



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



September 2016 - edition 9

Let's get social...

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Facebook

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the conversation on Twitter!

 Like CyclePower on
Facebook

See you on Instagram... we
are [@disabilitysportandrec](#)

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](tel:94730133).

From the CEO...

I've just returned from
CyclePower, riding 520km
across Cambodia and
Vietnam and I'm struggling
to put into words just how
extraordinary this event is.

It really isn't an
understatement to say that
CyclePower changes lives
here and overseas. The
pure joy on the faces of the
Battambang women's
wheelchair basketball team
and their Australian friends,
reuniting after four years,
was something truly special
to witness.

These women have come such a long way from our first visit in
2012. The wheelchair basketball program has empowered them to
become advocates in their community, find meaningful
employment and take positive steps to care for themselves and
their families.

This cycling challenge isn't for the faint-hearted: the days were hot,
humid and long. Each rider was pushed to the limit of their physical
and mental endurance.

I tried riding a hand cycle (thanks to Belinda Curro for kindly
lending me her wheels) and can personally attest to the level of
strength and stamina it takes to power these bikes. After only
28km my arms were gone and I was ready to return the hand cycle
to its rightful owner.



I was so impressed to see first the the efforts of our eight riders with disability who clearly demonstrated what's possible with grit and determination.

Thanks to [Uniting Journeys](#), [Knog](#), [Probuild](#), [Cinori Shoes](#), [CMI Hino](#) and [Leesons Logging & Cartage](#) for their generous support of CyclePower 2016.

Photos and videos from CyclePower 2016 are on the [CyclePower Facebook page](#). I encourage you to check them out and consider whether you're up for the challenge and we start planning for CyclePower 2017.

Yours in health,
Richard Amon

Goodbye and good luck!

Victoria has produced some of the finest wheelchair rugby players in the country, and on Monday night we bid farewell to the seven local players, joined by Victorian coaches, support staff and referees, who will be flying off to represent Australia at the Rio Paralympic Games.



Long-standing supporters of Victorian wheelchair rugby, Protect, were at the farewell, along with representatives from Victorian Rugby Union, and the presidents of the top four rugby union clubs that have adopted the local competition and have signed partnership agreements that will see the teams renamed Box Hill, Harlequins, Powerhouse and Melbourne.

Spectators were treated to some spectacular hits and tactical play, proving categorically why Victoria is the state to watch for top-shelf wheelchair rugby.

Thanks to everyone who came and cheered on the players, especially those who are new to the game; we hope to see you again in the audience.

To the Steelers heading to Rio: we wish you all the very best, we hope you have a blast, and we hope you smash your personal goals and achieve your sporting dreams. We will be watching and we will be cheering you on!

Let the Games begin!

On 7 September, all eyes will turn to Rio and the opening ceremony of the 2016 Paralympic Games.

Years of hard work, sacrifice and total dedication to the pursuit of sporting excellence has allowed those athletes to achieve their dream of representing Australia at the world's biggest and most prestigious



sporting event.

Congratulations to the coaches, clubs, sporting organisations, supporters and the athletes themselves for holding on to that dream.

We are incredibly proud to have played a role in helping many of the Victorian athletes start their journey to Paralympic representation. As a grassroots organisation dedicated to getting people with disability active, the dream starts here!

To watch live streaming of the Games in English go to Paralympic.org or Dailymotion.com/Paralympics. The free-to-air TV Australian broadcaster is 7two.

Have a great Games!

Rehab to Rio

Our annual webinar, in partnership with the Australian Physiotherapy Association is *Rehab to Rio*.

Hosted by Keren Faulkner, Manager of the Specialist Performance Services of the Australian Sports Commission, it features Melissa Nolan, APA Musculoskeletal and Sports Physiotherapist, Paralympian Jason Lees and VIS strength and conditioning coach, Corey Innes.

The webinar aims to show the physiotherapist the complete journey from theory to practice to support their clients to engage in competitive or recreational sport.

The webinar will cover topics such as:

- the benefits and barriers to sport for clients with disability,
- an overview of the Paralympic pathway and classification processes
- clinical conditions and selecting a suitable sport
- clinical considerations for your client engaging in sport

PLUS we get to go behind the scenes with Jason and Corey at the Victorian Institute of Sport including:

- how a parathlete trains
- adaptations to gym exercises for strength, and function
- considerations when programming for an athlete with disability
- hear from gold medallist Paralympian, Jason about his journey into sport following acquiring his spinal cord injury.

To register for the Rehab to Rio webinar, email Juliet@dsr.org.au

Would you use it?

We are always looking at how we can improve our service to our members and help Victorians with disability become more active.

One possible service we could provide is an accessible gym for our members at our Fitzroy office.

Is this a facility you would use?

Give us your opinion and go into the draw to win a sports nutrition supplement pack, including protein shakes, shaker bottle, cap, sports towel and bag.

[Answer the question here!](#)



Geelong secures National Cricket Inclusion Championships

Australia's first ever national championships for the nation's top deaf and blind cricketers, and cricketers with an intellectual disability, will be at Kardinia Park for the next three years, starting January 2017.



The Cricket Australia tournament will attract more than 200 of Australia's best all-abilities male and female cricketers, all vying for national glory. The week-long Championship will feature both Twenty20 and One-Day clashes.

The National Cricket Inclusion Championships runs from January 17-24.

Mildura All Abilities Cricket Carnival

The seventh annual Country Care Group All Abilities Cricket Carnival is coming soon and registrations are open. It's a great way to get your cricket team or school involved in a fun, friendly competition.

Day 1: Thursday 20 October 2016, 12pm-5pm

Day 2: Friday 21 October 2016, 9am-12pm

Where: Mildura Settlers



Cricket Club, 305-357
Deakin Avenue, Mildura

Cost: \$8 per player, teams of
10 or more

Divisions: School and
Senior

Registration: Registration is essential and closes 30 September.

Contact: Tanya Wild, Mallee Sports Assembly

Phone: (03) 5021 3464

tanya@malleesportsassembly.org.au

Summer's nearly here... let's play cricket!

The Lord's Taverners Shield
division started in 1994 and
is played alongside the
Australian Indoor Open
Championships. Some of
Australia's best cricketers
have played in the Lord's
Taverners Shield.

If you would like to know
more about the Lord's
Taverners Shield, watch this
short video Cricket Australia
has put together.

[Watch the video](#)

With summer just around the
corner, there are loads of
opportunities for you to get involved in cricket. If you want to enjoy
our national summer sport, visit the [All Abilities page on the Cricket
Victoria website](#)

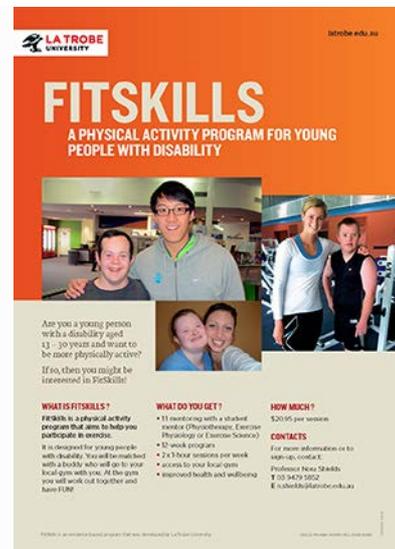


Own the gym... with FitSkills

What is FitSkills?

FitSkills is a 12-week
program for young people
with disability aged 13-30
years, who want to work out
at their local gym, but need
a buddy to help.

What do you get with



FitSkills?

- One-on-one mentoring with a student mentor (Physiotherapy, Exercise Physiology or Exercise Science)
- 2 x 1-hour sessions per week
- Access to your local gym

How much does FitSkills cost?

\$20.95 per session

Contact

For more information or to sign-up, contact:
Professor Nora Shields, 9479 5852, n.shields@latrobe.edu.au

Graham Fraser Triples

This September, the Hurstbridge Bowling Club is running the seventh annual Graham Fraser Triples lawn bowls event, an opportunity for people with a disability to compete in a social and competitive bowling tournament.

When: Sunday 18 September

Where: Hurstbridge Bowling Club, 36 Graysharps Rd, Hurstbridge

Time: From 10:30am

Cost: \$15 per player (includes lunch) - closing date Friday 9 September.

Registration: Call Stephen Odgers - 0418 126 895

Please note: The teams of 3 must have one or more bowlers with a disability.

The format will be two games of 10 ends - two bowls each. There will be great prizes as well as raffles. Call Stephen and register your team as soon as possible.

Victorian B-League

The Victorian B-League is an inclusive football competition open to all adults who are blind or vision impaired. They're always welcoming to new

players, so why not give football a go!



When: 2-4pm every Sunday from 21 August to 23 October
Where: Camberwell High School Gymnasium, Prospect Hill Road, Canterbury
Cost: \$30 for the season
Registration: Registration forms available each week

For more information, contact Megan Smith , FFV All Abilities Coordinator: 9474 1805, msmith@ffv.org.au
Website: footballfedvic.com.au/blind-football/

Calling for wheelchair rugby referees

Love wheelchair rugby and want to get involved? Why not become a referee! We are looking for expressions of interest from people to learn how to referee this fast, full-contact sport.

Victoria is sending a wheelchair rugby referee to the Paralympic Games in Rio, so there is a pathway to international competition that starts with our local competition.



Wheelchair rugby referees in Victoria are paid up to \$20 per game in local competition, with senior referees earning up to \$30 per game.

Training will take place on Monday evening at Aqualink Box Hill or Wednesday evenings at Royal Talbot in Kew. Game play is from 7-9pm, with the wheelchair rugby season ending 10 October.

Anyone interested in learning to be a referee, email Jason@dsr.org.au or call 9473 0133.

Kevin Coombs Cup - coaching and team manager opportunities

Basketball Victoria is looking for suitably qualified and experienced people to apply for coaching and team

manager positions for the 2017 Kevin Coombs Cup wheelchair basketball team.



Information about the positions available can be found on the Basketball Victoria website or by mailing lisa.page@basketballvictoria.com.au

The 2017 Kevin Coombs Cup National Championship will be held

in Townsville from the 8-15 April.

Cricket umpires - casual work available

Casual work is being offered as a cricket umpire in the Glen Iris area.

Minimum payment \$120 per Saturday or Sunday afternoon.

Full training and accreditation provided, along with a sun hat and polo shirt.

It's not essential to be available every Saturday as there are some one day games.

Initial appointment will be with a senior experienced umpire.

Further details:

Phil O'Callaghan 0421 701 465 admin@secacricknet.com.au

Michael Moss 0438 530 535 mcmoss@bigpond.com

Steve Laffan 0450 172 972 stevielaf@hotmail.com

Electric Wheelchair Sports Open Day

The Victorian Electric Wheelchair Sports Association (VEWSA) is having an Open Day on Sunday 25 September, before their 2016/17 Summer season begins in October.



This is a great opportunity for those interested to have a go, have some fun and see what sports are on offer. The season consists of three sports - Hockey, Balloon Soccer and Rugby League. All three sports have been adapted for electric wheelchair users and is open to anyone who uses an electric wheelchair. Beginners and spectators are always welcome.

VEWSA is organised and run by a group of volunteers consisting of players, parents, family members, friends and supporters. There is a consistent demand for people to act as coaches, umpires, linespersons and timekeepers. If you are interested in helping out, contact volunteer@vewsa.org.au.

If you cannot make it down on 25 September, you are welcome to attend any of the rounds during the season. The fixture can be [downloaded from their website](#).

Where: Aquahub, 11 Civic Square, Croydon

When: Sunday 25 September

Time: 1pm – 4pm

More information: Visit their [website](#), follow them on [Facebook](#) and [Instagram](#) or email info@vewsa.org.au

Contact: [Luke David](#) 0424 160 174

The Reagan Milstein Foundation football day

The third annual Reagen Milstein Foundation (RMF) football day is coming to Melbourne.

For the first time in 2016, RMF will be hosting a parallel event for the special needs community in conjunction with the Doveton Special Soccer School.

WHERE: Knox Regional Football Centre, 257 George St Wantirna South

WHEN: Sunday 23 October

MORE INFO: You can sign up to play, referee or volunteer at <http://www.rmfccommunityfootball.com/>



Your Awards are open... nominate your hero now!

Nominations for the Victorian Disability Sport and Recreation Awards are open. This is your opportunity to acknowledge the heroes of your sport, from the coaches, officials and volunteers, to the junior and veteran athletes.

These awards are part of the Victorian Disability Sport & Recreation Festival, a celebration of what makes accessible and inclusive sport so wonderful and vibrant.

The nomination process is quick and simple, using an online form which can be found on the festival's website.

The Awards are brought to you by the [Taxi Services Commission](#), [City of Melbourne](#) and the Carbine Club.

[Nominate now!](#)

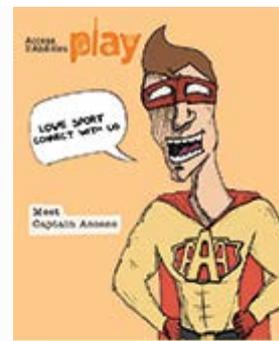


2016 Victorian Disability Sport and Recreation Awards
online nominations open
11 July 2016
www.dsrf.org.au

Captain Access is here!

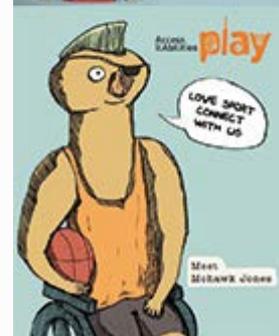
Access for All Abilities (AAA Play) has launched a range of animated characters to promote the physical, social and psychological benefits that regular sport and recreation can provide for people living with a disability.

The three characters, Captain Access, Mohawk Jones and Lila Adams, represent social inclusion, resilience and fun.



The Captain Access Animations were launched in conjunction with a new AAA Play website.

[Visit the new AAA Play website](#)



Ahoy there! Wheelchairs in the crow'snest!

The accessible tall ship *Tenacious*, run by the Jubilee Sailing Trust, is in Melbourne offering the opportunity for people with disability to experience sailing.



Tenacious is fitted out with a range of accessibility features to provide an inclusive experience for people with physical disability or vision impairment.

A number of day, overnight and week-long sailing voyages on *Tenacious* are departing Melbourne in the coming months. You can be part of the crew and get involved with as much as you want, or you can simply enjoy life on the open water.

A full list of upcoming voyages is available on the [Jubilee Sailing Trust website](#).

The Jubilee Sailing Trust is also looking for volunteers to support the maintenance and preparation of *Tenacious* for voyages. If you are interested in this opportunity to work on the world's largest operative wooden hulled tall ship, please visit the [Jubilee Sailing Trust website](#), email info@jst.au or phone 0429 186 625.

Last chance to escape to WA

YMCA Escapes' 'Head West' to Perth and the Margaret River tour, Wednesday 7 to Sunday 12 September, still has a couple of places left!



Availability is on a 'first come first serve'/'case by case' basis and prices vary on the level of care and support you need.

YMCA Escapes will be visiting the highlights Perth, Fremantle and Margaret River:

- Visit spectacular Kings Park
- A night on the town in Fremantle
- Private artistic workshop at the Fremantle Art Centre
- Historical Fremantle Prison tour
- Hang out at Perth's famous Cottesloe Beach
- Dolphin encounter in Bunbury
- Visit southern hemisphere's longest timber jetty in Busselton
- Private fishing tour in Yallingup
- Wineries, cheese and chocolate factory tours in Margaret River
- Visit beaches, a lighthouse and a rare Karri Forest in Augusta
- Explore epic surf breaks of Prevelly

To book or for more information, contact Suzanne Schuitman, Recreation and Travel Sales Coordinator on 8397 3111, or email Suzanne.Schuitman@ymca.org.au