



Eyre-Waves

2009 ORS State Club Development Conference

The annual club development conference "on top of your game" will be held on Sunday 24 May at AAMI Stadium Convention Centre, Turner Drive West Lakes SA.

Key note Speaker is **Malcolm Speed** who has recently retired as the Chief Executive of the International Cricket Council, which is based in Dubai.

The conference is an education, training & networking opportunity aimed specifically at club level administrators. Your club's knowledge will be expanded through informative case studies, hands-on workshops & information from program & service deliverers in the industry.



- Topics include:
- *Granting your funding wishes.
 - *Mediation is an option.
 - *Never too late to get involved.
 - *Getting the edge online.
 - *International imports.
 - *Alcohol and clubs.
 - *Off field succession training.
 - *Better managing those that matter.

This conference is only \$30 for the first club delegate & the second club delegate is free.

Lunch, morning & afternoon tea are provided.



ORS Grants

Congratulations to the following organisations who have been successful in obtaining grants from the Office for Recreation and Sport.

Community Recreation & Sport Facilities Program

Cleve Sporting Bodies- \$45 000 resurfacing the 5 multi-purpose tennis, netball & basketball courts.

Move It! Making Communities Active

1. *Kimba Tennis Association-* \$28 120 for the Kimba Community Fitness Centre Project.

2. *Port Neill & Districts Community Sports Club-* \$6 200 Port Neill Up and Active.

Active Club Program

1. *Port Lincoln Gymnastics Club-*

\$3 500 to assist with coaching & safety equipment.

2. *Riding for the Disabled Port Lincoln-*

\$1 500 to assist with coach development.

3. *Tumby Bay Colts Cricket Club-* \$4 000 to assist with upgrade of ablutions.

4. *United Yeelanna Football Club-*

\$16 000 to assist with a facility upgrade.

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Special points of interest:

- Who is Mayor of Ceduna?
- Where did the LEP Waist Away group meet?
- When was the PACC established?
- What is up for grabs in the PLFL's *be active* Pre-season Cup?
- Which future AFL captain attended EPSA's workshop at Ravensdale?

Ceduna Masters Games

Welcome to the Ceduna SA Masters Games.

"As coordinator of the Ceduna SA Masters Games I wish to invite you to take part in 4 days of sport, friendship and west coast hospitality.

Thankyou to the administration staff & community members, businesses & volunteers who helped ensure the event is organised professionally.

Good luck to all participants & enjoy the west coast experience."

Kathy Meier- Games Director

Sports offered include:
Athletics, Badminton,
Basketball, Cricket,
Cycling Dragon Boating,
Eight Ball, Football, Golf,
Lawn Bowls,
Motorcycling (Motocross
Veterans), Netball,
Pistol Shooting, Shotgun,
Sailing, Squash, Tennis,
Table Tennis, Triathlon,
Fishing (Novelty Event)
& Swimming (Open Water).

The closing date for entries is 5.00pm,
Friday 13th March 2009.



17th-20th April 2009

Late entries may be accepted by some sports.

"Ceduna is also known as a place to sit & rest, so whether you are competing or just visiting please take the time to sit, relax & enjoy what we on the west coast refer to as *our place in paradise*.

Try to find time to explore our backyard from the sandy beaches where fish are plentiful to the outback plains of the Nullarbor."

Alan Suter- Mayor of Ceduna

City of Port Lincoln Future Directions Funding Program

The first two applications submitted to the Port Lincoln City Council for funding via the Future Directions Program have been approved.

The Port Lincoln Cricket Association have been allocated \$4500 over 3 years to conduct coaching clinics and Level 1 coaching courses. This will be an annual event in conjunction with the Port Adelaide Cricket Club.

The association has targeted the growing number of junior cricketers in the city involved with in2CRICKET and the primary schools competition.

"Assist clubs to remain strong & viable thus enabling them to continue to utilize the city's upgraded sporting facilities."

The Port Lincoln Yacht Club will receive a total of \$5000 over 3 years to undertake an extensive junior coaching initiative.

Also targeting youth the club will develop their own youth squad and qualified coaches. Part of the grant will assist in purchasing coaching aids including radio headsets (for on water communication), a waterproof video

camera and informational DVD's.

The Holdfast Trainer fleet will be upgraded with some boats fitted with new sails, fittings & new side buoyancy tanks.

The initiative will strengthen the club's existing program which devotes the first half of the season to on water training sessions.

LEP Waist Away Challenge

The Cummins Community has concluded a 10 week lifestyle challenge aptly named Waist Away.

A regular group of between 20 & 30 participants lost 169.7kg over the course of the program which met weekly in the local Ambulance Centre.

The idea of the program was to encourage members of the community who could benefit from challenging their current lifestyle to include some healthier choices. From the weight loss

outcome, it definitely seems likes Cummins was up to the challenge!

Some of the evaluation forms included fabulous feedback like;

"I lost weight-WOW."

"The incentive to lose weight was wonderful."

"There was encouragement to get back on track if you fail."

Thank you to EP *be active* for sponsoring this program, Cummins SA Ambulance Centre, Cummins Medical Clinic,



Lower Eyre Health Services, PL Health Services & DC of LEP for enabling this program to work.

Article by Simone Duke,
Health Promotion/Community DO
Lower Eyre Health Services.

Port Adelaide Cricket Club Est. 1893

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The PACC made the most of their bye weekend as thirteen representatives conducted a 3 day promotional & cricket development visit to Port Lincoln.

The Magpies, who are aligned to the LEP area, undertook a number of initiatives including an



PACC batsman Adam Dilley with LEP fielders Steve Orchard (wk) & Troy Sargeant

exhibition Twenty20 game against a combined side from the LEP, with an U/16 Twenty20 game as a curtain raiser.

The Magpie players also conducted 2 coaching clinics which attracted almost 100 participants from the area.

PACC's visit to Port Lincoln also coincided with the Tunarama festivities, with planning already underway for a follow up visit next season.

Article courtesy of SACA



EP HPE Teachers' Conference

The annual conference, organised by the EP *be active* Field Officer, was held in Port Lincoln on Monday the 16th of February.

Physical Education teachers from around the region travelled to Port Lincoln to update their Volleyball playing and teaching skills. The session was delivered by Volleyball SA Game Development Coordinator Simon Phillips in the Port Lincoln High School Gym.

Schools represented included Ceduna AS, Streaky Bay AS, Wudinna AS, Lock AS, Cleve AS, Edward John Eyre HS, Port Augusta Secondary School, Victor Harbor HS & Port Lincoln HS.

After lunch participants met at the Eyre/Northern District Office for a thought provoking session on program design. Facilitator for the session was Peter Tokarski, regional PE SACE Stage 2 moderator.



Port Lincoln Football League *be active* Pre-season Cup

The Port Lincoln Football League (PLFL) is staging the inaugural *be active* Pre-season Cup at Ravendale as a lead in to the '09 season.

Eight teams have nominated to participate- Bostons, Lincoln South, Mallee Park, Marble Range & Tasmans from the PLFL are joined by United Yeelanna & Tumby Bay from Great Flinders FL and Cleve from the Eastern Eyre FL.

Games will commence with round one staged on Friday 27th March under lights at 6.30pm with two games played on the night.

Round two completes the cup on Friday 3rd of April with the top two teams meeting in a winner take all final on Thursday 10th of April. Sponsor, Aussie Aluminium, is offering \$500 to the winning team.

"A perpetual trophy donated by the Ravendale Community Sports Centre is up for grabs."

Eyre Peninsula be active Network

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▶ Mark Fisher
Eyre Peninsula *be active*
Field Officer

We're on the Web!
www.portlincolnsport.com

What is the Eyre Peninsula *be active* Network?

"An organisation with a stake in the promotion/delivery of physical activity opportunities, collectively working toward increasing participation in active recreation and sport at a local level."

The concept is based on the growing need for improved links to be established between community based active recreation and sport providers, schools, local government and other agencies in order to bring about real improvements in the planning, promotion and delivery of sport and recreation opportunities.



Government of South Australia
Office for Recreation and Sport

EPSA Workshop 2009

This year's intake of Eyre Peninsula Sports Academy students met, as a group, for the first time on Thursday the 5th of February.

The workshop was conducted at Ravensdale in Port Lincoln from 9am until 3pm and attended by approximately 100 students from Cummins AS, Tumby Bay AS, Ceduna AS, Streaky Bay AS, St Josephs & Port Lincoln HS.

The Port Adelaide Football Club again supported the day flying over Power players Domenic Cassisi (soon to be appointed captain), Matthew Lobbe and Community Youth Program Manager Russell Ebert.



After the initial introduction the students separated into the various sports for practical drills.

Hockey was taken by Susan Doyle from PLHS, Netball at the association courts by Helen Marks from PLHS and Arden Herr from Streaky Bay AS conducted basketball at the PLHS gym.



Dom Cassisi running the footballers through a handball drill- photo courtesy of Ivon Perin

At the conclusion of lunch the Power entourage made themselves available for a question & answer session before heading back to Adelaide.

Further practical drills (the footballers played a trial game) were followed by a demonstration of the pre-season fitness tests by Peter Clutterbuck from PLHS.

The group will meet again on the 31st of March for post fitness testing.