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Edition 8 - August 2015



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Run Melbourne...? we smashed it!

Despite dire weather predictions, the conditions were close to perfect for the 2015 Run Melbourne on Sunday 26 July. Team Protect / DSR fielded 18 runners across all three events. In the half marathon, 10km and 5km, the distinctive Protect logo was a pop of electric blue in the crowds.

Our wonderful runners raised more than \$1,200, which is an incredible effort. Our heartfelt thanks to everyone who donated; your generosity it hugely appreciated.

Run Melbourne was not just about raising money to support DSR in our work. It was an opportunity for us all to say that the streets belong to every Melbournian; that people with disability have a right to participate in public events and are perfectly able to do so if given the opportunity.

Run Melbourne was a celebration of what we can do, not what we can't.

Our thanks to everyone who took got involved, but a particular thanks goes to Protect, our corporate partner in this year's Run Melbourne. To all the Protect staff who joined us: you are all very much part of the DSR family now, and we love you for it!

Do you want to share your sport and recreation experiences or do you simply have an exciting program you think others would enjoy?

Then get in touch and email or call Catherine at DSR.

catherine@dsr.org.au

03 9473 0133



Snow much fun

The 2015 DSR Kids Winter Camp has been voted the best camp to date. From 17 to 19 July, a fiesty group of young campers spent the weekend at Falls Creek, taking on the mountains and enjoying everything the Victorian High Country in winter has to offer.

The next edition will have a full account of the trip written by Renee, a DSR member and camp regular.

Thanks to the incredible volunteers who spent their weekend making sure our kids had a great time at the snow. In no particular order:



- Tim Chiu - skiing backwards with SLR camera in hand to capture the action is no mean feat!
- Darren Pickering - it just isn't a DSR Kids camp without you.
- Shona Williamson and Stefanie Davis - in every sense of the word, you ladies were wonderfully caring.

- Sven Erikson, Tom Ridley and the Disabled Wintersport Australia team - your collective skills in the snow is the stuff of legend.
- Falls Creek - for all the access and logistics support on the mountain.
- Howman's Gap - we appreciate the warm welcome our camper always receive.

We would also like to thank our generous donors who helped make this camp a reality. With your donations, we are able to subsidise the cost of the DSR Winter Camp, making this unique snow adventure more accessible to more of our members. Thank you.

Help to make a difference and join the WheelTalk team today!

WheelTalk is our disability awareness education program that visits more than 250 primary and secondary schools throughout Victoria each year.



We are recruiting new presenters to join our WheelTalk team to take this fun and interactive program into more schools, especially in the Melbourne area.

Being a WheelTalk presenter is a paid position, and you receive training and ongoing support to get the most out of the role.

For more information about WheelTalk, please visit the [WheelTalk page](#) on our website.

To have a confidential conversation about this opportunity, please contact Mel Adams on 9473 0133 or email wheeltalk@dsr.org.au.

Applications, including resume must be received by 5.00pm, Friday 14 August.

Oli E Foundation - sending kids to camp

We are so pleased to announce our partnership with the Oli E Foundation, a wonderful organisation that supports families of children with disability.



There will now be an Oli E camper on each of DSR Kids camps. The Oli E camper is child whose family needs that extra bit of support to give their child the opportunity to enjoy going on camp, with their place being fully funded by the Foundation.

This is an exciting step forward for Disability Sport & Recreation, as the Oli E Camper partnership opens up a world of physical activity to a child who might otherwise miss out.

The first Oli E camper was Harvey McCorkell from Warrnambool, who has just come back from the 2015 DSR Kids Winter Camp in

Falls Creek.

For more information on the Oli E camper grant, please email Karla@dsr.org.au or call 9473 0133.

Score! in Mildura

The Score! juggernaut is rolling into Mildura on Friday 7 August.

Please join us at a special celebration event, **11am in the Mildura Specialist School, 341-357 Deakin Avenue.**

There will be a soccer clinic starring Paralympian Ben Roch, organised by Football Federation Victoria and Mallee Sports Assembly.



It wouldn't be sport without a sausage sizzle, so come on down for some free Friday fun and learn how Score! can help you get more active.

To RSVP, email score@dsr.org.au.

Voting now open for film festival!

The FOCUS ON ABILITY film festival celebrates the achievements, lives and abilities of people with disability. The short films, no longer than five minutes each, are as varied and colourful as the people who made them and the lives they depict.



There are some major cash prizes up for grabs in the FOCUS ON ABILITY film festival, and voting is open until 10th August. So, jump online, watch some amazing videos and cast your vote. You can only vote once per category, so choose carefully. You can also make someones day by leaving a positive comment on their film, and you can comment as often as you like.

If you find a film you're particularly passionate about, share it with us through our [Facebook page](#), [twitter feed](#), or [Instagram account](#). Don't forget to #focusonability.

<http://www.focusonability.com.au/>

For more information about the festival or competition, email Ryan at: ryan@focusonability.com.

Thank you, George

George Tsangas, the wonderful head coach of both the state and development programs for the 7-a-side football program, has decided to step away as head coach of the program.

For more than three years, George trained and mentored his players. He taught them so much more than football; he taught them professionalism, sportsmanship and self-discipline.

Throughout his time as head coach George played a vital role in developing the 7-a-side football program and he leaves the sport in a strong position for future growth.



On behalf of everyone at DSR we would like to thank George for all the passion and hard work he given to 7-a-side football in Victoria.

We are working with Northcote City Football Club and Football Federation Victoria to recruit a new head coach. In the interim, George Prapas will be acting in the position of head coach.

We would like to thank George and wish him all the best for the future.

Pictured: George Tsangas, second from right, with the 2014 Northcote City 7-a-side team.

E-Class trams improve accessibility

The latest trams to travel Melbourne's streets are the E-Class. With their low floor design and improved access, these trams are one more way Yarra Trams is working to make Melbourne's public transport a world-class system.



[Read more about the E-Class tram on Route 11.](#)

DSR history to be presented at conference

Rob Hess and Matthew Klugman from the College of Sport and Exercise Science, Victoria University, are presenting the early history of DSR at the annual conference of the International Society for the History of Physical Education and Sport, Split, Croatia, 18-22 August.

Their paper, *The Pioneers of Disability Sport in Australia: Foundation Narratives*

The abstract:

'Disability Sport & Recreation' is currently the peak association responsible for providing sport and recreation for people with disabilities in Victoria, Australia. Since its initial formation in 1962 as 'Wheelchair Sports Victoria', attempts have been made to chronicle the achievements of related bodies such as the Paraplegic and Quadriplegic Association of Victoria, and to

highlight the accomplishments of a number of Paralympians. However, there has been no systematic effort to establish an overarching foundation narrative that takes account of the origins and development of this often neglected aspect of Australian sports history. This paper, based on research for a commissioned history, critically explores the oral testimony of surviving individuals who played important roles in the establishment of disability sport in Victoria. A special focus is also on the background associated with Australian participation at the Paralympic Games of 1960 (Rome) and 1964 (Tokyo).

Lawn bowls 2015 State Championship trials

The lawn bowls state trials for the Victorian representative team for the 2015 National Championships is happening Sunday 16 August, from 12noon - 3pm at Fitzroy Victoria Bowls Club, 578 Brunswick st, Fitzroy North.

It is essential to send Nicole Shortis, the head coach of the representative side, an email to express your interest in attending the trials.

You can reach Nicole on 0404 690 836 or email her at: bowls@leopoldsc.com.au

Wheelchair tennis

Wheelchair Tennis is back on every Tuesday night during the school term.

The cost for the term is \$95.00 and sessions last from 6:30pm to 8:30pm. Come along to the National Tennis Centre, Melbourne Park, off Olympic Boulevard, for some coaching or just for a social hit with friends.

FAST4 wheelchair competition (Doubles)

Date: Tuesday, 1 September & Tuesday, 8 September

Time: 6.30pm – 8.00pm

Venue: Melbourne Park (National Tennis Centre)

Cost: \$10 per person, each night

RSVP: by 25 August to Greg Crump

gcrump@tennis.com.au 0478 479477

[Download the flyer for all the details and registration](#)

Blind and vision impaired football

Blind football (soccer) is played outdoors by blind and vision impaired athletes on a futsal sized pitch with side kickboards. Sighted players can also assist as outfield players with eye-shades to equal their sight with the goal keeper being sighted.



With two teams of five: four outfield players and a goal keeper, it is played with an audible ball to allow players to locate it by sound.

Blind and Vision impaired AIA Vitality MiniRoos allows children to develop and understanding and passion for the game of football.

- Junior Football Sessions will commence 1 August from 10.30-11.30am and run for 6 weeks.
- Adult Football league is scheduled to commence Sunday 18 October from 1.30pm-5.00pm.
- Registration is \$20. This cost covers insurance and registration to the club which includes a playing shirt in club colours.

Please contact Blind Sports & Recreation Victoria on 9822 8876 or email: info@blindsports.org.au for more information.

Gymnastics for everybody

The Gymnastics Victoria team is excited to announce an all new, innovative program for schools across Victoria.



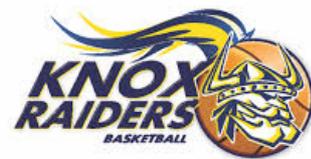
An introduction to entry level Aerobics, Aerobase is a series of six inclusive instructional aerobics video lessons, which will be available online and free for all Primary, Secondary, Special Schools and community groups in Victoria.

Sessions 1 and 2 are available [here](#) with a new session out every Monday.

For further information, please contact Gymnastics Victoria on 9214 6020 or email info@gymnasticsvictoria.org.au

All abilities basketball

"Basketball for All Abilities" is a fun and exciting program that is packed with activities that are sure to keep everyone involved, motivated and having a great time. It also gives players with additional needs the opportunity to strive to be the best they can.



Dedicated coaching staff are on board to ensure all participants have a fulfilling and rich experience each and every week.

The program runs for 6 weeks on Tuesdays from 4:00pm - 5:00pm at the State Basketball Centre - 291 George street, Wantirna South.

Cost is \$60 for new players wanting to get involved and \$50 for existing players.

Contact Jordan on 03 9847 2310 or jordan.canovan@knoxbasketball.com.au for more information.

YMCA Escapes

YMCA Escapes supports people with disabilities to travel to new and exciting destinations.

We aim to maximise our travellers' independence and choice, facilitate healthy living, develop social and living skills, connect to the wider community and most importantly enjoy the experience and have fun!



The Gold Coast Escape coming in September 2015 includes rainforest tours, fabulous food, theme park trips, resort activities, local markets and amazing sunsets.

Pricing starts at \$2,800 for 1:4 ratio. Please contact Anthea Warlond on: 0428 982 280 or ymcaescapes@ymca.org.au for 1:2 or 1:1 ratio pricing and any extra information.

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