



MEDIA RELEASE

SPORT FOR ALL

24th APRIL 2013

Sporting Clubs throughout the Outer Eastern region will again be opening their doors to youth and young adults of all abilities, so they can experience a variety of sporting activities during Sports Week April 29 – May 4, 2013.

Sports Week is designed to encourage sporting clubs to be inclusive and to encourage community members of all abilities to connect with their local clubs and give sport a go.

Originally a concept driven independently by disability support service, Interchange Outer East, the event has broadened its organising and participating base, with local clubs being encouraged to have maximum input into the running of the activities.

During this year's Sports Week, twenty four events are on offer from Monday to Saturday including windsurfing, bmxing, ice skating and yoga, as well as the more popular sports of netball, football, cricket and tennis.

Coordinating the project is certainly ambitious but that hasn't held the organising committee back from putting together a diverse and challenging program.

Committee member from Interchange Outer East, Rebecca Gallaher said "It's amazing how many opportunities there are for people to get involved in clubs, whether it's through participating, becoming a member or volunteering. We see Sports Week as a great community initiative to connect people through common interests. Also, clubs want people and people want opportunities, so it's really a win win."

As well as the range of sports on offer for individual participation, an all-inclusive round robin soccer tournament is planned for Tuesday 30 April 2013 from 10am – 2pm. This is always a fun event with teams often dressing up to add that bit of extra fun to the event.

Sports Week 2013 is a collaboration between Interchange Outer East, Eastern Recreation and Leisure Services, Scope and Knox City Council and is supported by a Knox Community Development Grant.

For more information about Sports Week events contact Olivia from ERLS on 9720 5944 or email aaa3@erls.net

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For more information about this release or to arrange for photographic opportunities during the activities, or interviews with participating clubs, please contact Sandra Leehy, Publicity, Interchange Outer East on 9758 5522 or 0412 664460 or email sandra.leehy@ioe.org.au