



Pathways to sport – Success stories

Port Lincoln Gymnastics Club

This document demonstrates the pathways to community sport and physical activity made available through the Australian Government's Active After-school Communities (AASC) program.

Sport: Gymnastics

Club: Port Lincoln Gymnastics Club

Location: Port Lincoln, SA

Date: Term 3, 2010

Participants: 200

Transitions: 55

Summary

The staff at Port Lincoln Gymnastics believe that the Active After-school Communities (AASC) program has played an instrumental role in the ongoing success of their club.

By delivering gymnastics sessions through the AASC program in schools and at local events, the club has gained consistent exposure in the community which in turn has led to good product awareness and membership numbers.

Meryl Davidson, Port Lincoln Gymnastics Club President said, 'Continued involvement in the AASC program is required if we are to encourage school children to be active and lead a healthy lifestyle. The program continues to open the door for those children that may not otherwise get the opportunity to experience gym sports or utilise our wonderful facility.'

Planning

Over the past seven years, a strong partnership has been established between the AASC program and Port Lincoln Gymnastics Club. This partnership has led to new linkages between AASC sites, children in the Port Lincoln and surrounding regions and the club. The following steps were undertaken as part of this process.

- Training club coaches in the Playing for Life philosophy, a games sense approach to coaching that uses games rather than drills.
- Promoting the club's junior program and providing pathway information to children and families at AASC sessions.
- Presenting 'come and try' sessions in Port Lincoln schools during the Term 3, 2010 AASC campaign '*Play for Life....join a sporting club*'. A free 'come and try' event was also held at the Club.

The Port Lincoln Gymnastics Club has a large range of activities that children can get involved with including general gymnastics programs, competitive programs, holiday fun programs and parties. These are all promoted as transition pathways to children during AASC gymnastics sessions.

Implementation

Port Lincoln Gymnastics Club has consistently delivered seven-week programs each term for the past seven years in Port Lincoln AASC sites. During these programs, club coaches provide a range of fun activities suitable for children of every age and skill level to ensure maximum engagement.

During the AASC '*Play for Life....join a sporting club*' campaign in Term 3 2010, approximately 200 children participated in 'come and try' activities hosted by the Club in the Port Lincoln Primary School Gym. Participants were offered free sessions at the Port Lincoln Gymnastics Club, and also went in the running to win a free birthday party at the club.

Two coaches from the Port Lincoln Gymnastics Club currently deliver gymnastic sessions in the AASC program across four schools and out of school hour care services in the Port Lincoln and surrounding regions.

Outcome

55 children have joined the club as a direct result of Port Lincoln Gymnastics involvement in the AASC program. Five of these children joined the club as a direct result of the 2010 'come and try' event.

The club reports receiving many new membership enquiries stemming from children and families associated with the AASC program.

AASC regional coordinator Rebecca Hayman worked to establish this pathway for children in Port Lincoln into gymnastics.