



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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## Let's get connected!



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on Facebook

Join our community and Like  
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Help our cyclists reach their  
fundraising goal and give  
them a like on Facebook!

/DSRCyclePower on  
Facebook

Join us on Instagram and  
share your sport and  
recreation experiences!

[@disabilitysportandrec](#)

[Check out our YouTube  
channel!](#)

[www.scoredsr.org.au](http://www.scoredsr.org.au)

Do you want to share your

## CyclePower Laos - the journey's end

The 12 intrepid CyclePower riders have returned from their adventure in Laos and we are glad to have everyone home safe. Their journey was covered by local Laos press, and even made it onto the [Australian Embassy's website!](#)



The [CyclePower Facebook page](#) has been overflowing with jaw-droppingly beautiful photos from this incredible trip, which we've been sharing along the way. If you missed out on any posts, check them out.

This year's CyclePower was in partnership with [Uniting Journeys](#), whose mandate is to encourage people to think about the economic, social and environmental impact of their travel, and where possible to be responsible tourists.

Stephen Ingrouille, the Uniting Journeys *conversation partner*, joined CyclePower Laos to encourage a different train of discussion on what responsible travel means and looks like.

Along the 500km of hills, he discovered plenty about this beautiful country, the people who call it home, and in particular, the spirit of his fellow travelling companions.

[Read his blog.](#)

sport and recreation stories and experiences or do you simply have an exciting program you think others would enjoy?

Get in touch and email or call Catherine at DSR.

[catherine@dsr.org.au](mailto:catherine@dsr.org.au)

03 9473 0133

## Run Melbourne - The countdown has started!

On Sunday 26 July, a small but enthusiastic group of runners will fly the flag for DSR at the iconic Run Melbourne.

Supported by Protect, a long-term supporter of our wheelchair rugby program, Team Protect/DSR, this run is your opportunity to show Melbourne that public fun runs are for every body and every ability.

You can still sign join [Run Melbourne](#) by registering on their website, then join the [Team Protect/DSR on Everyday Hero](#) to start fundraising.

If you can't join the run, you can still show your support by making a tax deductible donation to any of the participants.

[Support Luke](#)

[Support Craig](#)

[Support McCallum](#)

[Support Karla](#)

[Support Catherine](#)

[Support Lorraine](#)

[Support Alex](#)

[Support Tim](#)



**Protect**

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## One man's Road to Rio

Tim Slater, the Sports Development Coordinator for the Fitzroy Victoria Bowling & Sports Club, has his eyes firmly set on the Rio Paralympics.

This DSR member was on Australia's para-sport triples bowls team at the 2014 Commonwealth Games in Glasgow but for Rio, he hopes to represent Australia in the shot put.

He has written a short article about the challenges of competing at an elite level, what made him change from bowls to shot put, the rigours of training and how he manages multiple sports.

[Read Tim's story.](#)



## Fierce 4 Rugby

From 19-21 June, Caroline Springs saw some incredible rugby action on when Western Australia, NSW, Queensland and Canada took on two Victorian teams to battled it out for supremacy in the 2015 Fierce 4 Rugby Melbourne Championship.



Canada reigned supreme, with GIO NSW Gladiators taking out second place, Suncorp Qld Cyclones third, Victoria Protect Thunder in fourth position, with West Coast Enforcers and Victoria Protect Lightning fifth and sixth respectively.

The Most Valuable Player awards for each classification went to:

- 0.5 Ryan Scott (QLD)
  - 1 Jason Lees (VIC)
  - 1.5 Patrice Simard (CAN)
  - 2 Cameron Carr (WA)
  - 2.5 Curtis Palmer (VIC)
  - 3 Ike (WA)
  - 3.5 Ryley Batt (NSW)
- Overall MVP: Trevor Hirschfield (CAN)

Congratulations to all the Victorian players: Jason Lees, Nazim Erdem, Bryce Alman, Matt Lewis, Josh Hose, Matt Ingram, Antonio Vecchio, Kadir Faki, Shane Brand, Jayden Warn, Jason Ellery, Andrew Harrison, Ben Fawcett and Curtis Palmer.

Thanks to our key sponsor, Protect, who are fantastic supporters of wheelchair rugby in Victoria.

We would also like to thank the officials, team managers, mechanics, nurses, volunteers and fans - we couldn't have put the tournament on without you.

For photos of the event, visit the [Fierce 4 Rugby album](#) on our Facebook page. And feel free to tag yourself!

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## P2P, the passport 2 participation. Coming soon

What is P2P?

P2P is an online community to support Victorian children with disability to take part in sport and recreation for the purpose of better health outcomes. P2P will connect an individual child's support networks so that everyone understands what the child's sport and recreation participation goals are and can then play a role in making that happen.

Who is it for?

P2P is for Victorian children (under 18 years) who identify as having a disability.

What will it look like?

The website design is currently under development and will be informed through feedback and consultation phases.

If you'd like to know more or to get involved in this exciting new project email [nicole@dsr.org.au](mailto:nicole@dsr.org.au)

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## All Abilities Football Program - Glen

## Eira

Every second Sunday from 10am-11am Glen Eira Rangers invite you to join them for a free try-out session.

They welcome people of all ages, abilities and genders.

Get involved at Extreme Football, Caulfield Park, 280 Balaclava Road, Caulfield.

For more information visit: <http://www.gleneirasoccer.com.au/rangers>



## Wheelchair Para Badminton - MSAC

Are you looking for an exciting new opportunity to play para badminton?

Then enter either an individual or doubles team into the all new para badminton competition at the Melbourne Sports and Aquatic Centre and get involved! All are welcome and encouraged to have a go.



The cost is \$20 per player and game days are 1, 15 and 29 August.

To be involved and for any enquiries please contact Kay Coady on:

Mobile: 0411 033 279

Email: [k.c.coady@gmail.com](mailto:k.c.coady@gmail.com)

## Special Olympics Summer Games 2015

With the clock ticking down, join Special Olympics Team Aus with a like on [Facebook](#), a follow on [Twitter](#) and [Instagram](#) and watch some amazing clips on [Youtube](#).

DSR will also be involved and sharing all the news throughout the course of the games.

Stay connected and keep up to date on everything that happens during the 2015 Special Olympics Summer Games.

So, whether you are heading to LA or cheering the Aussies from home, become a part of the green and gold army of



supporters.

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## YMCA Great Escape

If you love to travel, want the opportunity to try your hand at canoeing or simply want to see some of Australia's amazing landscapes. Then the YMCA five day trip along The Great Ocean Road is the adventure for you.



With costs being all inclusive covering meals, accommodation, activities, tours, entry costs and access to social nights this is a no hassle group holiday experience.

Where: Queenscliff, The Great Ocean Road

When: 20-24 August

Cost: \$1,920

Places are limited so reserve your spot today!

[Download a copy of the flyer in Easy English](#)

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## Wheelchair basketball come-and-try

Ever wanted to try the exciting game of wheelchair basketball? Not sure if you can?

We'll come on down to Werribee to find out! All are welcome and sports wheelchairs will be supplied for people who want to give it a go (depending on numbers).

No matter if you are a seasoned player, a complete newby, do or don't have a disability, this is for you!



This evening session is also to gather interest in a potential weekly program too, so 'Come on down...!'

When: Tuesday 7 July 7.00pm

Where: Werribee Basketball Stadium, 35 Ballan Rd, Werribee

To register: [jason.kelly@werribeebasketball.com](mailto:jason.kelly@werribeebasketball.com) or call 9742 5400

Cost: Free

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## Morning Tea in Moreland

Blind Sports Recreation Victoria, along with the support of Transurban and the City of Moreland would like to invite you to their new Morning Tea in Moreland program.

When: Last Tuesday each month (May-November 2015)

Where: 28 July - Islamic Museum of Australia Cafe, Thornbury.

Time: 10:30am to 11:45am

Transport: Meet at the venue or Flinders street station steps at 10:00am.

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## Monash Recreation Active Youth Program with FREE pass

Active Kids programs running from Monash recreation centres Oakleigh, Glen Waverley and Clayton are all abilities group fitness classes just for kids.

Classes start on Monday 13 July or book in for the free school holiday class on Wednesday 8 July at the Monash Recreation Centre.

[Download the information flyer to use the free pass](#) for any of the following classes:

**Active Kids** improve fundamental motor skills by incorporating movement to music, drills, circuits, ball skills, relays and strength training using body weight.

Monday, Monash Recreation Centre 4:00pm  
Wednesday Clayton Aquatic Centre 4:00pm \$9.95

**Active Abilities** welcomes children of all abilities. Focus is on fitness, strength, building confidence, making friends and having fun.

Wednesday Monash Recreation Centre 4:45pm \$9.95

**Dance Abilities** All styles of dance covered. The focus is on movement and music, not the end result.

Monday Monash Recreation Centre 4:45pm \$9.95

**Monash Dribblers/ Monash Allstars\*** learn basic basketball skills and drills. Dribblers 4+, Allstars for ages 7+.

Friday 4:00pm Oakleigh Recreation Centre \$4.20

**Monash Kickers\*** learn the fundamentals of soccer and develop soccer skills and techniques.

Tuesday 4:00pm Oakleigh Recreation Centre

**Zumba Kids** dance class modified for children with kid-friendly music and moves.

Monday 4:00pm Monash Recreation Centre \$9.95

For more information call:

Monash Aquatic & Recreation Centre 9265 4888

Clayton Aquatics & Health Club 9541 3100

Oakleigh Recreation Centre 8567 0333

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## Soccer 4 All in the Mallee

After a winter break, the Mallee Sports Assembly and Football Federation Sunraysia soccer season kicks off again on Wednesday 15 July.

Where: Soccer Park, entrance from Flora Ave, just after 11th St, towards Merbein.



When: Every Wednesday, from 15 July to 16 September.  
Time: 5.15 to 6.15pm  
Cost: FREE  
Contact: [Tanya Wild](#), Mallee Sports Assembly, 5021 3464

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## DSR Members' Handbook now available online

You can now download your copy of the Disability Sport & Recreation members' handbook from our website.

It contains information about your rights as a member, explains our code of conduct, and how you can give feedback.

[Download](#) your copy, or visit our [website](#)

