



Australian Government  
Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active



## Active After-school Communities program and Gymnastics Australia Ltd



**MAY 2011**

## INTRODUCTION

The Active After-school Communities (AASC) program has now been running for over six years. During that time the program has liaised with state and national sporting organisations to help local clubs increase their membership base by exposing primary school aged children to their sport.

Two years ago the Australian Sports Commission (ASC) started to prepare specific National Sporting Organisation (NSO) Reports to detail each sport's involvement in the AASC program. These reports combine a statistical analysis as well as a qualitative review of the information, some examples of best practice case studies and any media articles that may have been generated.

The intent of these reports is for NSOs to utilise the information at a national, state and regional level to help develop their sport. I would also encourage NSOs to use the report as a basis for the sport development officers and the AASC's Regional Coordinators to collaborate and plan deliberate strategies for upcoming terms to promote the transition of children, families and new coaches from the AASC program into respective feeder clubs.

Some transition strategies that have proved successful for many sports are as follows:

- Coordinating a 'Come 'n Try Gala Day' at the end of a term.
- Delivering a clinic at selected sites to promote membership to a designated feeder club or participation in a modified junior sport program.
- Coordinating a cluster of schools/Outside School Hours Care Services (OSHCS) to attend the local club and organise a registration or promotional day.
- Coordinating registration days at participating sites.
- Providing promotional material to sites for coaches to distribute to participating children and their families.

Where sports identify specific development objectives within a particular region/state, the AASC program, through its locally based network of regional coordinators, can provide the opportunity to discuss how the program could assist in meeting these outcomes. Some methods to do this include:

- Actively encouraging schools/OSHCS to deliver that sport in a term that precedes the commencement of the sport season, and therefore feed into registration events
- Actively encouraging participation by schools/OSHCS within identified priority areas for growth or expansion of the sport

## EXECUTIVE SUMMARY

This 2011 Report is again a combination of quantitative and qualitative information related to specific sports. The report looks at where Gymnastics has achieved the greatest success in terms of participation rates and/or growth of AASC program participation.

The following information is included in this report:

- A statistical snapshot of Gymnastics in the AASC program nation-wide, and also by state and region.
- Examples of any targeted partnerships that were developed during 2010.
- A list of organisations and private providers that delivered Gymnastics programs in 2010.
- Any media articles that were generated in relation to the AASC program and Gymnastics.

## NATIONAL SNAPSHOT — GYMNASTICS IN THE AASC PROGRAM

### Delivery of Gymnastics programs

Each semester, schools and OSHCS identify the sports and activities they would like delivered to the children participating within the AASC program. Activities are generally selected in consultation with the children and or the teachers involved, to identify what would be the most suitable program to engage traditionally inactive children.

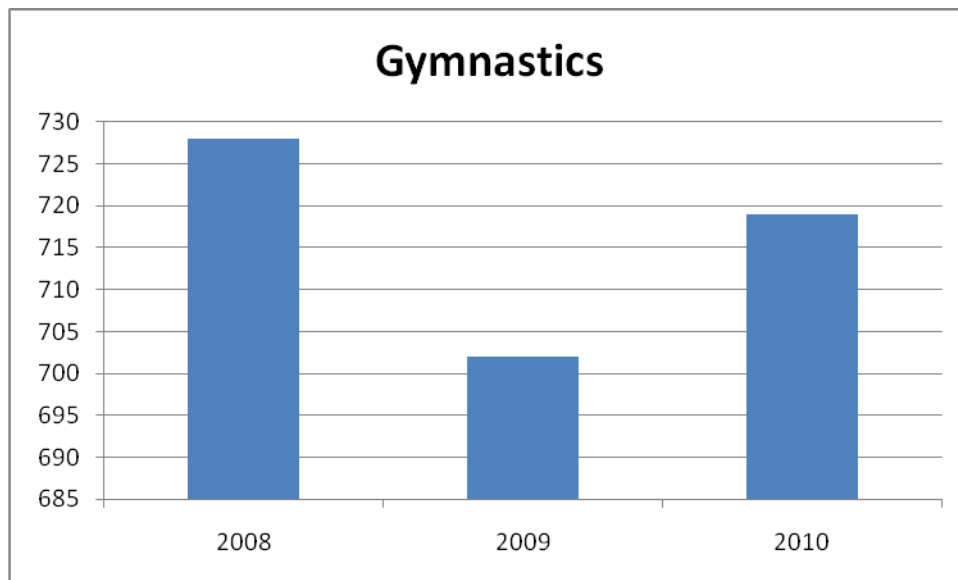


Figure 1: Number of Gymnastics programs conducted during 2008–2010

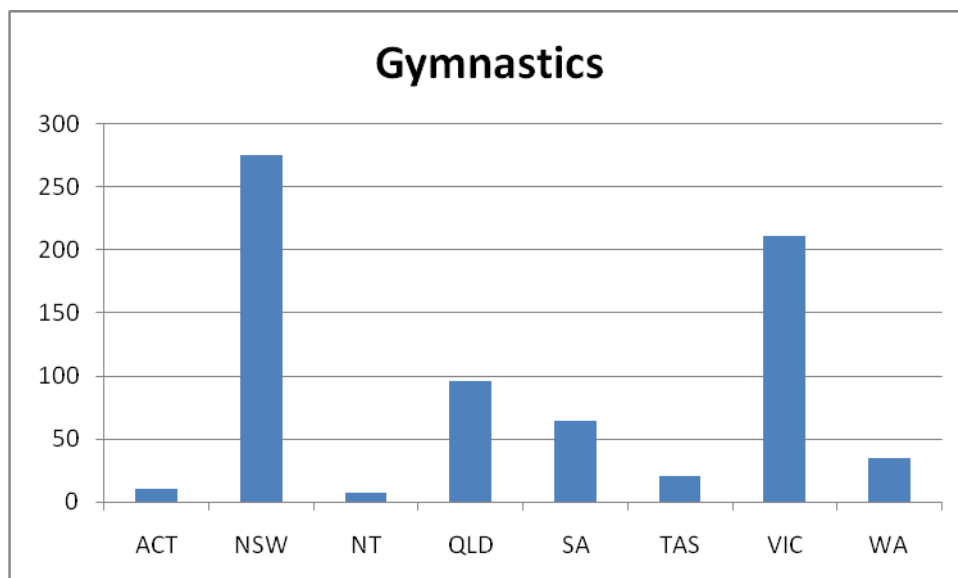


Figure 2: Number of Gymnastics programs conducted in each state or territory in 2010

## NATIONAL SNAPSHOT (continued) — GYMNASTICS IN THE AASC PROGRAM

Programs are delivered at AASC sites by community coaches who are registered with the ASC. These may be teachers, OSHCS staff, secondary or tertiary students, local club, personnel, private providers or family members.

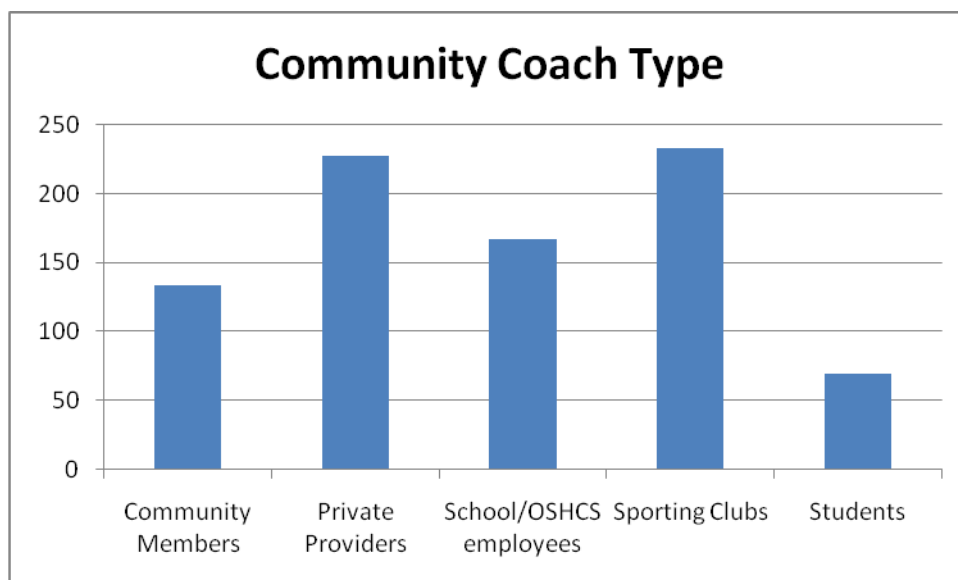


Figure 3: Breakdown of types of Community Coaches delivering Gymnastics in 2010

### Internal delivery options

In 2010, 20% of community coaches were from schools or OSHCS.

### Delivery by sporting representatives

In 2010 representatives of affiliated clubs or associations delivered 28% of all programs. Appendix on page 7 shows a list of the organisations that delivered in 2010.

### Delivery by private providers

Where affiliated clubs or associations are unable to assist with meeting the demand for delivery, the Regional Coordinator sources private organisations to help extend the reach of the sport. In 2010 private providers were the second most common group of community coaches delivering Gymnastics sessions in the AASC program. Examples of private providers that delivered Gymnastics within the program in 2010 are provided in Appendix B on page 9.

Schools, OSHCS coordinators and staff regularly vary the types of sports that are offered to AASC participants.

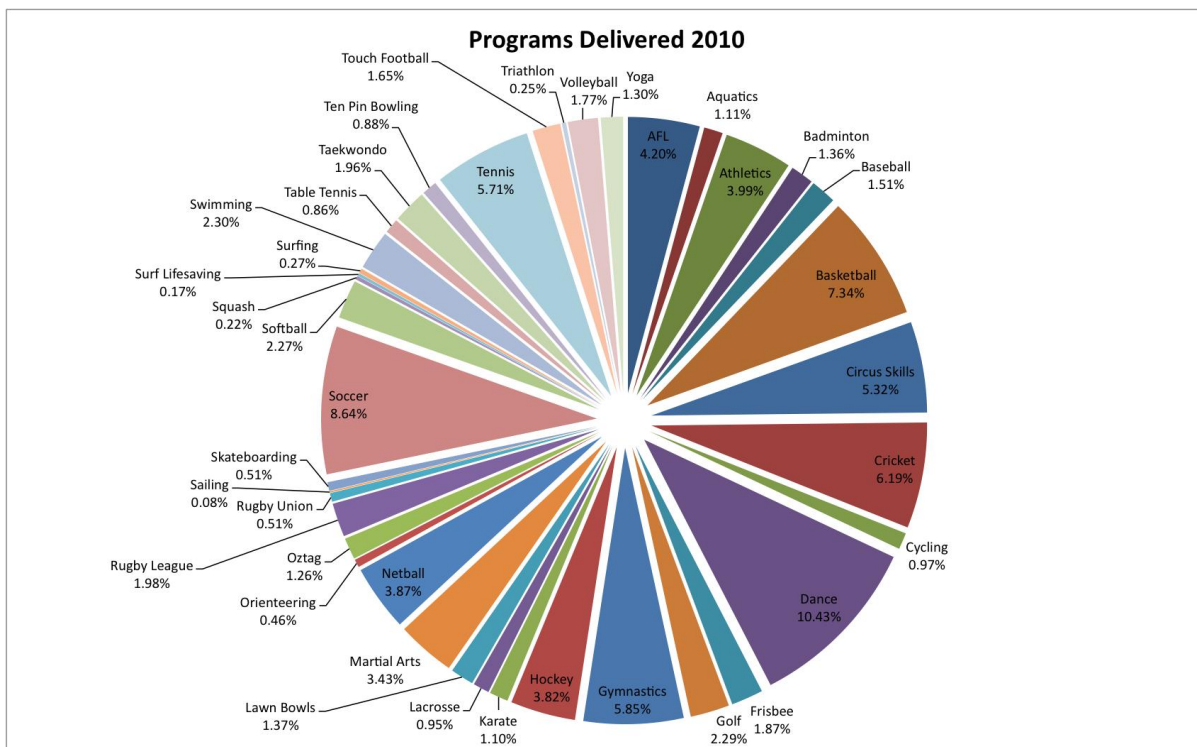


Figure 4 Number of programs by sport in 2010

Figure 4 indicates the sports for which the AASC is providing NSO reports, as well as those sports where the number of programs delivered in 2010 exceeded 200.

### AASC GYMNASTICS PARTNERSHIPS

#### Partnership between the AASC and Mid North & Yorke Peninsula, the Kadina and Districts Youth Centre, South Australia

The Kadina and Districts Youth Centre (KDYC) became involved with the AASC program in 2007 and subsequently have two club members Community Coach Training Program (CCTP) trained. The KDYC has delivered AASC programs to four local schools. The schools have all been able to either walk or use a Special Initiative Grant for bus transport to the local club, because school sites do not currently have suitable facilities for the effective delivery of Gymnastics.

The club used skills and knowledge learnt at CCTP combined with their extensive coaching experience to effectively deliver the AASC program with the key playing for life principals being delivered. Throughout the term the club organised activities to ensure the children remained engaged and challenged. The club handed out flyers to students advertising their regular training night. The club also took part in a gala event organised by the Regional Coordinator.

As a direct result of being involved with and delivering the AASC program at the KDYC, the club has had 10 junior members join. The club has used the AASC sessions as a great taster for participants to gain the necessary skills in order to confidently join the regular training sessions at the club.

### **Partnership between the AASC and Deniliquin Gymnastics Club, New South Wales**

In mid February 2010, discussions surrounding the establishment of a Gymnastics Club commenced between a AASC Regional Coordinator, a gymnastics coach and the manager of the local sports park. Two months later, Deniliquin Gymnastics Club was established and an Enrolment Night was held in April. The number of enrolments well exceeded expectation and consequently the club had to provide three additional classes per week to cater for the 165 enrolments of children aged between 2.5 to 17 years. Four local AASC sites have elected the Deniliquin Gymnastics Club for the delivery of their AASC gymnastics program.

### **Partnership between the AASC and Port Lincoln Gymnastics Club, South Australia**

The South Australian city of Port Lincoln gymnastics club has two coaches who deliver AASC gymnastics sessions to local AASC sites in the region. The club has modern and safe facilities and an excellent junior gymnastics program. This provides a great opportunity for AASC participants to try the sport and, for those children who are keen, pursue gymnastics at club level.

The club has also organised 'come and try' gymnastics sessions with assistance from the AASC program at the Gymnastics Centre, in order to provide more children the opportunity to get active and try the sport of gymnastics.

Up to 50 children have joined the club as a direct result of the club being involved in AASC program. Furthermore, the club has reported that since collaborating with the AASC program many enquiries about the club, and direct requests for membership, have been received.

The Port Lincoln Gymnastics Club commends AASC and hope that the program continues long term. Meryl Davidson Administrative Office and Gymnastics coach at the Port Lincoln Gymnastics Club said the AASC program "will continue to open doors for those children that may not otherwise get the opportunity to experience gym sports or utilise our wonderful facility."

## APPENDIX A — DELIVERING GYMNASTICS ORGANISATIONS IN 2010

Coaches Organisation	Region
YMCA - Greenacre/Arncliffe	NSW - Bankstown
Gosford Gymnastics	NSW - Central Coast 1
Cessnock PCYC	NSW - Hunter Coalfields
Recreation Sports & Aquatics Club (RSAC)	NSW - Inner West Sydney
Newcastle PCYC	NSW - Lake Macquarie
Maitland PCYC	NSW - Maitland
Gymaroo Gymnastics	NSW - Mid North Coast 1
Kempsey PCYC	NSW - Mid North Coast 1
Australian Institute of Circus Arts	NSW - Mid North Coast 2
Bounce Fitness	NSW - New England/Upper Hunter
Newcastle YMCA	NSW - Newcastle
Currumbin Gymnastics & Dance	NSW - North Coast 1
Penrith YMCA	NSW - Penrith/Blue Mountains
Goulburn PCYC	NSW - Queanbeyan/Monaro
YMCA Snowy Mountains Gymnastics	NSW - Queanbeyan/Monaro
Deniliquin Sports Park Incorporated	NSW - Riverina 4
Bermagui Gymnastics	NSW - South Coast
Louth Public School P & C	NSW - Western 4
Palmerston Gymnastics Club Incorporated	NT - Darwin
Mitchelton Youth Club	QLD - Brisbane North West
Queensland Gymnastics Association Inc	QLD - Brisbane South
Queensland Gymnastics Association Inc	QLD - Gold Coast South
Queensland Gymnastics Association Inc	QLD - Logan / Beaudesert
North West Gymnastics	QLD - North West QLD
Flic Gymnastics	QLD - South Burnett
South Burnett Police Citizens Youth Club	QLD - South Burnett
Wot's on Gymnastics Fun and Fitness	QLD - South West
Wide Bay Gymnastics Club	QLD - Wide Bay / Burnett
Port Lincoln Gymnastics Club	SA - Eyre Peninsula
Streaky Bay Area School	SA - Eyre Peninsula
Gymnastics SA	SA - Metro South
Kadina and Districts Youth Centre	SA - Mid North & Yorke
Valleys Lifestyle Centre	SA - Mid North & Yorke
Tailem Bend Primary School Gymnastics Club	SA - Murrayland/Adelaide Hills
Gymnastics SA	SA - North Central
Funky Moves	SA - Outer South
SuperSillyUs	TAS - North
The Allstar Gymnasts	TAS - North West
Hobart Gymnastic Academy	TAS - South 2
Portland Gymnastics Association	VIC - Barwon 1 - Hamilton
Lavers Hill P-12 College	VIC - Barwon 2 - Warrnambool

<b>Coaches Organisation</b>	<b>Region</b>
Warrnambool City Council Gymnastics Centre	VIC - Barwon 2 - Warrnambool
Colac Gymnastics Academy	VIC - Barwon 5 - Colac
Natimuk and District Gymnastics Club Inc.	VIC - Central 1 - Horsham
Ballarat Martial Arts	VIC - Central 2 - Ballarat
YMCA - Ballarat	VIC - Central 3 - Ballarat
Maffra Gymnastics	VIC - Gippsland 3 - Sale
Maffra Secondary College Future Leaders	VIC - Gippsland 3 - Sale
Maffra Secondary College Future Leaders	VIC - Gippsland 4 - Bairnsdale
Border Rhythmic Gymnastics Club	VIC - Goulburn 5 - Wodonga
Mildura Gymnastics Club	VIC - Loddon 1 - Mildura
Ouyen Gymnastics Club	VIC - Loddon 1 - Mildura
Dolphins Gymnastics Club	VIC - Metro Southern 2
Mornington Peninsula Shire Council	VIC - Metro Southern 3



## APPENDIX B — DELIVERING GYMNASTICS PRIVATE PROVIDERS IN 2010

Coaches Organisation	Region
Kidskills Australia	ACT - ACT 2
Basic Lifestyle, Fitness & Defence	NSW - Bankstown
Fit4Kids Coaching	NSW - Blacktown
Sports Kickstart	NSW - Blacktown
Sport For Life Lower Newcastle	NSW - Central Coast 1
KWK Gymnastics Sportz Academy	NSW - Central Coast 2
Moving Bodies	NSW - Central Sydney
Sports Kickstart	NSW - Central Sydney
J.A. Gym Dance Factory	NSW - Hawkesbury
Fit 4 Kids Pty Ltd	NSW - Hills district
Fit4Kids Coaching	NSW - Hills district
Sport For Life Lower Newcastle	NSW - Hunter/North Coast (RM)
Sports Kickstart	NSW - Inner West Sydney
Good Sport	NSW - Liverpool
Starjumps Gymnastics Pty Ltd	NSW - Mid North Coast 2
Sport For Life Lower Newcastle	NSW - Newcastle
Genevieve Davies	NSW - North Coast 2
Flip Sport P/L	NSW - North Shore
Muscle Sprouts	NSW - North Shore
Sportspro	NSW - North Shore
Total Coaching Solutions	NSW - North Shore
Good Sport	NSW - North West Sydney
Sports Kickstart	NSW - North West Sydney
Good Sport	NSW - Parramatta/Fairfield
Basic Lifestyle, Fitness & Defence	NSW - Penrith/Blue Mountains
Fitschool Australia	NSW - Penrith/Blue Mountains
Mov3 IT	NSW - Penrith/Blue Mountains
Melissa's Swim School	NSW - Riverina 1
Gym Fun	NSW - Riverina 2
The Handstand Factory	NSW - Riverina 2
Playground To Podium Albury	NSW - Riverina 3
Basic Lifestyle, Fitness & Defence	NSW - St George district
Fit Futures	NSW - St George district
HG Fitness	NT - Darwin
Bracken Ridge Indoor Sports	QLD - Brisbane North East
Pilates on the Peninsula	QLD - Brisbane North East
Club Funk Dance Studio	QLD - Brisbane South
Zebra Sports Plus	QLD - Brisbane South
GymSports FNQ	QLD - Cairns & Tablelands
Fit Kids Qld	QLD - Gold Coast South
In Motion Health and Fitness	QLD - Gold Coast South
Kidskills Australia	QLD - Logan / Beaudesert

<b>Coaches Organisation</b>	<b>Region</b>
Cheeky Chimps	QLD - Mackay
Tumblestars Gymnastics	QLD - Moreton Bay
Fitnessworx - QLD	QLD - Outer Brisbane West
Move It 4 Kids	QLD - Outer Brisbane West
Champs Sports Aerobics Club	QLD - Sunshine Coast South
Allstar Gymnastics Academy	QLD - Toowoomba & Darling Downs (East)
Allstar Gymnastics Academy	QLD - Toowoomba & Darling Downs (West)
Triskills Holden Hill Centre	SA - Metro East 1 (RM)
Fitnessworx - SA	SA - Metro Inner North
Fitnessworx	VIC - Barwon 3 - Geelong
Getting Active (Miles Investors Pty Ltd Trading Association.)	VIC - Barwon 3 - Geelong
TPT Fitness	VIC - Barwon 3 - Geelong
TPT Fitness	VIC - Barwon 4 - Geelong (RM)
Getting Active (Miles Investors Pty Ltd Trading Association)	VIC - Barwon 5 - Colac
Glen Kirstine Sports	VIC - Gippsland 1 - Morwell
Kelly Sports Berwick	VIC - Gippsland 1 - Morwell
Kidskills Australia	VIC - Goulburn 2 - Shepparton
Playground To Podium Albury	VIC - Goulburn 5 - Wodonga
Active Rhythm Central	VIC - Loddon 3 - Bendigo
FunFit	VIC - Metro Eastern 2
Kidskills Australia	VIC - Metro Eastern 2
Circus Hullabaloo	VIC - Metro Eastern 3
FunFit	VIC - Metro Eastern 3
Kelly Sports Strathmore	VIC - Metro Eastern 3
Proactivity	VIC - Metro Eastern 3
Fitnessworx	VIC - Metro Eastern 5
FunFit	VIC - Metro Eastern 5
Kidskills Australia	VIC - Metro Eastern 6
FunFit	VIC - Metro Northern 1
Kidskills Australia	VIC - Metro Northern 1
Ready Set Play Kids	VIC - Metro Northern 1
Kidskills Australia	VIC - Metro Northern 2
FunFit	VIC - Metro Northern 6
Kidskills Australia	VIC - Metro Northern 6
Kelly Sports Berwick	VIC - Metro Southern 6
Kidskills Australia	VIC - Metro Southern 6
Kelly Sports Wyndham	VIC - Metro Western 1
Kidskills Australia	VIC - Metro Western 1
Fitnessworx	VIC - Metro Western 2
Jollettes Gymnastics	WA - West Coast South



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## Program boosting kids' health, happiness

### TEAGAN MCMANUS

Local children are getting active after school thanks to the ongoing Active After-school Communities (AASC) program.

Gymnastics is now booming in Wellington because a number of locals have become community sport coaches, and are now giving local children free opportunities to take part in the sport.

AASC community coaches Rebecca McDermott and Chrystal Bancroft currently deliver gymnastics to up to 70 children each term.

"It's been great watching these children have a go at gymnastics this term," Mrs Bancroft said.

"We teach the fundamentals and then encourage them to join together to form a local club, like cheerleading.

"We have three groups here at Market Fitness; from kindy to Year 6, we rotate activities and

have heaps of fun while we are at it."

The AASC program has been described as a win-win for sport, according to Local AASC regional coordinator Nina Nyitrai.

"Local people are employed as coaches, local sport clubs get free promotion of their sport and we're getting these children more active and healthy," she said.

"There are around 100 children in the Wellington region take part in the program and over a dozen local people being trained as community sport coaches since the initiative began in 2005.

"I have seen so many good things happen since the AASC program was introduced. The region's children have been able to experience loads of sports for free, in a safe and inclusive environment."

The interest in gymnastics stemmed from Wellington Public

School's circus skills program, which in turn has sparked interest in cheerleading.

"It's a significant first step to a life-long involvement in sport," Ms Nyitrai said.

"That's my goal, I want all of our children to play sport for life.

The AASC program is a free Australian Government initiative that is delivered nationally and promotes the transition of primary school children into community sport. Around 150 000 children take part each term, gaining the opportunity to experience over 70 different sports and up to 20 other structured physical activities."

Anyone interested in playing or volunteering to coach the sports that are being delivered by the program contact Market Fitness on 6845 1716 for gymnastics and cheerleading and the Wellington PCYC on 6845 2590 for archery.



Students are getting involved in sports after school as part of a program which has been running at Market Fitness and the Wellington PCYC.



# Gymnastics for sport

BRIAGOLONG Primary School students recently attended Maffra Gymnastics Centre.

The visit coincided with the Australian Sports Commission's latest campaign 'Play for life ... join a sporting club'.

The campaign is designed to encourage parents to consider club sports for their children.

It aims to raise awareness of how club sport not only contributes to the healthy growth and development of children, but also helps them develop valuable life skills such as co-operation, discipline, respect and tolerance.

Briagolong Primary School active after-school communities coordinator Wendy Wilkinson said the students had been participating in gymnastics every week this term at the school.

"It was great to take the kids to the Maffra Gymnastics Club to experience the facilities and



**BRIAGOLONG Primary School's students enjoyed their activities at Maffra Gymnastics Centre, with Amy Dunn mastering the beam.**  
Photo: Contributed.

the club environment with their parents," she said.

To find sporting clubs in the local area visit [ausport.gov.au/findaclub](http://ausport.gov.au/findaclub)

## SA 5 Star Community Coach Award Term winner

[https://secure.ausport.gov.au/aasc/Information for Community Coaches/community\\_coach/5\\_star\\_community\\_coach\\_2010\\_state\\_term\\_winners/sa\\_5\\_star\\_community\\_coach\\_award\\_winners\\_2010](https://secure.ausport.gov.au/aasc/Information%20for%20Community%20Coaches/community_coach/5_star_community_coach_2010_state_term_winners/sa_5_star_community_coach_award_winners_2010)

### Term 3, 2010 winner – Merridy McMahon

Merridy McMahon from the Metro West region of South Australia is the Term 3, 5 Star Community Coach Award winner for 2010.

Merridy proudly represents Gymnastic SA. Her passion and dedication for gymnastics, particularly cheerleading, shine through in all of the sessions she delivers in the AASC program.

Merridy has been working with a group of 25+ children aged between 5 and 13 this term at Nazareth Catholic School. She has been running the Team Cheer program developed by Gymnastics Australia and has successfully modified the activities to suit the needs of the group.

Merridy has the ability to engage all children in a fun, inclusive and interactive way. She also encourages the children to bring their own pom-poms to the sessions and to practice at home which they eagerly do.

Regional coordinator Andrew Swift said, "I have been very fortunate to see Merridy deliver her cheerleading program at Nazareth Catholic College more than once this term. It is hard not to be drawn into her sessions which contain lots of colour, movement and excitement. I have also received excellent feedback about Merridy from the AASC coordinator at the College and parents of participating children – many asking Merridy how their children can continue with cheerleading after her program ceases."

Merridy is a fantastic, energetic community coach who successfully motivates children to be active. She is not only a great role model to coaches from Gymnastics SA but for all coaches in AASC program.

Merridy is to be congratulated on winner of this award.



## SA 5 Star Community Coach Award Term winner

[https://secure.ausport.gov.au/aasc/Information\\_for\\_Community\\_Coaches/community\\_coach/5\\_star\\_community\\_coach\\_2010\\_state\\_term\\_winners/sa\\_5\\_star\\_community\\_coach\\_award\\_winners\\_2010](https://secure.ausport.gov.au/aasc/Information_for_Community_Coaches/community_coach/5_star_community_coach_2010_state_term_winners/sa_5_star_community_coach_award_winners_2010)

### Term 2, 2010 winner – Sarah Graham

Sarah Graham from the North Central region is the Term 2, 5 Star Community Coach Award winner for South Australia.

Sarah has represented South Australia and Australia in cheerleading and is now sharing her skills, knowledge and passion for the sport with children at the Virginia Primary School as an AASC community coach, representing Gymnastics SA.

Sarah has been working with a group of 30+ children aged between 5 and 13 this term at Virginia Primary School. She started out running the Team Cheer program that has been developed by Gymnastics Australia. Since then she has successfully adapted the activities to further suit the needs of the group. The average attendance at the site is normally around 20 participants, whereas Sarah's program has been attracting well over 30 participants per session.

Sarah sets up the activities, splits the children into two groups and a supervisor looks after the younger group. Her teaching methods are excellent, with fun, inclusive activities that are very engaging.

At the end of each session Sarah brings the two groups back together and the younger children perform a routine that they have been working on for the older children and vice versa.

Sarah presents herself very well. She clearly has a passion for cheerleading and proudly represents Gymnastics SA. She is very reliable and arrives early to set up the equipment in the community hall at Virginia.

The feedback from the Virginia Primary School site coordinator, Cathy Lock, has been excellent.

Such is their enthusiasm for the AASC cheerleading program, the children will be performing to the rest of the school as a part of their end of term assembly.

The children will also have the opportunity to continue to develop the skills that they have learnt through the AASC program by being involved in a cheerleading performance as a part of the school's end of year concert.

Regional coordinator Andrew Milligan said, "Sarah delivers a high quality cheerleading program. Her teaching methods are excellent and her activities are inclusive and engage children of all ages. Sarah's passion for cheerleading shines through and it was a pleasure to watch her working with the children at Virginia Primary School this term."



## SA 5 Star Community Coach Award Term winner

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### Term 1, 2010 winner - Leanne Sweatman

Leanne Sweatman from Hills and Murraylands is the Term 1, 5 Star Community Coach Award winner for South Australia.

Leanne is the ultimate community coach – highly qualified, technically skilled and enormously experienced. Her passion is to provide all children with opportunities to enjoy physical activity and inspire them to have a go.

Leanne is a Level 2 Gymnastics coach and she uses her coaching skills/experience to seamlessly employ Playing for Life principles and resources to create fantastical varied and innovative activities.



Kids come running to Leanne's sessions. They know they'll be doing things that are challenging, new and fun on many levels. There are always surprises and the children love it.

Leanne ensures all age groups are catered for, including around a dozen children with mild disabilities. The kids all love Leanne too, flocking to her like a mother hen. Numerous parents come and watch the sessions, in addition to those who act as helpers. Class numbers are always high with a good gender balance.

The students are always engaged, moving from being participants to helpers to demonstrators and back again. Lessons are meticulously planned with activity stations set up before the session starts. Vertical integration of years R – 7 works beautifully.

Leanne is a teacher and parent herself and sets/maintains the highest levels of safety. These come with thorough explanations of all relevant aspects, perfectly pitched at the appropriate level for students of primary school age.

Leanne lives and breathes activity and healthy living. She shares the fruit platters with the kids and always walks the walk. Regional coordinator Indra Reinpuu said,

"I have many excellent community coaches working in my region, including two other 5 Star winners. Leanne stands apart due to her ability and drive to genuinely transform the lives of the students. Her inspired passion, creativity and dedication provide experiences for the kids they will not get anywhere else and for many, will stay with them for the rest of their lives."

Leanne is to be congratulated on such a well deserved award win.

## Vic 5 Star Community Coach Award Term winner

[https://secure.ausport.gov.au/aasc/Information for Community Coaches/community coach/5 star community coach\\_2010\\_state\\_term\\_winners/victoria](https://secure.ausport.gov.au/aasc/Information%20for%20Community%20Coaches/community%20coach/5%20star%20community%20coach_2010_state_term_winners/victoria)

### Term 2, 2010 winner – Joseph McConnell

Joseph McConnell from Victoria Loddon 1 region is the 5 Star Community Coach Award winner for Victoria for Term 2, 2010.

Joseph is a Level 2 gymnastics coach who runs a not-for-profit Gymnastics Club in Red Cliffs in a huge shed in a low socio-economic area in addition to his work in the Active After-school Communities (AASC) program.

Kids love Joseph's AASC sessions. All his games and activities are safe and fun and he always provides variety and options to ensure all children can participate at their own level. Joseph makes great use of whatever equipment is available at each school. Where there is little equipment the sessions are modified accordingly, but still with the emphasis on fun.

Joseph has reviewed the Aeroskool and Team Cheer information and incorporates this and the Playing for Life philosophy easily into his coaching. His ability to share information and knowledge with children seems effortless. It inspires children to have a go and to constantly come back for more. Children love his sessions so much that to date he has had 15 children from the AASC program join the Mildura Gymnastic Club. As the club is a not-for-profit organisation, Joseph tries to ensure the costs are reasonable so families from all areas can afford for their children to participate.

Joseph encourages others in the community to participate in the AASC program. Recently he provided his facilities free of charge to the AASC program to run a gymnastics professional development session for local club and community members and he regularly drove his daughters to sessions before they were able to obtain their driver's licence.

Joseph and his daughters are happy to deliver throughout Sunraysia travelling large distances to support sites (60km round trips are not turned down). So far Joseph has delivered in 14 Sunraysia sites with constant requests for return visits.

Joseph is a talented, enthusiastic community coach with a passion for gymnastics. His dedication to the AASC program and gymnastics in his community is praiseworthy.

Joseph is a worthy recipient of the 5 Star Community Coach Award.





### **AASC and Gymnastics Australia partner to create new resources**

A partnership project between the AASC program and Gymnastics Australia has created a wealth of resources to help children to get involved in TEAM Cheer (cheerleading) and AEROSkools (sport aerobics). Two pilots took place in 21 selected AASC sites in Western Australia, New South Wales, Queensland and Victoria during Term 4 of 2009.

In NSW AASC children from Normanhurst OOSH, Cherrybrook OOSH Inc, Samuel Gilbert OOSH, Matthew Pearce BASC and Castle Hill After School Care Inc. took part in the pilot, which culminated in a showcase event at the Castle Hill Community Centre with proud parents and grandparents watching on. The pilot included the provision of six weeks of lesson plans, choreography, warm-up games and stretches.



*Cherrybrook OOSH Inc staff and children at the TEAM Cheer showcase.*

## 2. Goulburn NSW

During Term 3, The Crescent School in Goulburn travelled to Canberra to participate in a GymABLE program run by the Canberra City Gymnastics Club.

Qualified instructors helped The Crescent School staff develop their coaching skills and give them ideas on how to run a gymnastics program for special needs students in Goulburn.

GymABLE is a fundamental motor skill development program for children with a physical or intellectual disability. The 4 week program encouraged fitness, fun, coordination and confidence. The program is designed to develop the whole participant, socially, emotionally, cognitively and physically in a safe and friendly environment.

Site coordinator, Lindy Broadhead said that not only did the children improve their physical skills, but their enjoyment of physical activity and self confidence blossomed during the program. The progress made by the children with the most challenging physical and developmental conditions was particularly rewarding. The opportunities these children have to experience safe and stimulating physical activities is very limited. One of the young boys that attended had never been out of Goulburn so loved the bus trip to Canberra each week.

Lindy continued that the children still ask about 'going to gym' and proudly show visitors and parents the photos of their gym experience displayed at the school. It will remain a special memory for them for a long time.

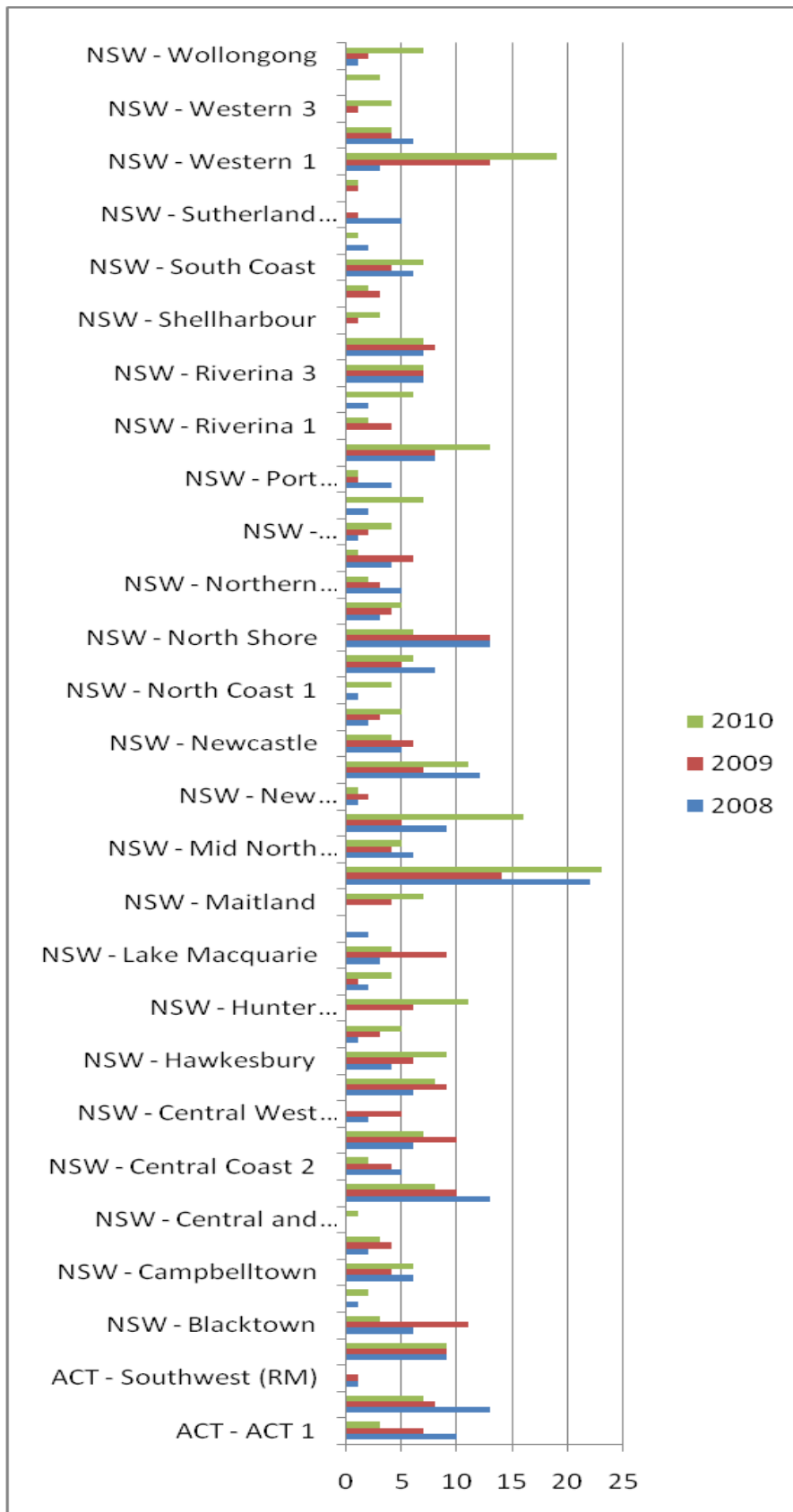
Lindy made special mention of Christine Higginson, regional coordinator in the Queanbeyan Monaro region and Chris' immense enthusiasm and dedication to providing positive sporting experiences for her students.



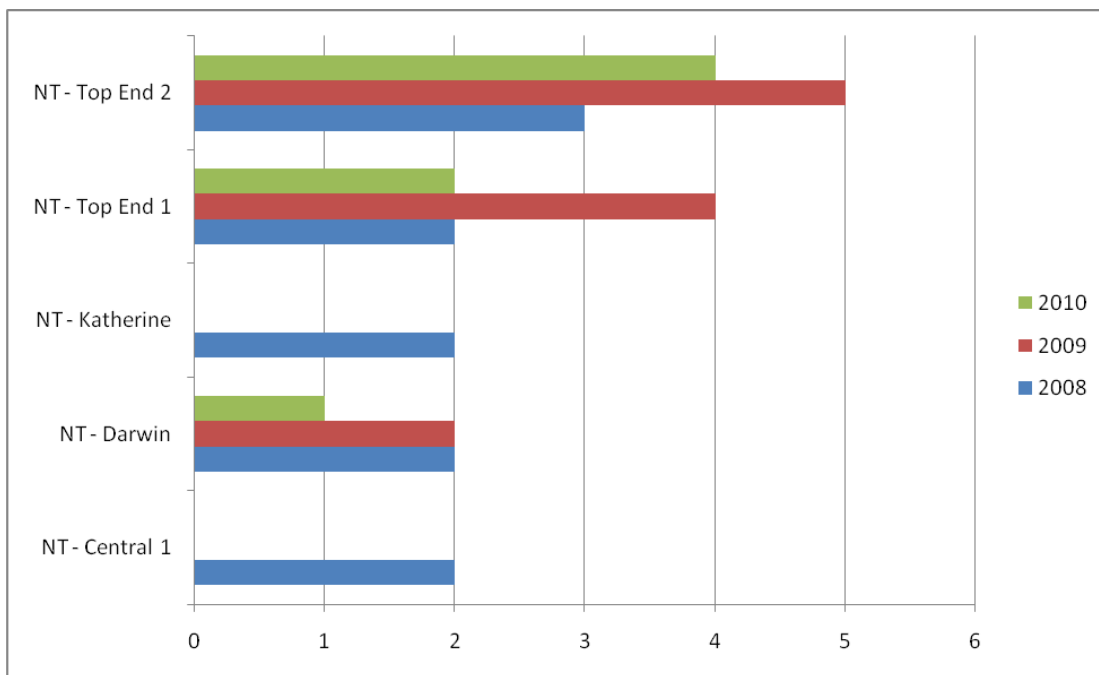
*A few of The Crescent School kids enjoying GymABLE activities with the help of AASC's RM, Gabe Hodges*

**APPENDIX D — REGIONAL BREAKDOWN OF GYMNASTICS PROGRAMS FROM 2008–2010**

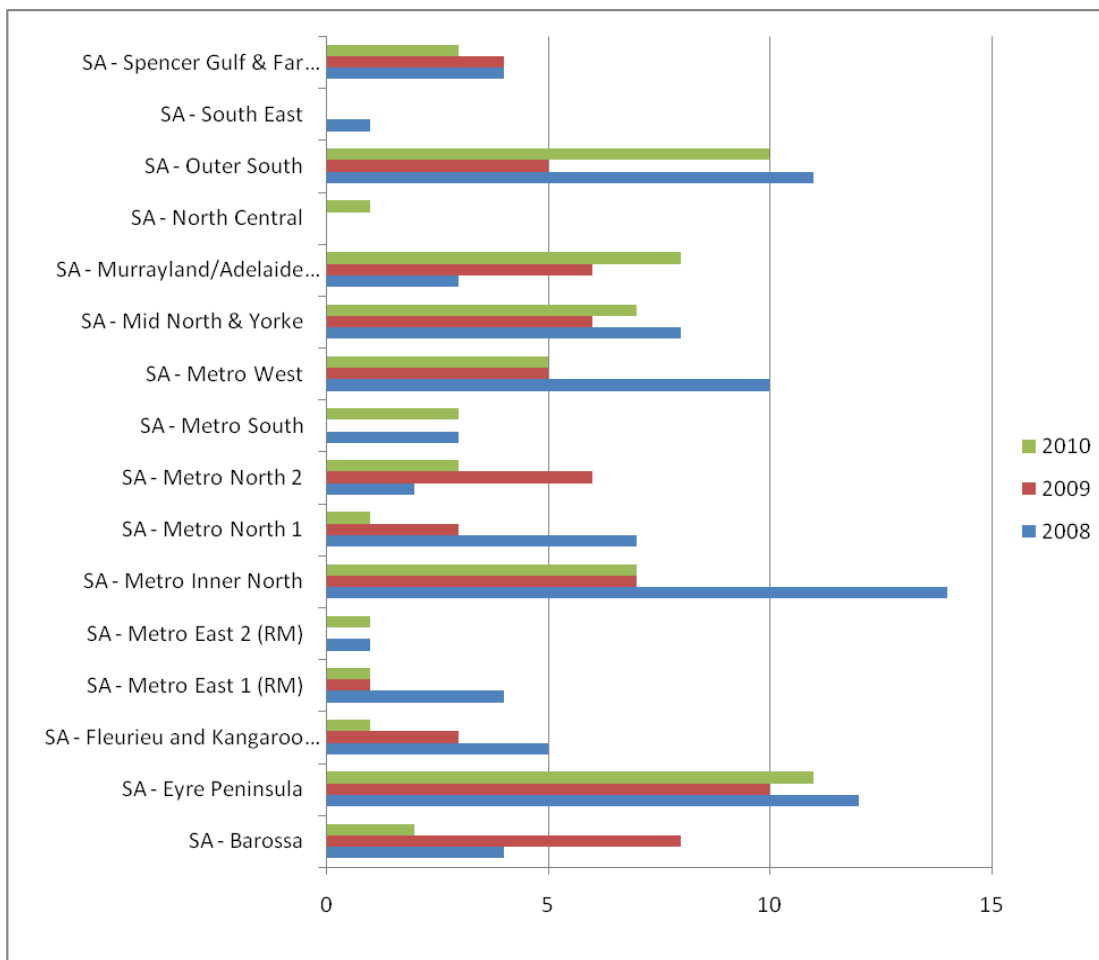
Australian Capital Territory and New South Wales



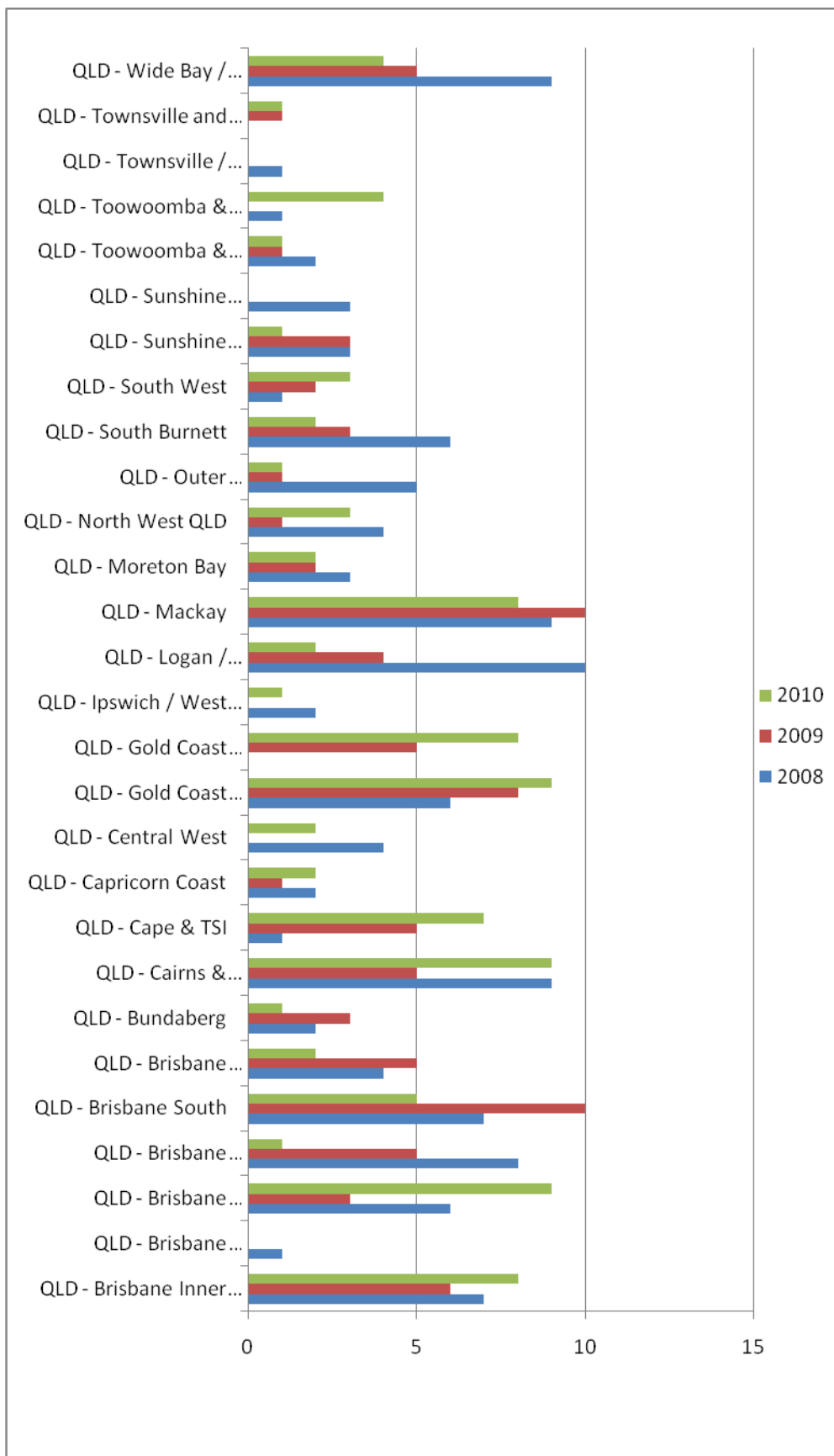
## Northern Territory



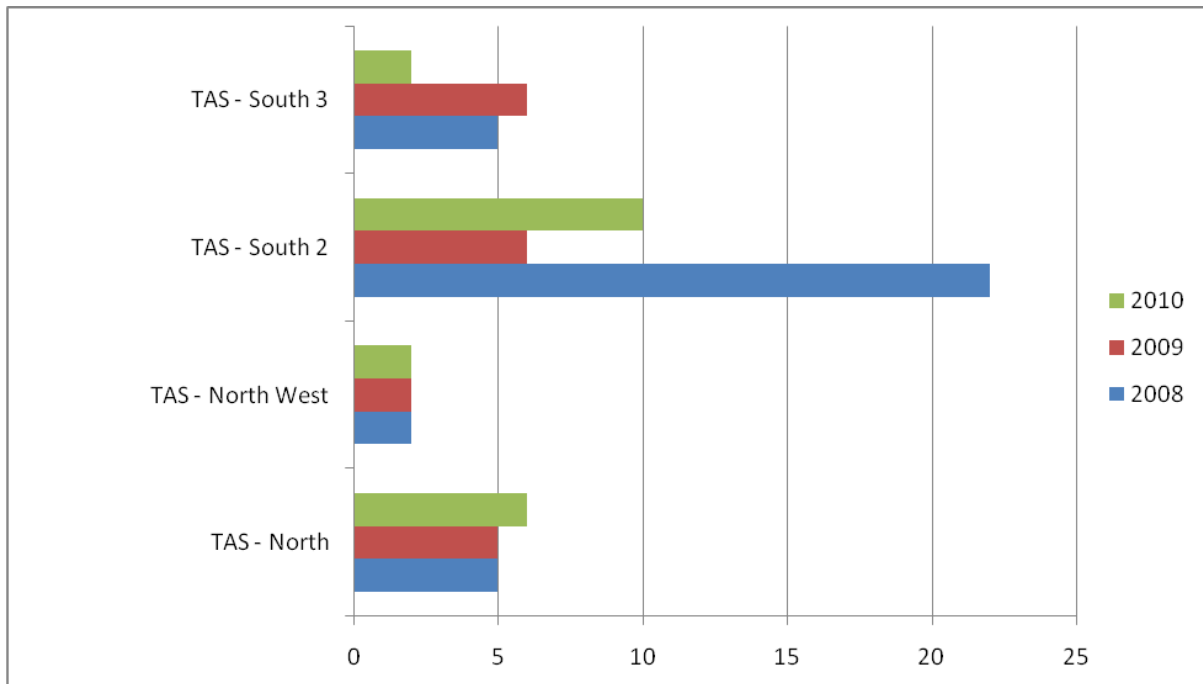
## South Australia



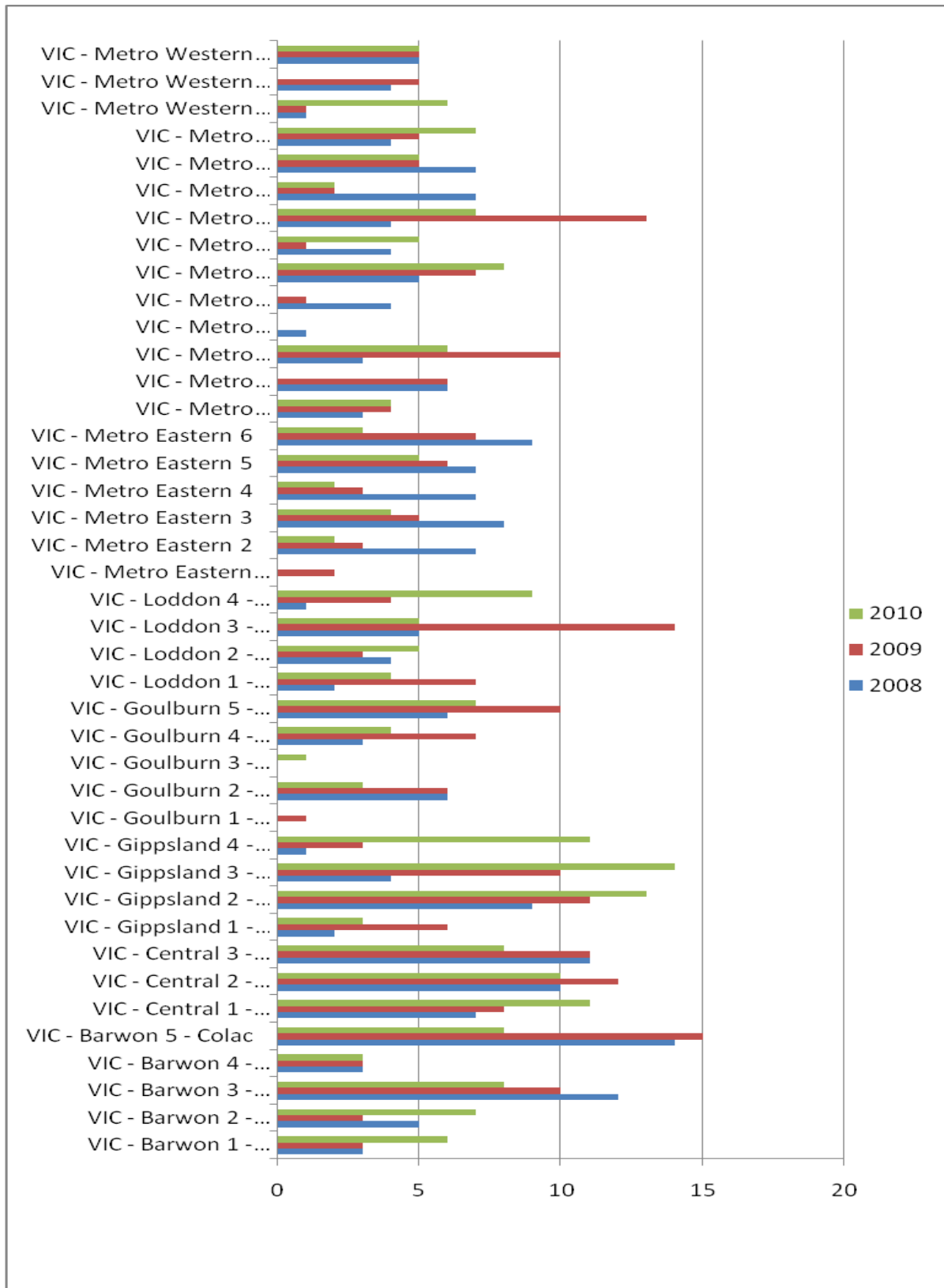
## Queensland



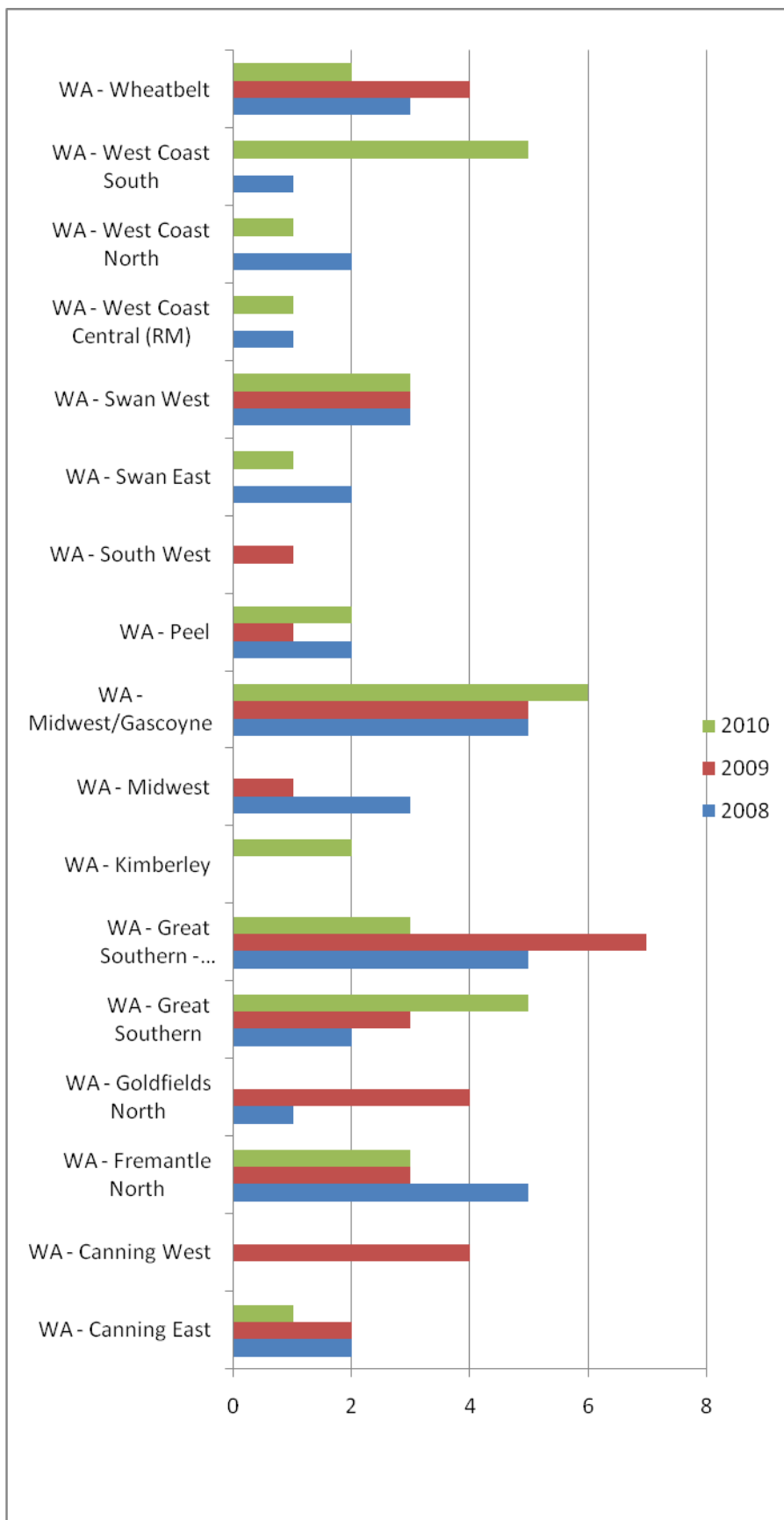
## Tasmania



Victoria



## Western Australia





## APPENDIX E — A STATISTICAL SNAPSHOT OF CHEERLEADING IN THE AASC PROGRAM

### Delivery of Cheerleading programs

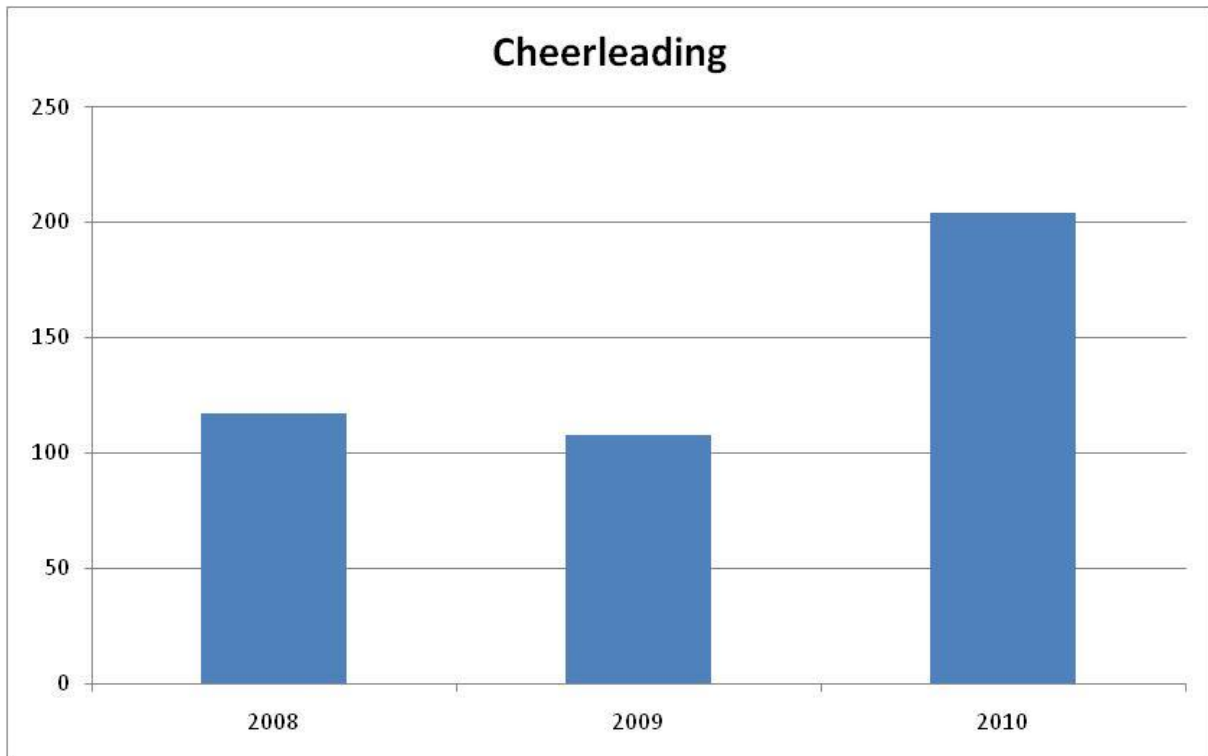


Figure 5: Number of Cheerleading Programs Conducted from 2008–2010

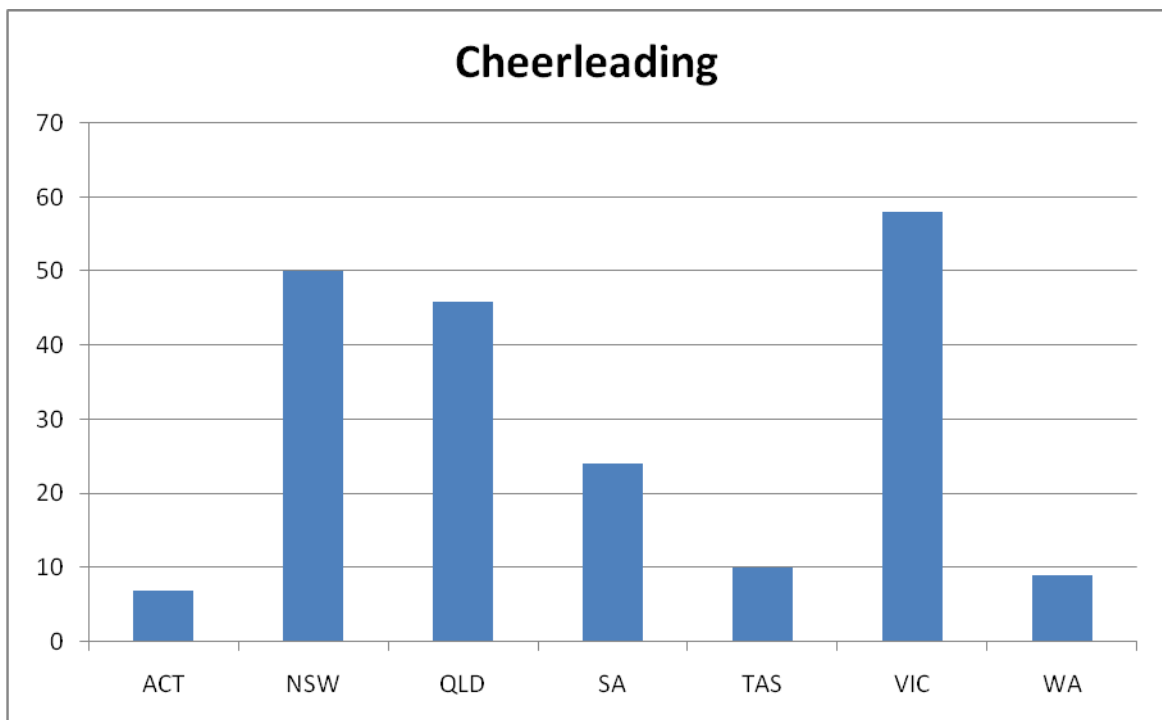


Figure 6: Number of Cheerleading Programs Conducted in each State or Territory in 2010

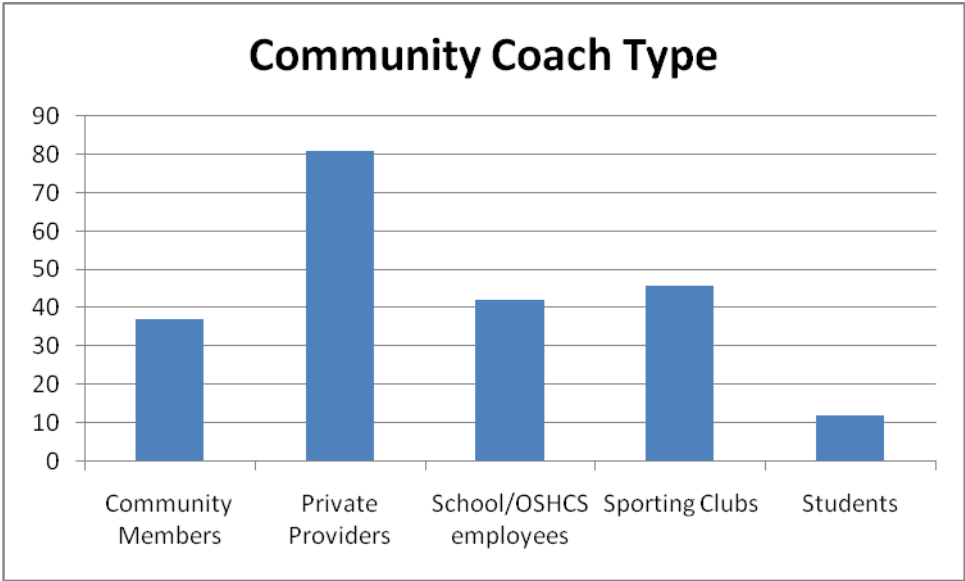


Figure 7: Breakdown of types of Community Coaches delivering cheerleading in 2010

## Delivering Cheerleading organisations in 2010

Coaches Organisation	Region
Marshall Cheerleading	NSW - Hills district
Gymaroo Gymnastics	NSW - Mid North Coast 1
Woonona Bulli RSL YC	NSW - Wollongong
Magavalis Sports Club inc	QLD - Central West
Amberley OSHC	QLD - Ipswich / West Moreton
Queensland Gymnastics Association Inc	QLD - Logan / Beaudesert
Toowoomba PCYC	QLD - Toowoomba & Darling Downs (West)
Gymnastics SA	SA - Metro Inner North
Gymnastics SA	SA - Metro South
Gymnastics SA	SA - Metro West
Gymnastics SA	SA - North Central
Southern All Star Cheer and Dance	TAS - South 2
Southern All Star Cheer and Dance	TAS - South 3
YMCA - Ballarat	VIC - Central 3 - Ballarat
Aeroactive	VIC - Metro Eastern 3
Morley Sport & Recreation Centre	WA - Swan East

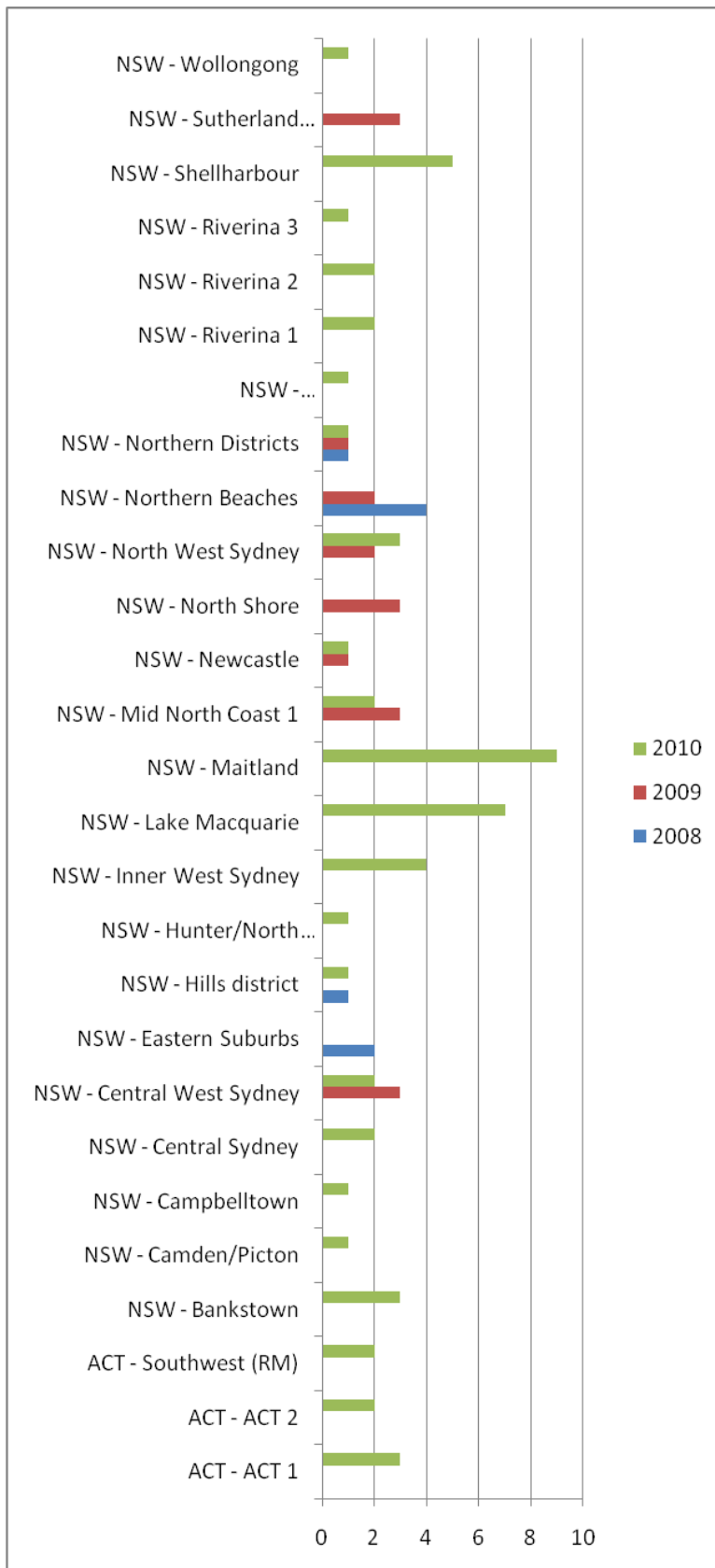
## Delivering Cheerleading private providers in 2010

Coaches Organisation	Region
Impressions Dance and Fitness	ACT - ACT 1
Fitnessworx	NSW - Central Sydney
Melody Quist-LaGloria	NSW - Newcastle
Bring It On Sports	NSW - Sutherland Shire/Georges River
Bracken Ridge Indoor Sports	QLD - Brisbane North East
Fitnessworx	QLD - Brisbane North East
Fitnessworx - QLD	QLD - Brisbane North East
The Dance Cart	QLD - Brisbane North West
Club Funk Dance Studio	QLD - Brisbane South
Fit Kids Qld	QLD - Gold Coast South
Fitnessworx - QLD	QLD - Gold Coast South
In Motion Health and Fitness	QLD - Gold Coast South
Aus Dance for Schools	QLD - Logan / Beaudesert
Fitnessworx - QLD	QLD - Logan / Beaudesert
Kelly Sports Caboolture - Caloundra	QLD - Moreton Bay
Fitnessworx - QLD	QLD - Outer Brisbane West
Raw Dance Company	QLD - South QLD Regional Manager
Fitnessworx - QLD	QLD - Sunshine Coast North
Champs Sports Aerobics Club	QLD - Sunshine Coast South
Foxy Style Promotions	QLD - Toowoomba & Darling Downs (East)
Cheer Sport NQ	QLD - Townsville / Goldfields

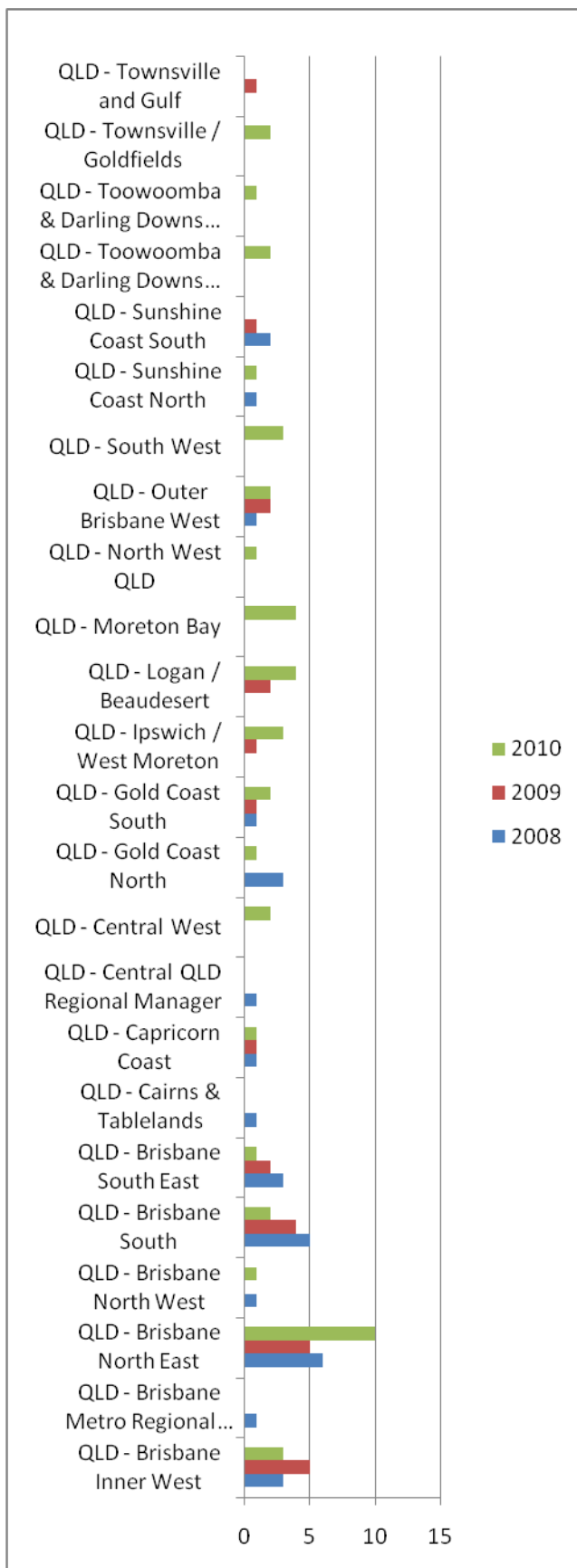
<b>Coaches Organisation</b>	<b>Region</b>
Fitnessworx - SA	SA - Metro Inner North
Fitnessworx - SA	SA - Metro North 1
Fitnessworx - SA	SA - Metro North 2
Fitnessworx - SA	SA - Outer South
m.o.v.e.i.t Fitness Programs	SA - Outer South
Fitnessworx	VIC - Barwon 3 - Geelong
Geelong Talent and Event Management	VIC - Barwon 4 - Geelong (RM)
Fitnessworx	VIC - Barwon 5 - Colac
Geelong Talent and Event Management	VIC - Barwon 5 - Colac
Foster the Arts	VIC - Gippsland 1 - Morwell
Glen Kirstine Sports	VIC - Gippsland 1 - Morwell
YMCA Warragul	VIC - Gippsland 2 - Moe
Active Rhythm Central	VIC - Loddon 3 - Bendigo
Foster the Arts	VIC - Metro Eastern 2
Fitnessworx	VIC - Metro Eastern 3
Fitnessworx	VIC - Metro Eastern 5
Fitnessworx	VIC - Metro Eastern 6
Fitnessworx	VIC - Metro Northern 1
FunFit	VIC - Metro Northern 1
Fitnessworx	VIC - Metro Northern 2
Fitnessworx	VIC - Metro Northern 3
Fitnessworx	VIC - Metro Northern 5
Fitnessworx	VIC - Metro Northern 6
Foster the Arts	VIC - Metro Southern 2
Foster the Arts	VIC - Metro Southern 3
Foster the Arts	VIC - Metro Southern 4
Fitnessworx	VIC - Metro Western 1
Fitnessworx	VIC - Metro Western 2
Fitnessworx	VIC - Metro Western 3

## Regional breakdown of Cheerleading programs from 2008–2010

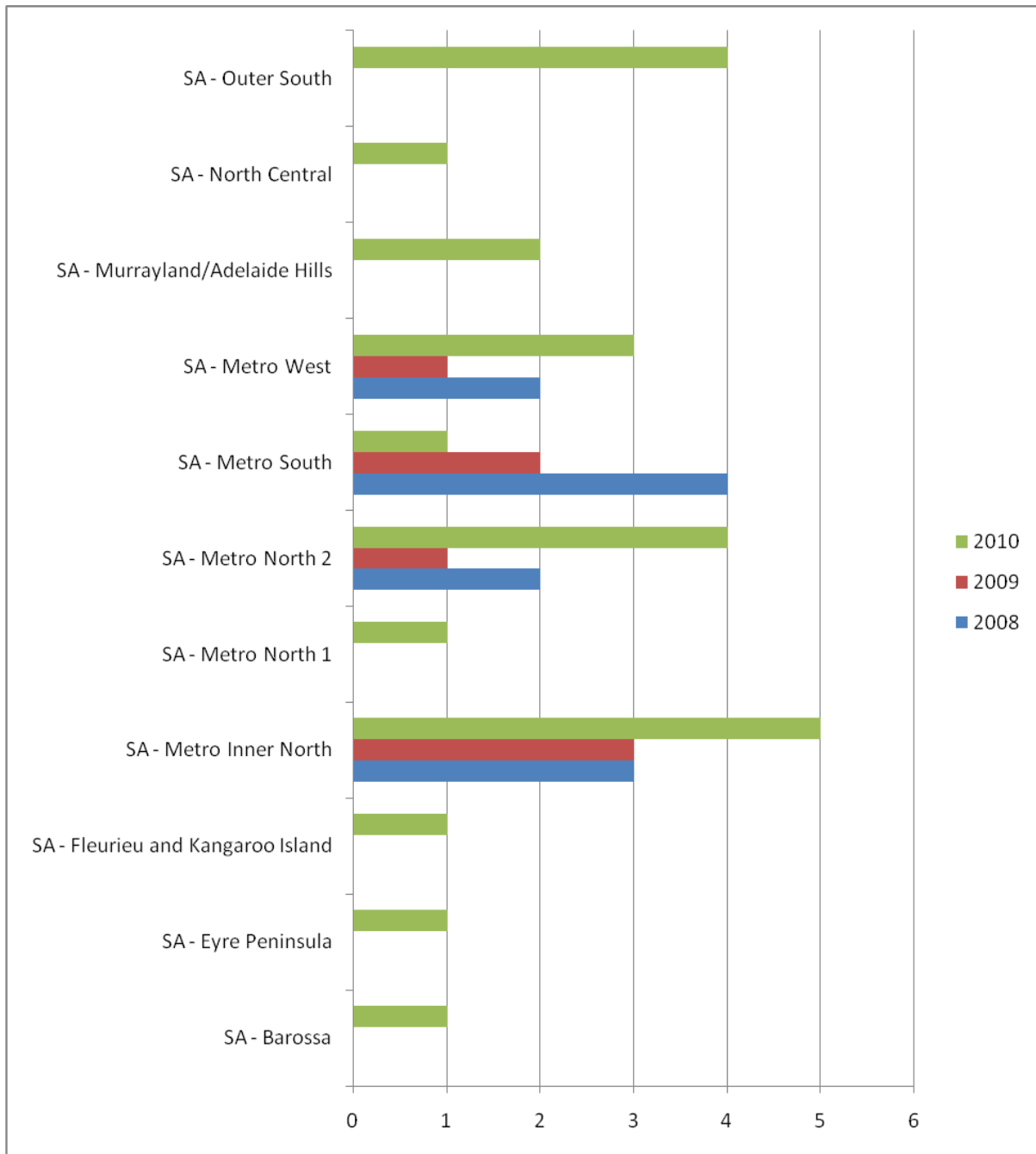
Australian Capital Territory and New South Wales



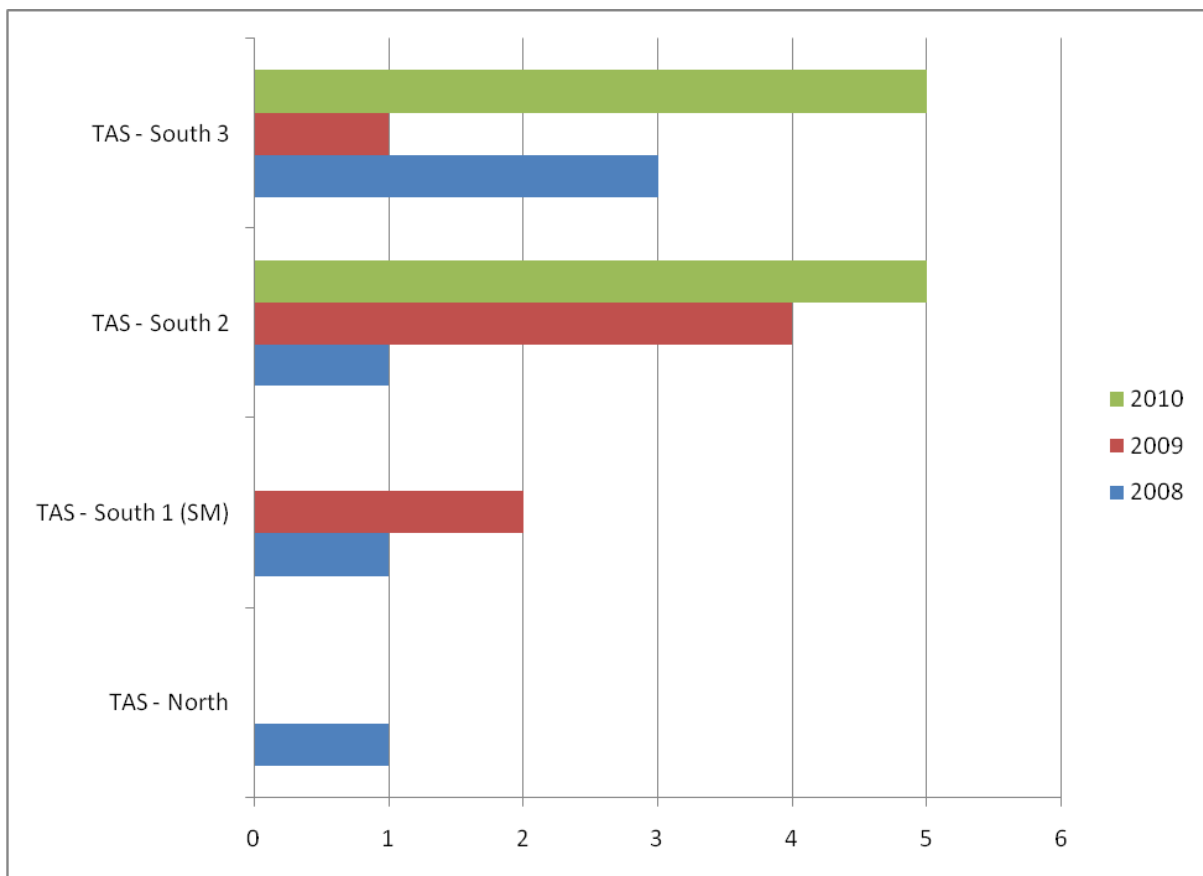
## Queensland



## South Australia

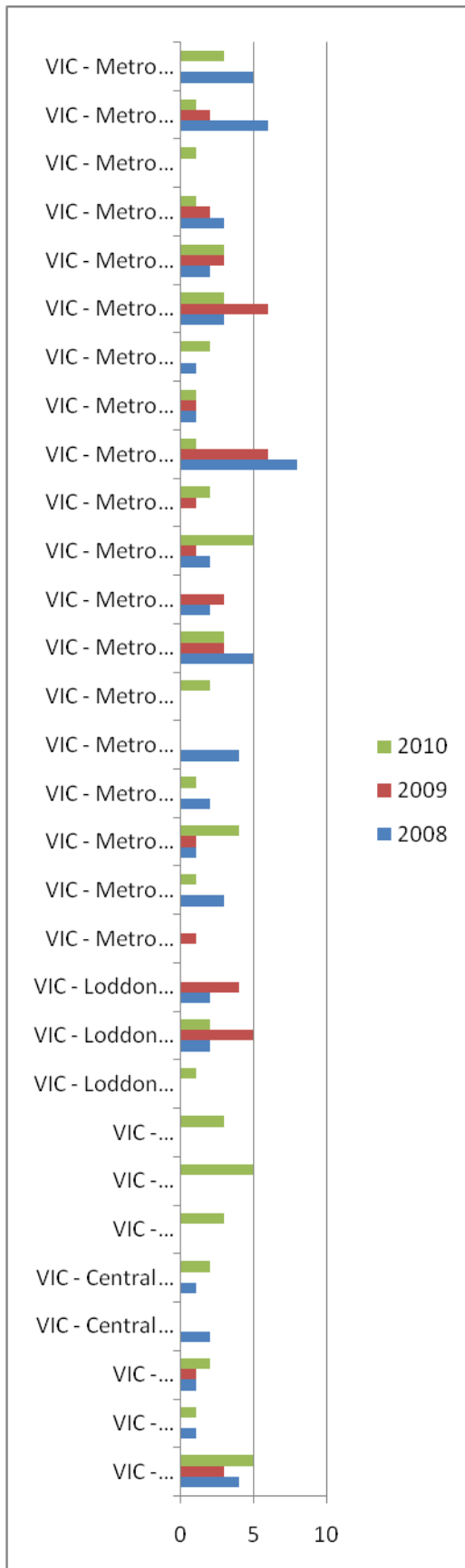


## Tasmania

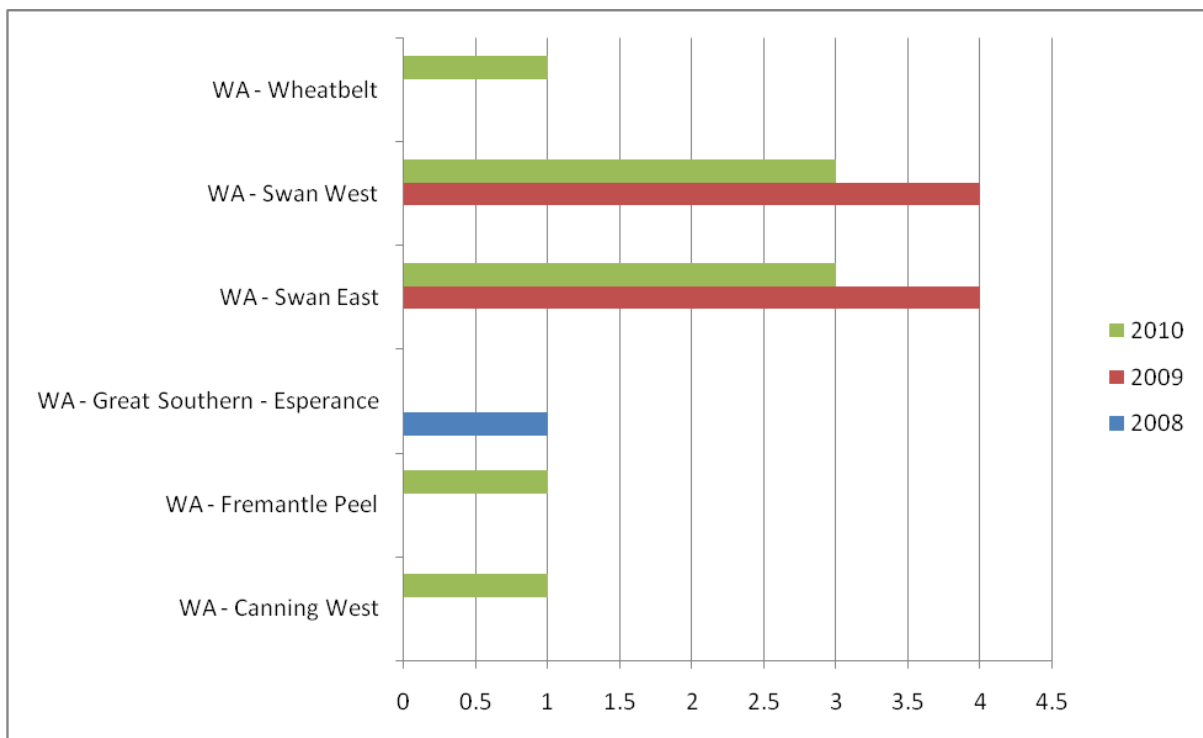




Victoria



## Western Australia



## APPENDIX F — A STATISTICAL SNAPSHOT OF AEROBICS IN THE AASC PROGRAM

### Delivery of Aerobics programs

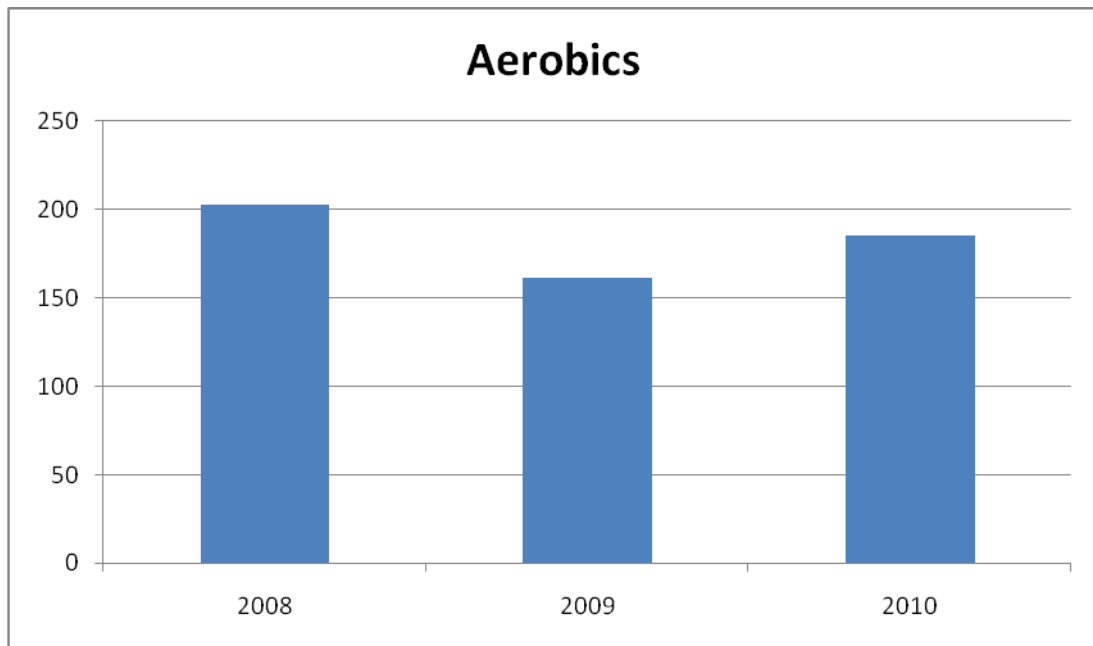


Figure 8: Number of Aerobics programs conducted from 2008–2010

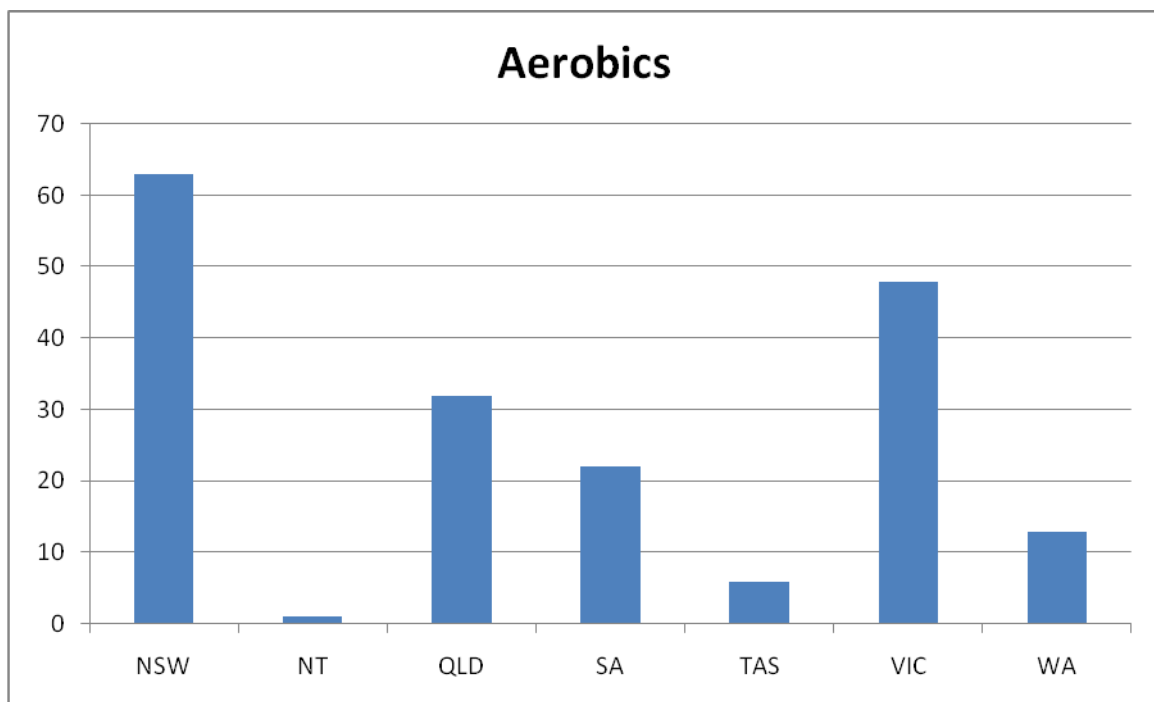


Figure 9: Number of Aerobics programs conducted in each state or territory in 2010

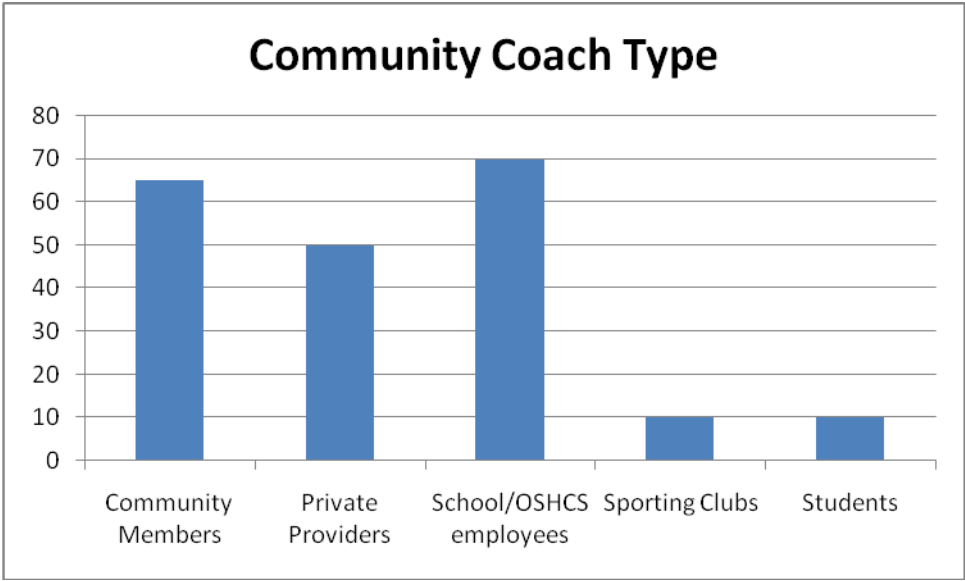


Figure 10: Breakdown of types of Community Coaches delivering aerobics in 2010

### Delivering Aerobics organisations in 2010

Coaches Organisation	Region
Cessnock PCYC	NSW - Hunter Coalfields
Willowbend Sports Stadium Lachlan Shire Council	NSW - Riverina 1
Mount Isa PCYC	QLD - North West QLD
Funkyfit Kids At School	SA - Fleurieu and Kangaroo Island
Funkyfit Kids At School	SA - Metro South
Tailem Bend Primary School Gymnastics Club	SA - Murrayland/Adelaide Hills
Funkyfit Kids At School	SA - Outer South
Launceston PCYC	TAS - North
OA Ruff Leisure Centre	VIC - Gippsland 4 - Bairnsdale
Aeroactive	VIC - Metro Eastern 2
Esperance Outside School Hours Care	WA - Great Southern - Esperance

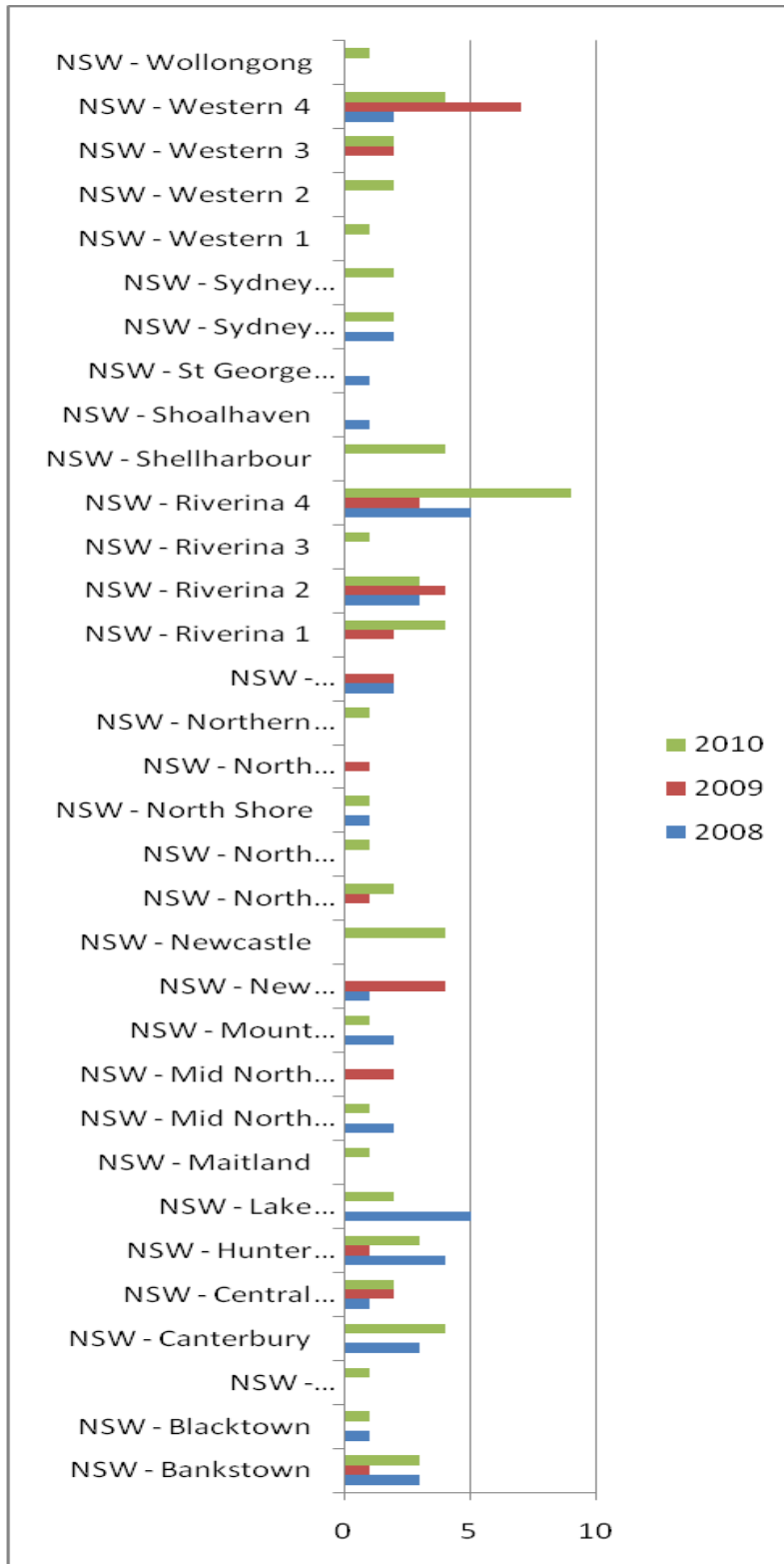
### Delivering Aerobics private providers in 2010

Coaches Organisation	Region
Fit Kids Australia (NSW)	NSW - Parramatta/Fairfield
Fit Kids Qld	QLD - Brisbane South
In Motion Health and Fitness	QLD - Logan / Beaudesert
Kelly Sports - Sunnybank and Ipswich	QLD - Logan / Beaudesert
Outside Inports	QLD - Logan / Beaudesert
Cardio Central	QLD - South Burnett
Fitnessworx - QLD	QLD - Sunshine Coast North
Little Miss Fit	QLD - Toowoomba & Darling Downs (East)
Southern Cross Kids	QLD - Toowoomba & Darling Downs (East)
m.o.v.e.i.t Fitness Programs	SA - Barossa
Funky Fitness	SA - Metro Inner North
m.o.v.e.i.t Fitness Programs	SA - Metro Inner North
m.o.v.e.i.t Fitness Programs	SA - Metro North 2
m.o.v.e.i.t Fitness Programs	SA - Metro West
m.o.v.e.i.t Fitness Programs	SA - North Central
Yogamil	SA - South East
Geelong Talent and Event Management	VIC - Barwon 5 - Colac
Mini Moves-Fitnation	VIC - Gippsland 1 - Morwell
Tatura Absolute Training Studio	VIC - Goulburn 1 - Shepparton
Proactivity	VIC - Metro Eastern 3
Fitnessworx	VIC - Metro Eastern 6
FunFit	VIC - Metro Northern 1
Fitnessworx	VIC - Metro Northern 2
Foster the Arts	VIC - Metro Northern 3
BM Sports Clinic	VIC - Metro Northern 6
FunFit	VIC - Metro Northern 6

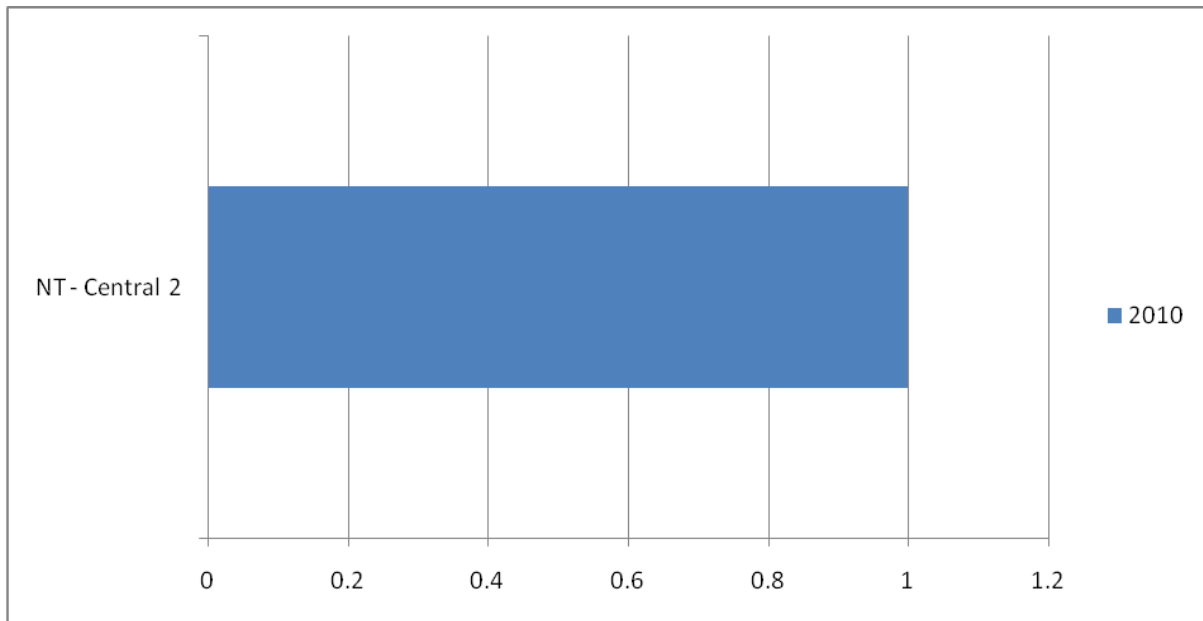
<b>Coaches Organisation</b>	<b>Region</b>
Foster the Arts	VIC - Metro Southern 2
Foster the Arts	VIC - Metro Southern 3
Dynamic Energy	VIC - Metro Southern 5
FunFit	VIC - Metro Southern 5
Fitkids Australia (VIC)	VIC - Metro Southern 6

Regional breakdown of Aerobics programs from 2008–2010

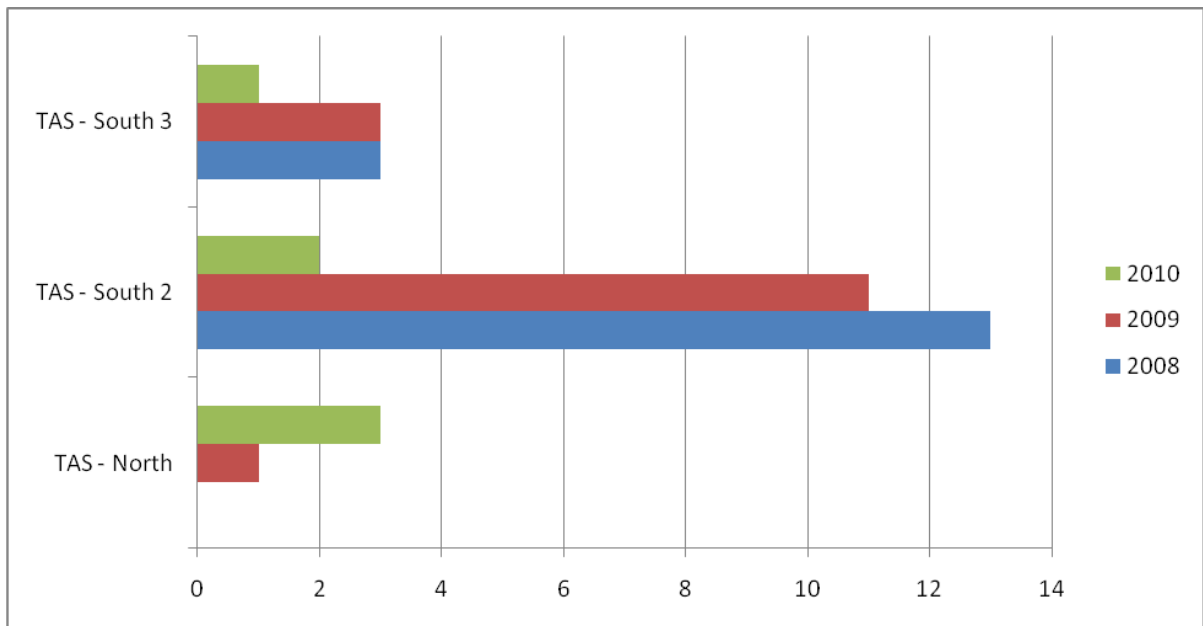
New South Wales



## Northern Territory

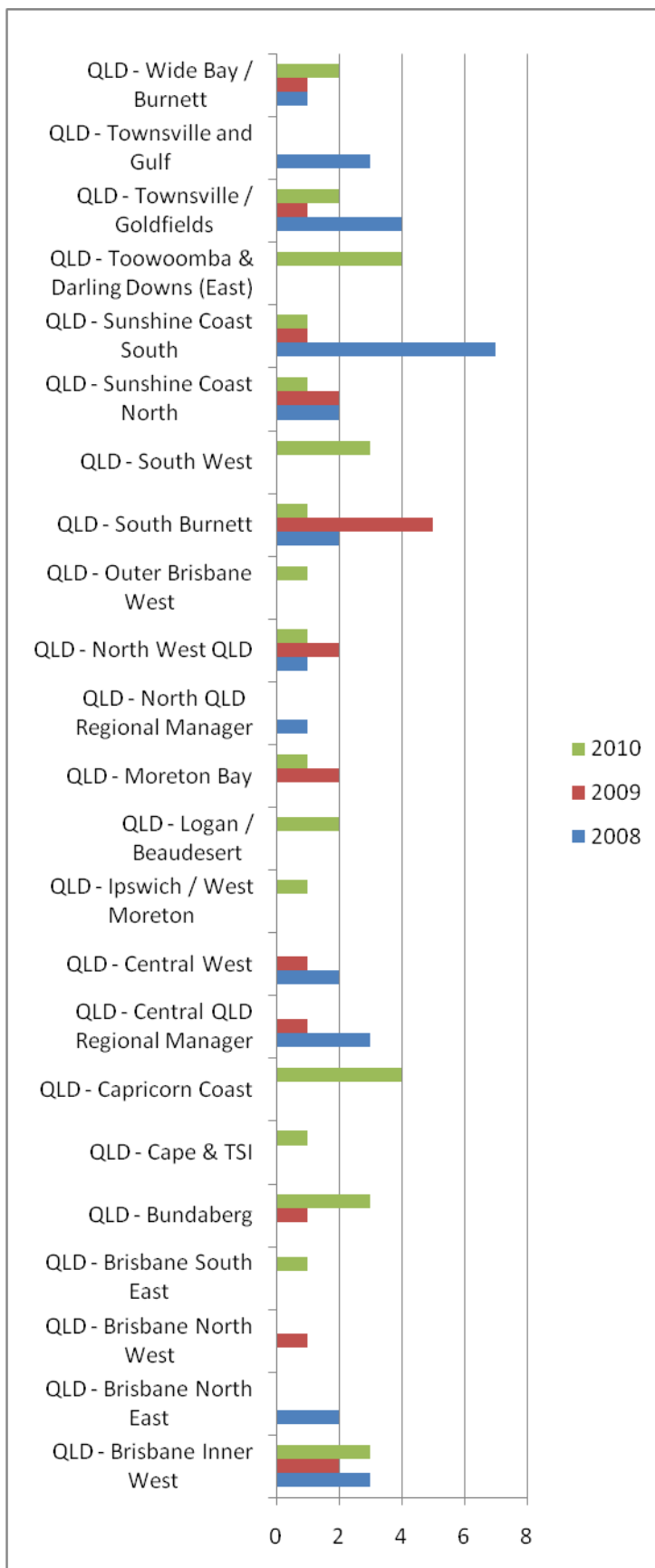


## Tasmania

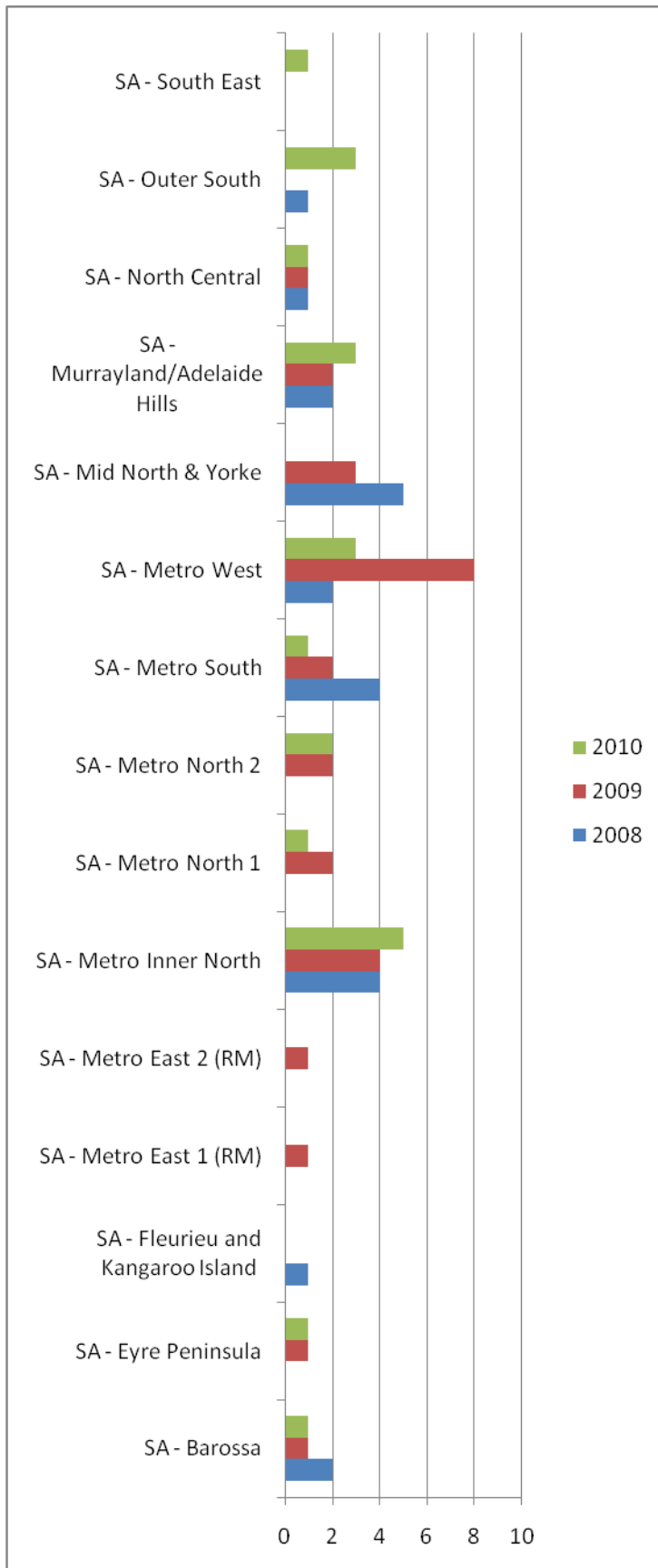




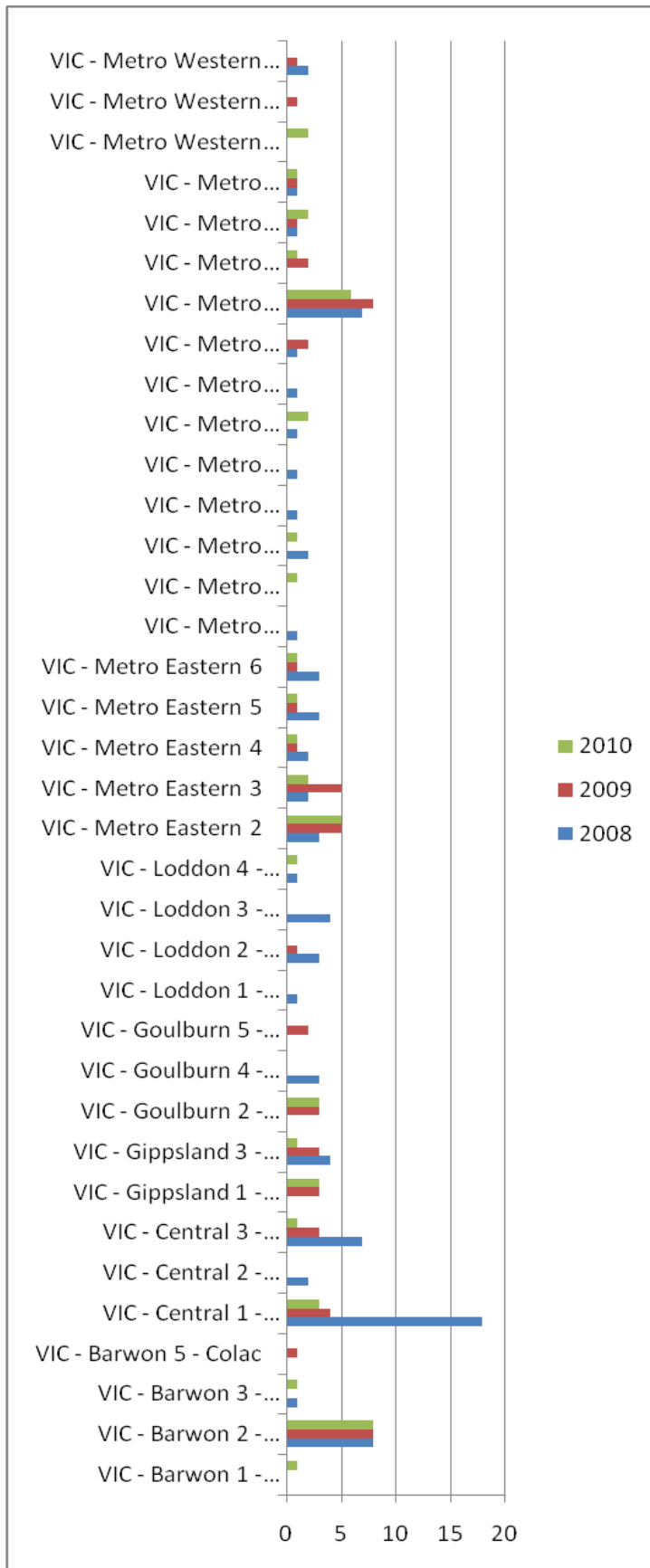
## Queensland



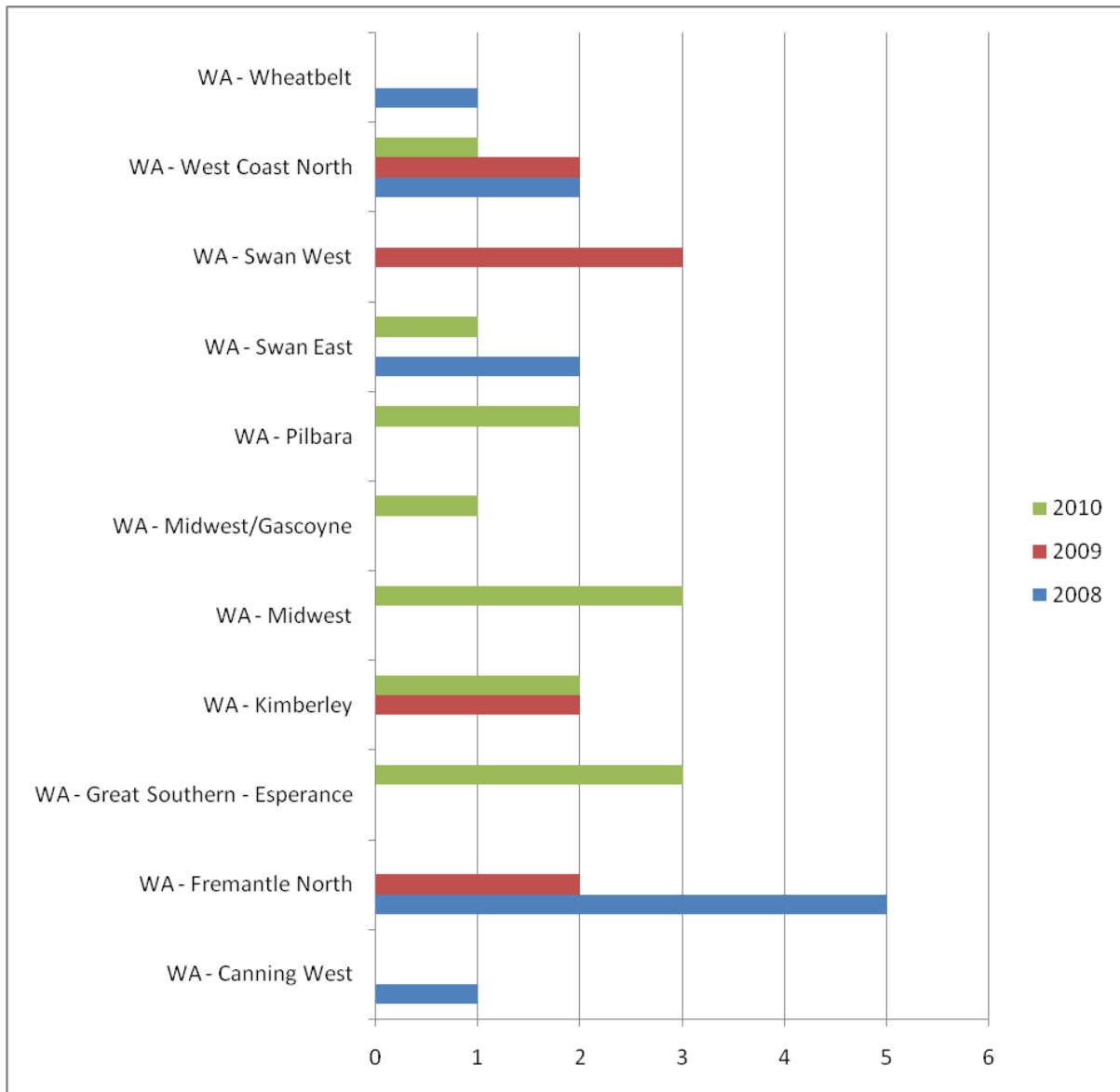
## South Australia



Victoria



## Western Australia



**APPENDIX G — A STATISTICAL SNAPSHOT OF TRAMPOLINING IN THE AASC PROGRAM**

**Delivery of Trampolining programs**

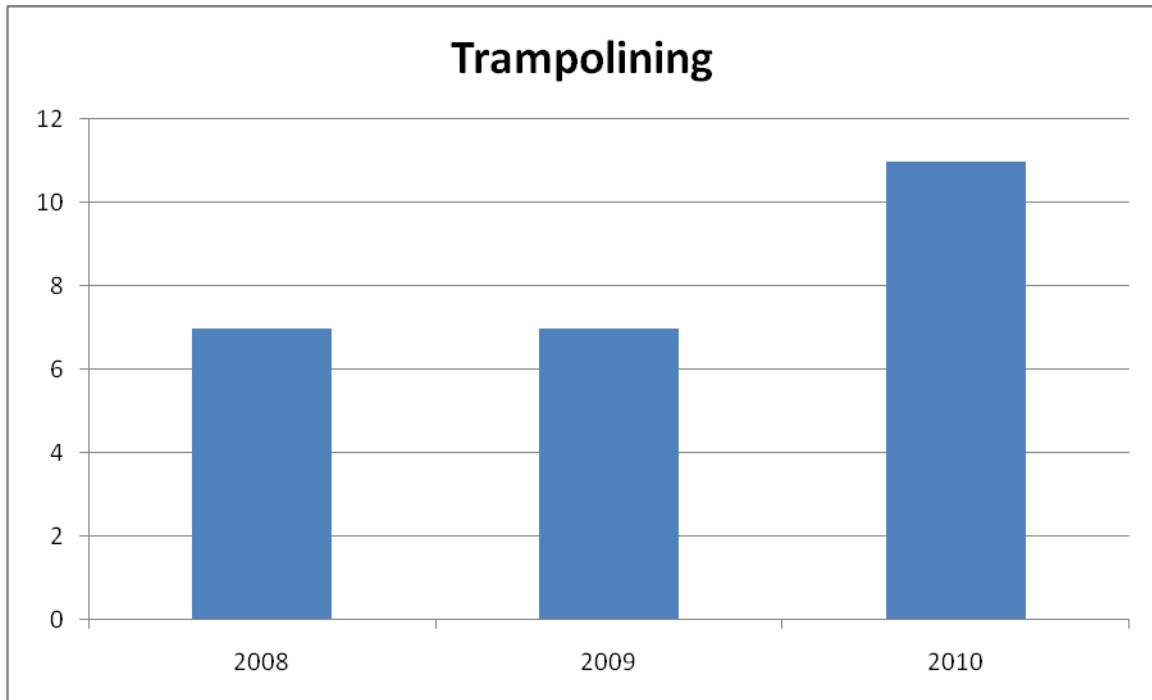


Figure 11: Number of Trampolining programs conducted from 2008–2010

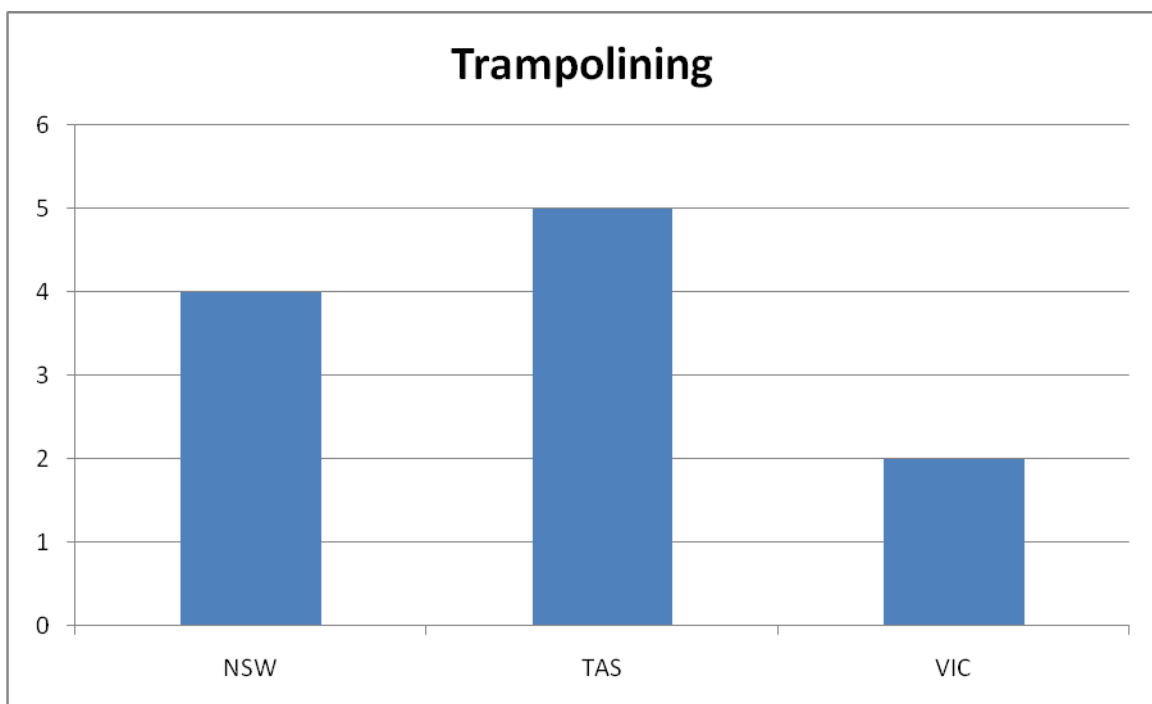


Figure 12: Number of Trampolining programs conducted in each state or territory in 2010

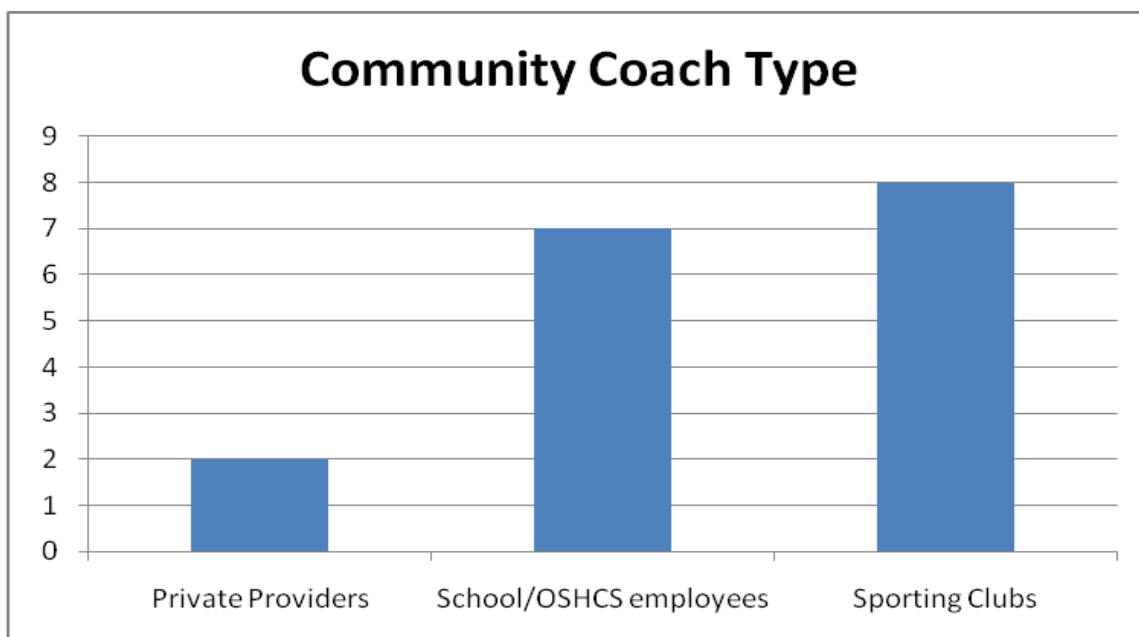


Figure 13: Breakdown of types of Community Coaches delivering Trampolining in 2010

#### Delivering Trampolining organisations in 2010

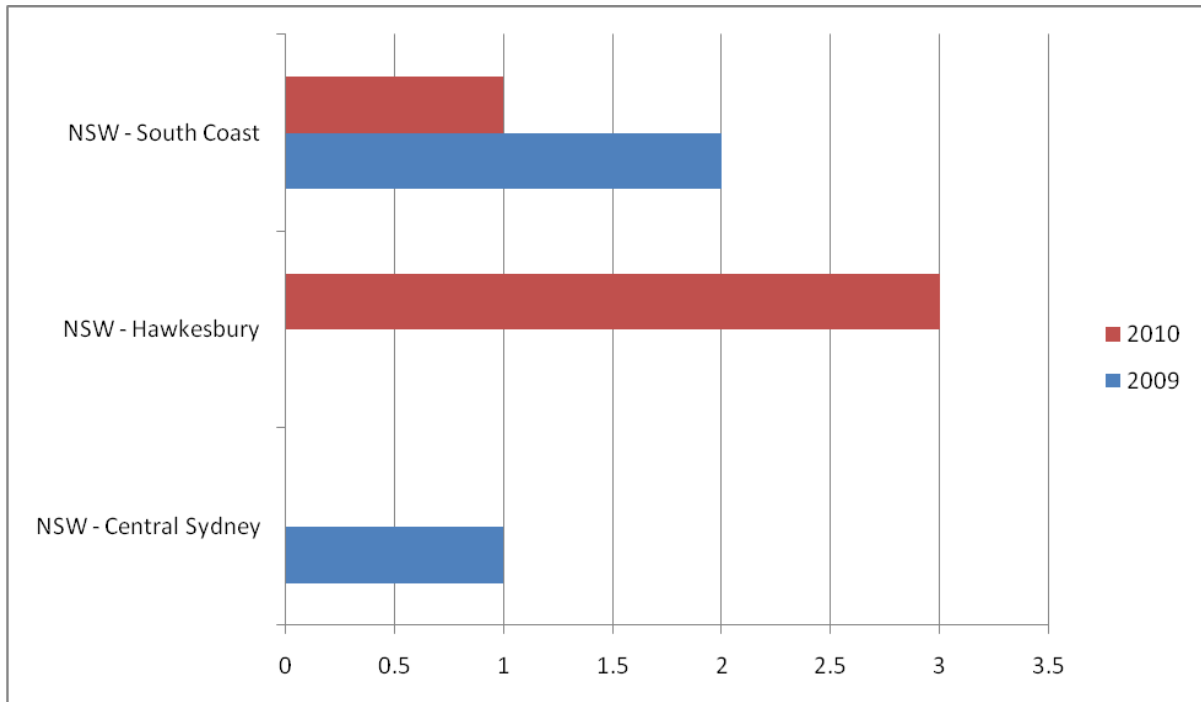
Coaches Organisation	Region
Bermagui Gymnastics	NSW - South Coast
Eastside Trampoline Club	TAS - South 1 (SM)
Jumping Jacks Trampolining Club	TAS - South 1 (SM)
Eastside Trampoline Club	TAS - South 3

#### Delivering Trampolining private providers in 2010

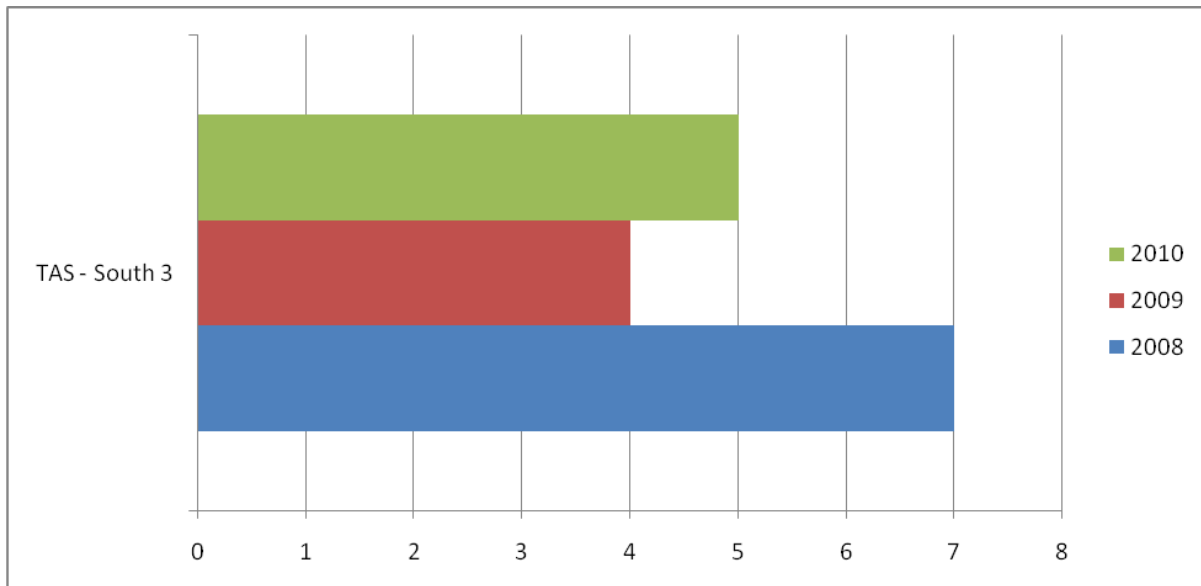
Coaches Organisation	Region
Playground To Podium Albury	NSW - Riverina 3
Playground To Podium Albury	VIC - Goulburn 5 - Wodonga

## Regional breakdown of Trampolining programs from 2008–2010

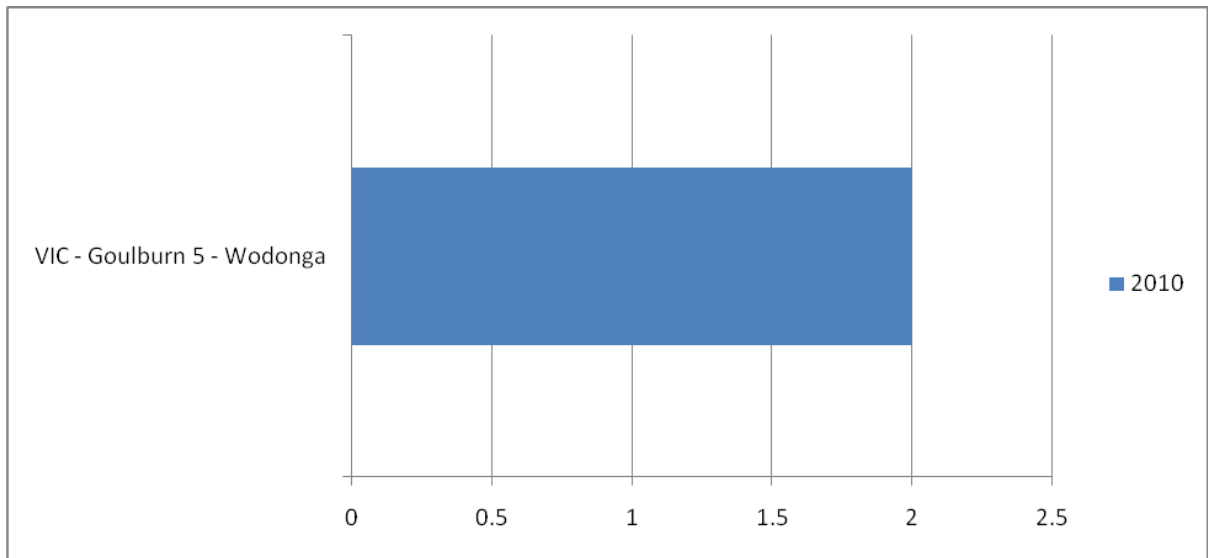
### New South Wales



### Tasmania



Victoria





## SUMMARY

I hope you have found this report informative and interesting. We value your participation in the AASC program and would like to further develop our association to help you develop your sport. We encourage you to continue to consider the AASC program as an ideal opportunity to create an awareness of and engagement in your sport, and to promote participation and/or membership in specific regions.

We welcome you to contact the AASC National Office (through my contact details below) to learn further information about the program, to discuss opportunities for ongoing collaboration, or to find local contacts within our national Regional Coordinator network.

Kind Regards,

A handwritten signature in black ink, appearing to read 'Kitty Chiller', written in a cursive style.

Kitty Chiller

Deputy General Manager  
Active After-school Communities  
T: 02 – 6214 7599  
E: [kitty.chiller@ausport.gov.au](mailto:kitty.chiller@ausport.gov.au)