



MEDIA RELEASE

16TH April 2011

GIVING SPORT A GO

Young adults from Knox, Maroondah and the Shire of Yarra Ranges will have the chance to try a variety of fitness activities during Interchange Outer East's Sports Week, which will be held from 2nd -8th May 2011.

With over twenty activities organised including rock climbing, boxing, beach volleyball plus mainstream sports such as cricket, football and tennis, the young adults, who are supported by Interchange Outer East, will have plenty of options from which to choose.

Event Coordinator Rebecca Gallaher said, 'It's important for all people to be active in their community and playing sports is not only a great way to keep healthy physically but also socially'.

'The idea behind Sports Week is that young adults not only get the opportunity to try different sports but are also introduced to their local sporting clubs. If they're interested in a particular sport or club they then have the opportunity to follow that interest up.'

'We know come and try days are not the answer to ongoing participation in sports' said Ms Gallaher. 'However we do know that the introduction between people and clubs helps as a pathway into inclusion'

'We work with clubs and venues and demonstrate how to be inclusive and in doing so we also provide opportunities to show our young adults what being involved in a club is all about. It's not necessarily about being the best sports person, it's more about giving it a go and contributing to your local community.'

Two events during Sports Week 2011 are open to the public. The All-in Tournament - a 'surprise sport' team event - on Tuesday 3rd May and the Fun Run/Walk/Roll around Lilydale Lake on Thursday May 5th from 10am on. Anyone interested in being a part of the All-in Tournament must register their team (5 people) with Interchange by April 15th.

'The Fun Run is the best way for community members to show support for the week. We expect about 120 people, dressed in a variety of costumes, to turn up and make their way around the lake, it's always a fun and colourful event and is suitable for anyone no matter what their age' said Ms Gallaher. 'This year St George Bank Knox, a supporter of Interchange Outer East, will be joining us for the Lilydale walk.'

Interchange Outer East provides a range of services to over 850 families who have a child or young adult with a disability and who live in Melbourne's outer eastern region. Sports Week is an annual event and has been running since 2005. Sports Week 2011 is supported by Knox City Council through the Community Development Grants Scheme.

For more information check www.ioe.org.au or contact Interchange Outer East on (03) 9758 5522 or ioe@ioe.org.au

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For more information about this release, sport activity dates and venues or photographic opportunities, please contact:

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