for CyclePower 2016.

What: The Daughter and tickets are \$25 each

When: Thursday 17 March, 6.30pm

Where: The Lido cinema complex, Glenferrie Road, Hawthorn (near Glenferrie Station) Lift access from street level

Cost: \$25 each. [Bookings online](#) If you can't join us, you can make an [online donation](#)

This year, the CyclePower riders will be riding 500km from Siem Reap in Cambodia to Ho Chi Minh City (Saigon) in Vietnam in support of women with disability.

[Watch The Daughter trailer](#)

Not just golf

The Australian Amputee

Golf Open is on 4-8 April at the Sandhurst Golf Club. Organisers are calling for entrants for the event, and entries are open to all ages, genders and experience. You don't have to be an elite golfer, in fact they are encouraging all golfers irrespective of their ability to enter.

The event is all inclusive and provides the perfect opportunity for social interaction for amputees with their peers. The tournament program includes a rest day, where amputees and their families and friends can participate in an organised outing. Golf is an effective way of improving and maintaining overall fitness including balance, coordination and stability and can be played at any age.

For more information on the Australian Amputee Golf Open, visit www.amputeegolfaustralia.com



13th more than golf

Both males and females of all ages and abilities can enter

SANDHURST GOLF CLUB
75 SANDHURST BLVD,
SANDHURST VICTORIA

Monday 4th of April to Friday 8th, 2016



www.amputeegolfaustralia.com
Enter via website or phone 0418 740 897

Archery come and try session

Waverley City Archers are hosting the 2016 Australian Paras and Visually Impaired Archery Championships on Saturday 9 and Sunday 10 April and are inviting members of the community with a disability to attend a free come and try archery session.



Where: Waverley City Archers, Freeway Reserve, Mulgrave (Enter through Kernot Drive).

When: Saturday 9 April at 9.45am

Cost: Free

Bookings: Bookings are essential. Please contact Gavin - 0409 272 437 or email - gwbond@aapt.net.au

Para-badminton session dates

The 2016 dates for Para-badminton training at the Melbourne Sports & Aquatic Centre (MSAC) have been announced. Coaches attend each session to help you develop your skills and shuttles are also provided.

Dates:

3 April
1 May
29 May
26 June
24 July
28 August
18 September
16 October



13 November
Time: 4pm to 7pm
Cost: \$20 per session

Wheelchair basketball - Knox program

Would you like to learn how to play wheelchair basketball?



The Knox Wheelchair Basketball Program is a development program for adults and children with a mobility restriction to assist with learning all there is to know about the game in a fun, supportive and social environment.

Where: Court 6 at the State Basketball Centre, 291 George St, Wantirna South

2016 sessions:

Sessions are Sunday afternoons, 12pm to 1.30pm

March - 20

April - 10, 24

May - 8, 22

June - 5, 19

July - 3, 17, 24

August - 14, 28

September - TBC

October - TBC

November - 6, 20

December: 4

Cost: \$120 for the full year

Registration: All participants must register before attending.

[Download the registration form](#)

Please contact Karen Pearce at Basketball Victoria on 9837 8000 or email karen.pearce@basketballvictoria.com.au

Wheelchair basketball - MSAC program

If you can't make it to Knox for your wheelchair basketball, you can always head to Albert Park.



Where: Court 7 at the Melbourne Sports and Aquatic Centre, Aughtie Drive, Albert Park

2016 sessions:

Sessions are held on Sunday afternoons, 1.30pm to 3pm

March - 6

April - 3, 17

May - 1, 15, 29

June - 12, 26

July - 10, 31

August - 7, 21

September - 11, 25

October - 9, 23

November - 13, 27

December - 11

Cost: \$120 for the full year

Registration: All participants must register before attending.

[Download the registration form](#)

Please contact Karen Pearce at Basketball Victoria on 9837 8000

or email karen.pearce@basketballvictoria.com.au

Entries open for Bowls Multi-Disabilities Championships -

Bowls Victoria has opened registrations for the third Multi-Disabilities Championships to be held at Yarraville-Footscray Bowls Club from 8 to 10 April.



Thanks to sponsorship by Oasis Turf, there is a bigger prize purse on offer this year.

Entries close Monday 28 March 2016.

For more information, contact Scott Nicholas on (03) 9861 7111 or scottn@bowlsvic.org.au

Chris is pushing for a cure

Meet Chris Hall, a DSR member from Leopold. When he lost a colleague to motor neurone disease last year, he planned the best new year's resolution.

[Read more about Chris and his push for a cure.](#)

