



MEDIA RELEASE

IMMEDIATE

20<sup>TH</sup> April 2012

### Giving Sport a Go

Interchange Outer East Sports Week is on again. It's that time of year when, for a full week, individuals get the chance to run, jump, hit, kick, roll and climb as they brush up on their sporting skills or try something new.

All sports are run in a supportive environment and are accessible for people with a range of abilities. Local sports clubs and community venues are the settings for all activities.

'Sports week not only encourages health and fitness through activity, but builds community inclusion.' said Rebecca Gallaher, event co-coordinator 'Through contacts made during previous years' sports weeks, we have had a number of participants become active members of their local club.'

'Having had a chance to 'have a go', people have been keen to pursue their interests independently and we are finding a number of local clubs are now much more open to inclusion of people of all abilities.'

Each year Interchange Sports Week embraces new activities – for Sports Week 2012, archery, roller derby and a fitness circuit challenge have joined the ever popular sports like soccer, cricket and tennis. Soccer, always a favourite, will take on a new twist with representatives from the new Melbourne Heart Soccer Club running the sessions this year.

'Sports week is a great opportunity to connect with local clubs and we are very pleased to have, amongst others, Knoxfield Tennis Club, Croydon Cricket Club, Ferntree Gully Eagles and the Bayswater Bowls Club again involved in our program" said Rebecca.

One of the ongoing highlights of Sports Week is the indoor soccer tournament and once again Interchange is inviting teams from the wider community to become involved. This will be held on Tuesday 1<sup>st</sup> May at the Bayswater Indoor Soccer Stadium.

This year a fun athletics day will replace the traditional Walk/Roll/Run event. This is another 'everyone welcome' event and will be held at the Croydon Athletics Club on Friday 4<sup>th</sup> May.

The final event, a Roller Derby on Saturday May 5<sup>th</sup> is a new activity to Sports Week 2012 and is open to anyone over the age of 18. Participants will be in for some fast and furious fun but, as with other Sports Week events prior registration is essential. To register, or for more information on times and venues, contact Interchange on 9758 5522 or email [ioe@ioe.org.au](mailto:ioe@ioe.org.au).

Interchange Outer East's Sports Week 2012 has been made possible through a grant from the Knox City Council Community Development Fund.

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*For more information about this release or to organise to take advantage of one of the many photo opportunities during the week, please contact:*

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