



Australian Government  
Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active



## Active After-school Communities program and Triathlon Australia



**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 Triathlon 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 Triathlon 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 Triathlon programs in 2010.
- Any media articles that were generated in relation to the AASC program and Triathlon .

## NATIONAL SNAPSHOT — TRIATHLON IN THE AASC PROGRAM

### Delivery of Triathlon 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.

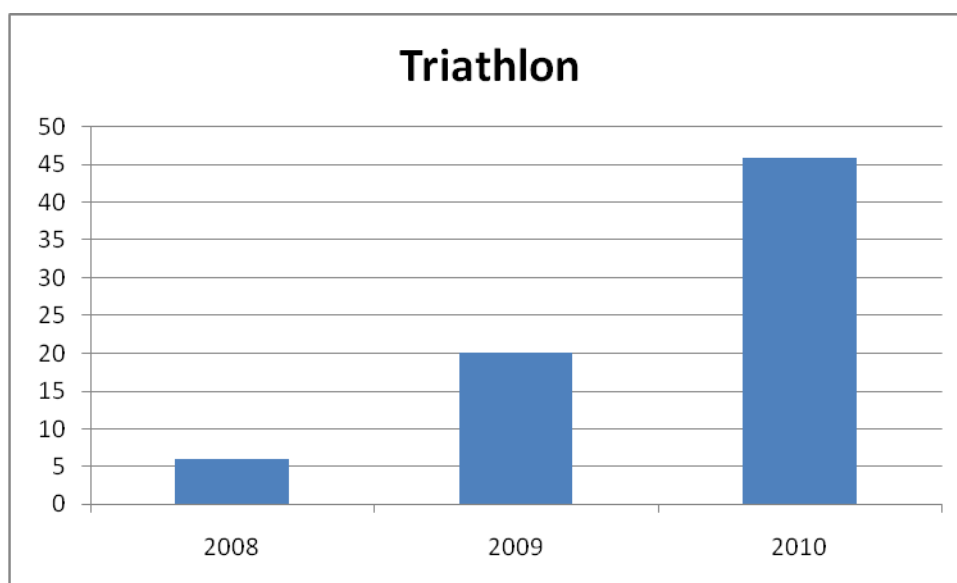


Figure 1: Number of Triathlon programs conducted during 2008–2010

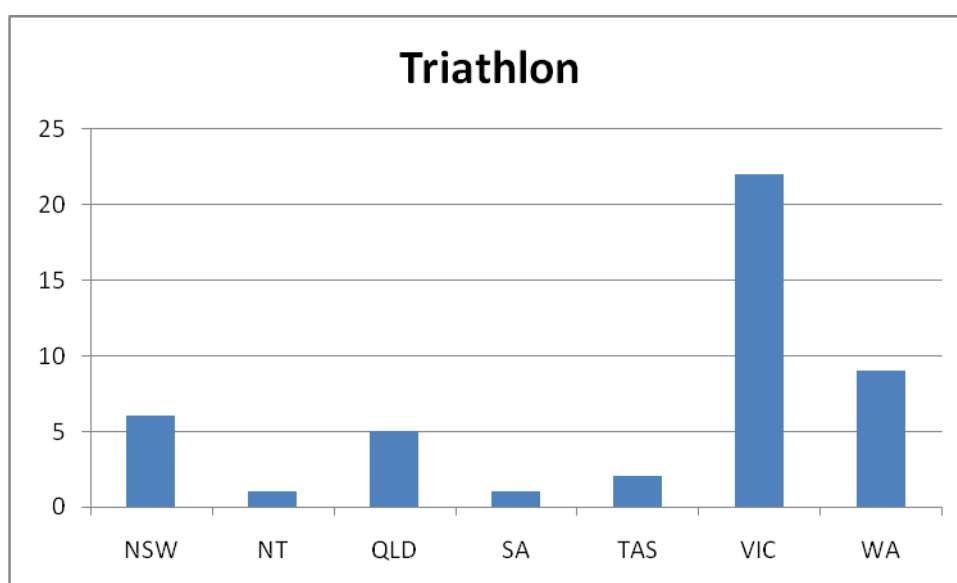


Figure 2: Number of Triathlon programs conducted in each state or territory in 2010

## NATIONAL SNAPSHOT (continued) — TRIATHLON 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.

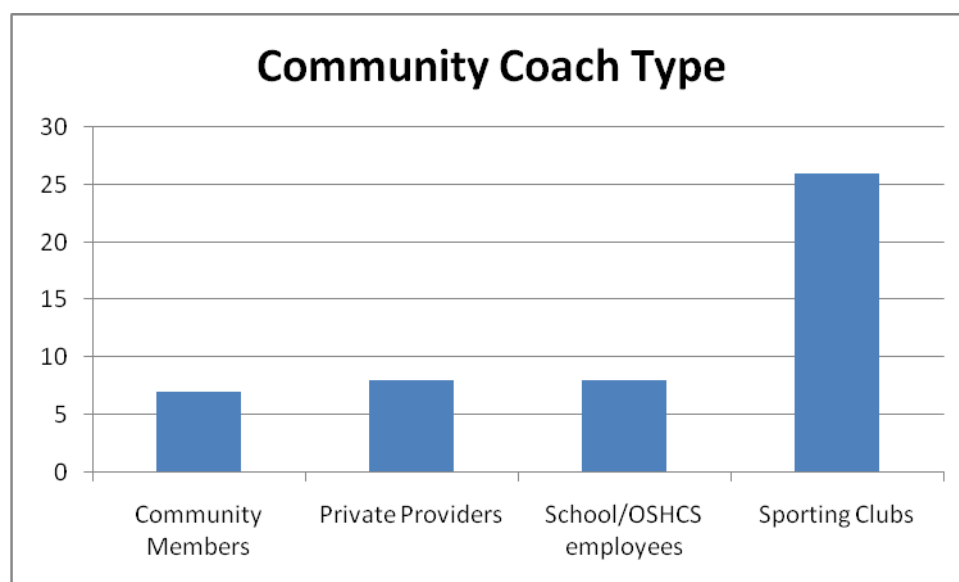


Figure 3: Breakdown of types of Community Coaches delivering Triathlon in 2010

### Internal delivery options

In 2010, 16% of community coaches were from schools or OSHCS.

### Delivery by sporting representatives

In 2010, representatives of affiliated clubs or associations delivered 53% of all programs. Appendix A 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 Triathlon sessions in the AASC program. Examples of private providers that delivered Triathlon within the program in 2010 are provided in Appendix B on page 7.

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

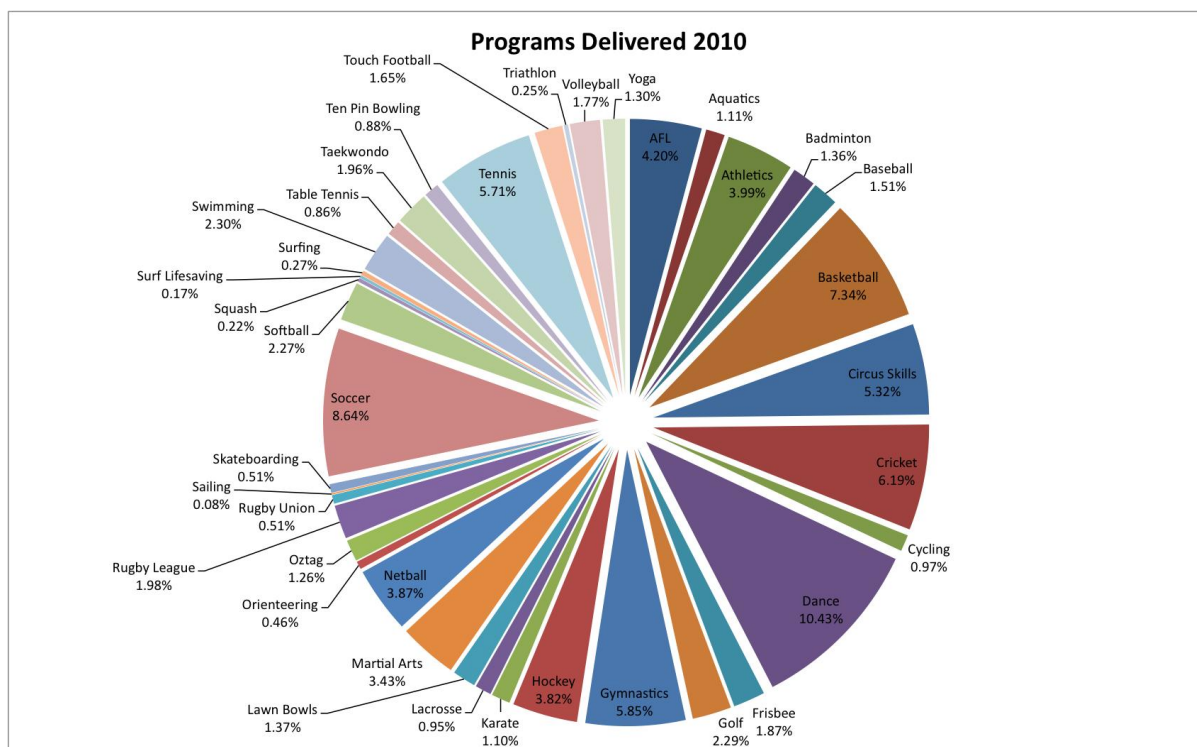


Figure 4 Number of programs by sport in 2010

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 TRIATHLON PARTNERSHIPS

### Partnership between AASC, Triathlon Northern Territory, Northern Territory Sport and Recreation and Gove Triathlon Club. Northern Territory

A collaborative effort between AASC, Triathlon Northern Territory and Northern Territory Sport and Recreation provided a new membership avenue to the newly established Gove Triathlon Club. The Gove Community Triathlon Club was seeking new junior members and a sustainable approach to attracting new members in the future.

Two AASC Regional Coordinators delivered a joint Community Coach Training Program/Tri-skills coaching course to the Gove Community Triathlon Club over a two-day period at the start of term 3. By ensuring the club had adequate coaching capacity, it empowered the club to deliver AASC sessions in the future, engaging children in the sport. The coach training courses were supported by Triathlon Australia.

Newly trained coaches delivered a seven-week AASC triathlon program to children at the Nhulunbuy Neighbourhood Centre. A further seven-week program was delivered for local community children based out of the local town pool. Both programs aimed to engage children in Triathlon activity and encourage transition into the newly established Gove Triathlon Club.

A Triathlon Gala Day was conducted at the end of term 3 by the new Gove Triathlon club and attended by all children who had participated in the AASC triathlon themed seven-week session.

The Gala Day was supported by the AASC, Northern Territory Sport and Recreation and Triathlon Northern Territory. Gove Triathlon club attracted memberships from 25 children which was a great result for a small community. Furthermore, Gove triathlon club gained two qualified triathlon coaches to ensure the club has the capacity to continue to deliver triathlon programs to the local community and schools.

#### **Partnership between AASC and North Coast Triathlon Club Western Australia**

The North Coast Triathlon Club contacted the West Coast South AASC Regional Coordinator indicating an interest to increase their junior membership. The club also liaised with AASC coordinators at Deanmore Primary and Kapinara Primary to discuss the opportunity and logistics of hosting triathlon in their term 4 AASC program in the lead up to the triathlon season. Both of the schools were highly responsive to the idea of incorporating a new sport into their AASC program.

City Beach Primary also ran triathlon in their AASC program, and incorporated an excursion to a local pool for one afternoon of the program. Deanmore and Kapinara Primary completed the seven-week triathlon program on school grounds.

With the assistance of AASC coordinators at each of the schools, the club was able to promote a 'Come and Try' day at the end of the term. Schools assisted in promoting the event by including a flyer in the school newsletters and sending flyers home to parents. Seven AASC participants attended the 'Come and Try' day, making a successful transition from the AASC program into the club environment.

#### APPENDIX A- DELIVERING TRIATHLON ORGANISATIONS IN 2010

Coaches Organisation	Region
Triadventure	QLD - Sunshine Coast North
Toowoomba Triathlon Club	QLD - Toowoomba & Darling Downs (East)
Riviera Triathlon Club	VIC - Gippsland 4 - Bairnsdale
Nunawading Triathlon Club	VIC - Metro Eastern 2
Triathlon Victoria	VIC - Metro Eastern 2
Triathlon Victoria	VIC - Metro Eastern 4
Nunawading Triathlon Club	VIC - Metro Eastern 5
Nunawading Triathlon Club	VIC - Metro Eastern 6
Triathlon Victoria	VIC - Metro Southern 5
North Coast Triathlon Club	WA - West Coast South
Stadium Triathlon Club	WA - West Coast South

#### APPENDIX B- DELIVERING TRIATHLON PRIVATE PROVIDERS IN 2010

Coaches Organisation	Region
Tribal Training Pty Ltd	VIC - Metro Eastern 2
Tribal Training Pty Ltd	VIC - Metro Northern 3





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# Program fosters future athletes

By Merryn Porter

BUDDING ironmen and women got a taste of what it takes to compete in a triathlon when they took to Gunnamatta Park, Cronulla, last week.

More than 80 children from two after-school care centres took part in the aquathon last Wednesday.

The aquathon marked the end of a seven-week triathlon program at the two centres as part of the federal government's Active After-School Communities program.

The program, which has run for five years, funds specialist sporting activities at the after-school centres up to three times each week.

The program's Sutherland Shire regional co-ordinator Carolyn Heinz said the after-school centres could choose from about 80 sports.

These range from traditional sports to the more unusual, such as hula hooping, circus skills, kite boarding and Zumba lessons.

Ms Heinz said a new triathlon pro-

gram, which featured running, cycling and swimming components, was trialled during term four at Burraneer Activity Centre at Burraneer Bay Public School and Miranda North Public.

The two sites then took part in the aquathon, which included a run and a wade or swim through the water.

Ms Heinz said Cronulla Triathlon Club and High Performance Tri helped plan the aquathon and were involved on the day. She said such partnerships with sporting clubs helped promote "ongoing participation in sport".

"We hope that by exposing the children to a new sport they will join a local club and continue to be active for years to come," she said.

Triathlete Angie Macken coached the after-school triathlon program.

"I hope that I have inspired some of the children to take up this great sport," she said.

"Maybe, years from now, we will look back on this program with the realisation that it has produced a new Chris McCormack or Craig Alexander."

## HEALTHY FUN FOR KIDS

Active After-School Communities is a federal government program administered by the Australian Sports Commission.

The program provides primary school-aged children with a fun, free and safe introduction to about 90 sports and structured physical activities.

The program operates at 23 sites in Sutherland Shire, including three schools and 20 after-school care sites.

The program is offered two or three times a week, reaching more than 2500 shire children.



**Hard yakka:** Children aged 5-12 from two after-school centres took part in the aquathon at Gunnamatta Park, Cronulla.



**Pictures:** Lisa McMahon





## Six schools participate in Nobby Triathlon

Students from Nobby, Greenmount, Back Plains, Pilton and Ryeford State Schools and St. Francis de Sales School at Clifton braved the windy conditions on Friday to take part in a Triathlon hosted by Nobby State School.

The well-equipped Nobby school is an ideal venue for the event, with its large oval, cool swimming pool and devious run route through the gardens.

The four age groups started in quick succession with the run leg, followed by swimming, then cycling.

Triathlon is proving a popular sport around the Nobby State School.

As part of the Australian Sports Commission's Active After-school Communities (AASC) programme, Toowoomba Triathlon Club has been running triathlon sessions on Tuesday afternoons at the school.

To take advantage of the

children's interest in the sport, Nobby principal Tim Youngberry organised the triathlon and invited surrounding schools.

AASC community coach Lance March, from Toowoomba Triathlon Club currently delivers triathlon AASC programs to up to 20 children at Nobby State School.

"It's been great watching these children have a go at triathlon this term," Mr March said.

"We teach the fundamentals and then encourage them to join their local club.

"The AASC programme is a win-win for sport: 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!"

Local AASC regional coordinator Peter Fuelling has seen around 3,000 children in the Toowoomba and Darling Downs region take part in the programme and more than 200 local people train as community sport coaches since the initiative began in 2005.

"I have seen so many good things happen since the AASC programme was introduced," he said.

*Continued on page 11*



ABOVE: Triathletes from the 12 and 13 years age divisions were the first group to get underway in the 2010 Triathlon at Nobby.



## Nobby hosts six schools for triathlon

"The region's children have been able to experience loads of sports for free and in a safe and inclusive environment.

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

"That's my goal: I want all

of our children to play sport for life!" Mr Fuelling said.

The AASC programme 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, with an opportunity to experience over 70 different sports and up to 20 other structured physical activities.

If you, your family or your friends want to play, volunteer or coach triathlon

contact Lance March, at Toowoomba Triathlon Club 0447 251.

For information about the AASC programme visit [ausport.gov.au/aasc](http://ausport.gov.au/aasc) or contact the local AASC regional coordinator, Peter Fuelling, on 0427 700 923.



ABOVE LEFT: Nobby State School principal Tim Youngberry delivering a pre-event chat to competitors.



ABOVE RIGHT: Students walking their cycles into the recording area to register their first lap. Triathletes continually lapped the course for one hour, the winner being the competitor who completed most laps of the course.

#### Taking to the water

There was a buzz of excitement as children arrived at Gunnamatta Park in their swimmers, ready to race in an aquathon.

More than 80 children from Sydney's Miranda North Before and After School Care and Burraneer Activity Centre joined forces to participate in the aquathon – this was the first time the children had been given the opportunity of putting together two of the disciplines from triathlon in their Active After-school Communities program.

The event was supported by the Cronulla Triathlon Club, High Performance Triathlon and Weet-bix TRYathlon, along with AASC community coaches Angie Macken and Belinda Wilsher.



*Children from Sydney's Miranda North Before and After School Care and Burraneer Activity Centre*



### Gunnamatta Aquathon

#### Tryathlon for AASC kids

More than 80 children from Miranda North Before and After School Care and Burraneer Activity Centre joined forces to participate in an aquathon at Gunnamatta Park on 24 November. There was a buzz of excitement as the children arrived at the park in their swimmers, ready to race. This was the first time the children had been given the opportunity of putting together two of the disciplines from triathlon in their Active After-school Communities program.

Cronulla Triathlon Club president, Gary Erkof said 'What a sight, all those kids ready to race. It was great to see them all having fun and wow is there some potential out there!'

The weather put on a show and the kids had a fantastic time swimming and running. It was wonderful to see the large number of parents who supported their kids.

A huge 'thank you' to the Cronulla Triathlon club, High Performance Triathlon and Weet-bix TRYathlon for their support of this event, and to our super coaches Angie Macken and Belinda Wilsher for the huge effort that they have put in to make this event such a success.



*Eight and nine-year-olds waiting for the start of their race.*



*One of 86 winners on the day!*



*A strong finish for this participant.*



*Powering along on the run course.*

## AASC behind Junior Triathlon Boom

In two short years, Nunawading Triathlon's junior club has grown to become one of the largest junior triathlon clubs in Australia – a feat the club says would have been impossible without the Active After-school Communities (AASC) program. In fact, according to coordinator Mark Beovich, the junior club, dubbed 'Triathlon Kids' would never have existed without the AASC.

'In 2008 the Nunawading Triathlon Club had no junior program,' he said. 'In fact, no Victorian triathlon club had a junior club or capacity to cater for junior members.' Beovich said this all changed when the club attended a District Community Links Day supported by the AASC. 'It was evident from that day seeing the enjoyment of the kids trying triathlon that we needed to change our thinking,' he said.

But making it all happen wasn't easy. For starters, there was no primary school triathlon program in Australia. AASC regional coordinator Damian Hecker and a number of club members worked tirelessly over summer to develop a seven-week 'Go Tri It' program based on the playing for life philosophy.

The club pilot of the program became the first ever AASC triathlon program in Victoria when it ran in Term 1, 2009. Since then, the Go Tri It program has since been used by all over Victoria by other triathlon clubs seeking to increase junior memberships.

Beovich said the initial 30 members of Triathlon Kids came mainly from the AASC pilot programs and the children of a few senior club members.

But creating stronger pathways and a more sustainable future, needed something extra and an AASC Special Initiative Grant proved to be the key.

'With that grant we were able to show kids the full potential of triathlon by running a pool session and hosting a culminating week 7 triathlon event,' Beovich said. 'As a club we were also able to provide 13 bikes and helmets with our club supplementing this pool of equipment so we could coach in multiple AASC sites in future terms.

'In essence, the bikes and helmets were a necessity for the AASC triathlon program to proceed, but they had far-reaching effects on our club's membership growth in many more ways than simply what we could offer.'

He said the bikes allowed the club to start a 'during school' visit program; attend community links days and host the club's school holiday program. 'We also developed strong links with the school communities by lending them out to schools for their bike education programs.'

Beovich added that the knowledge and experience gained from running the triathlon event in week 7 of the school term gave the club confidence to run what has become an enormously popular triathlon race series attended by primary school students across the metropolitan area. This in turn, has provided the club with access to eastern metropolitan schools to promote memberships as well as upcoming triathlon races or holiday programs.

'There were so many intangible benefits in being involved with the AASC like the strong links to the community that has ensured our long-term viability and growth in membership,' Beovich said. 'Basically the growth of Go Tri It and the long-term viability of Triathlon Kids would never have been possible without the support of the AASC.'

Nunawading Triathlon Club is one of 13 clubs across the country to have won a \$500 Hart sporting equipment voucher in a recent AASC competition for demonstrating how their club has benefited from working with the AASC program.

[https://secure.ausport.gov.au/aasc/Information for Community Coaches/community\\_coach/5\\_star community\\_coach\\_2010](https://secure.ausport.gov.au/aasc/Information%20for%20Community%20Coaches/community_coach/5_star_community_coach_2010)

## National Award Winner

### Vic - Mark Beeovich

There has been a significant increase in triathlon programs delivered in Victoria since the beginning of 2009, all due to the passion of triathlon coach Mark Beeovich.

The National, and Victorian, 5 Star Community Coach Award winner is passionate about triathlon and willingly goes above and beyond to run quality programs and transition children into clubs. During the last 2 years, children from 20 sites have been coached in triathlon and this has resulted in the formation of the largest junior triathlon club in Australia.

Outside of the program Mark offers schools free in school clinics and participates in community events to further promote the sport to children. He has used all of these opportunities to help build participation in the Nunawading Triathlon Kids events which he convenes and runs for children twice per term throughout the year.

Mark is an avid supporter of the AASC program and does whatever he can to help the program be as successful as possible. In addition to delivering fun, engaging and skilled sessions for children that they love, he engages members from Nunawading Triathlon Club to deliver AASC programs throughout the region; makes himself available to new organisations to help them during their introduction to the AASC program; and supports schools in the preparation and management of triathlon events.

AASC Eastern 5 Regional Coordinator, Damian Hecker said, Mark is a magnificent role model for the AASC program and community coaches in general. He is the kind of dedicated person all clubs would love to have delivering quality programs to schools and supporting the transition of children from schools to clubs.

'Mark has been a pleasure to work with and his passion for triathlon and exposing the sport to children is infectious. His organisation and professionalism are commendable and his ability to engage local club members to deliver is outstanding,' Damian said.





## New Triathlon Companion Book (E News WA Term 3 2010)

It is with much excitement that we announce the arrival of our newest addition to the companion book series – Triathlon.

The Playing for Life Triathlon companion book has been designed to help people with minimal experience in the sport of Triathlon to deliver activities in line with the Playing for Life philosophy. This places an emphasis on providing safe, fun, engaging activities that ensure maximum participation from all children, regardless of their level of ability.

The Triathlon companion book is a 7 week program for community coaches to utilise in delivering Triathlon in the AASC program. The book will be available electronically to all 3,270 AASC schools and after school care centres and over 10,000 registered AASC community coaches for the start of term 3 2010.

We wish to acknowledge the contribution of the following people and organisations in the production of this resource:

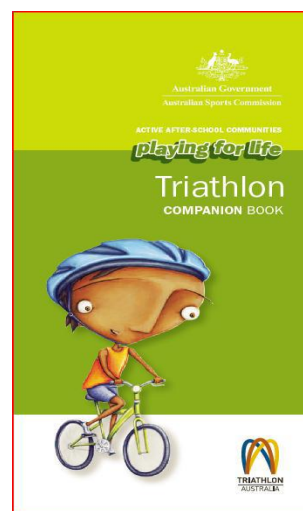
- Triathlon ACT - and in particular, Executive Officer Mathieu Meriaux, who obtained funding to support the development of this resource.
- The Australian Government Department of Health and Ageing - who provided a Community and Sport Grant to Triathlon ACT as part of the Healthy Active Australia School and Community Grants Program to support the development of this resource.
- International Triathlon Union - who provided permission to reproduce material from its coaching resources in this publication.
- Triathlon Australia National Development Coach, Craig Redman - who liaised with state bodies to establish the reference group and the International Triathlon Union to obtain permission to reproduce material from its coaching resources. Craig also provided ideas to the editorial team and feedback on the drafts.

A number of the activities included within the Triathlon Companion Book have been adapted from the Playing for Life Resource Kit, with the assistance of a reference group comprising: Nick Conway (Triathlon Victoria); Wayne Gale (Triathlon Tasmania); Gary Rolfe (Triathlon ACT); Mark Beovich (Nunawading Triathlon Club) provided feedback on the initial draft of this resource and, together with fellow Nunawading Triathlon Club members Steph Birch, Kirsten Braun, Penny Brown, Pat Brown, Steph Forster, Penny Hosken and Karina Vitiritti, piloted a selection of activities with Victorian AASC sites and provided further feedback on their experiences.

The editorial team of Jenny Banks, Principal of Creating Excellence Consulting, Teena Jackson (AASC), Nicola Jordan (AASC), Kym McMahon (AASC), Damian Hecker (AASC) and Lee Wilson (AASC) developed, proof read and edited written materials and significantly contributed to the overall content and format of the final product. To complement the new companion book, the AASC program has also developed four new Playing for Life cards which sit within the Movement category.

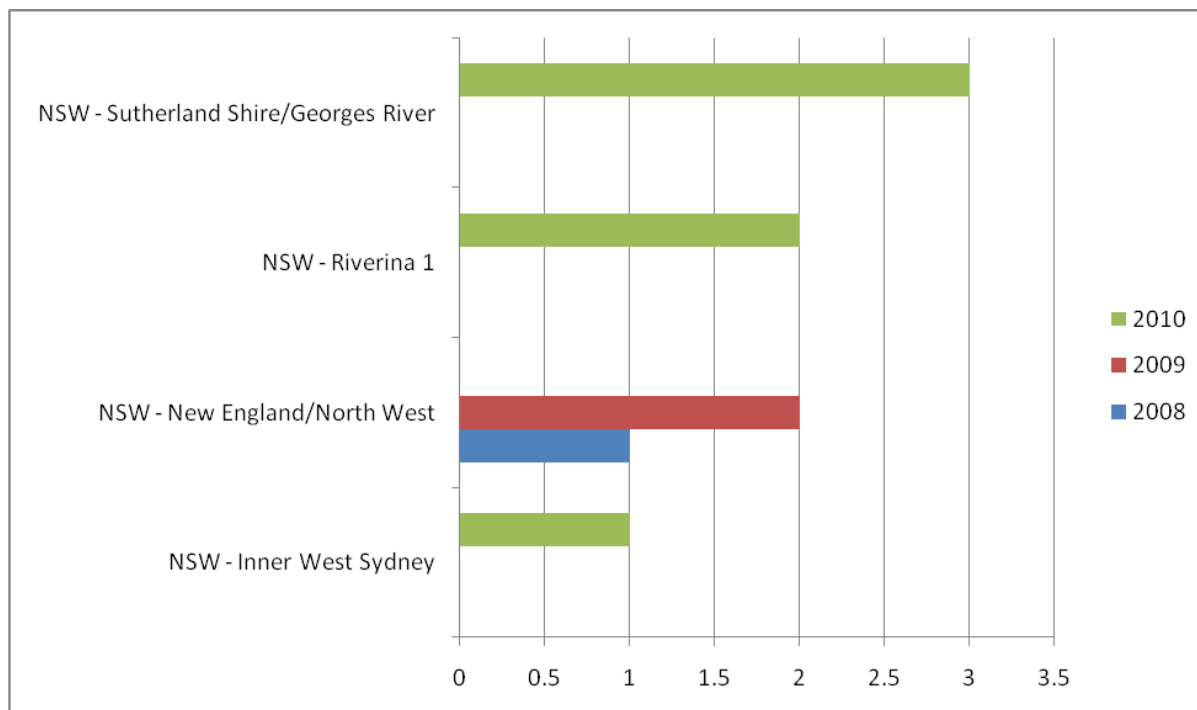
The cards are:

- Aquathlon (GIT - MV 19)
- Go slow and stop and go (SO - MV12)
- Mini triathlon (GIT - MV 20)
- Ride a course (GIT - MV 18)

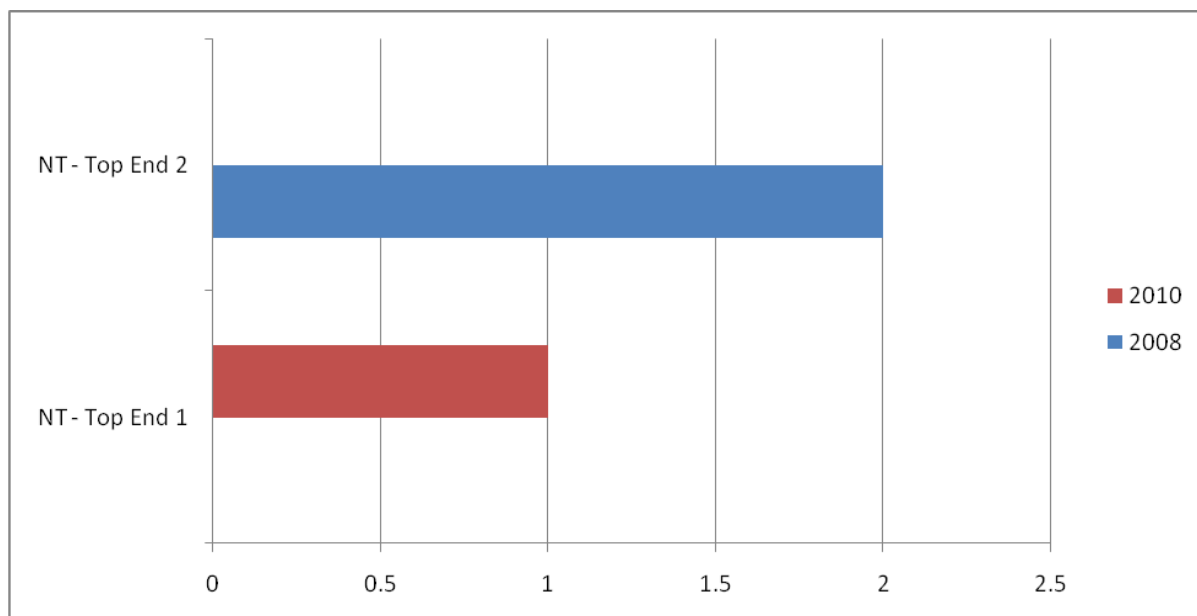


## APPENDIX D — REGIONAL BREAKDOWN OF TRIATHLON PROGRAMS FROM 2008-2010

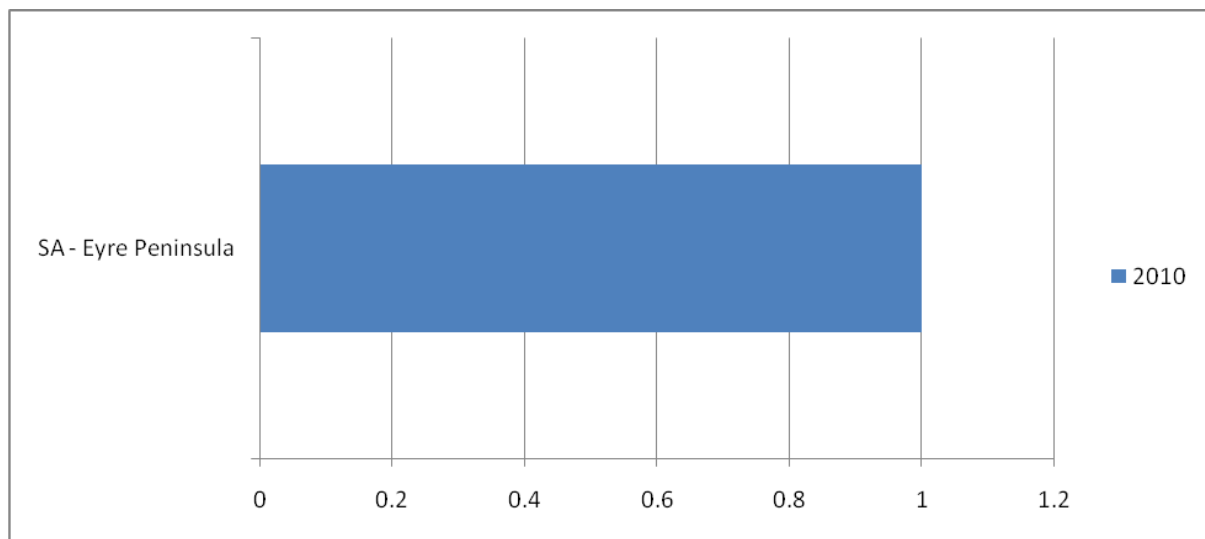
### New South Wales



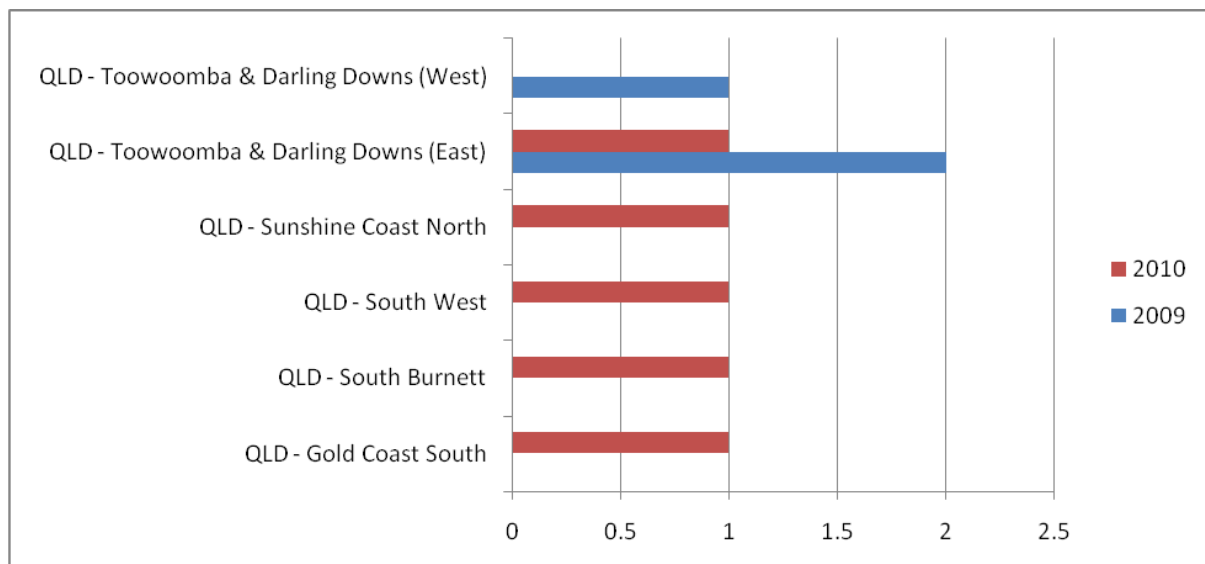
### Northern Territory



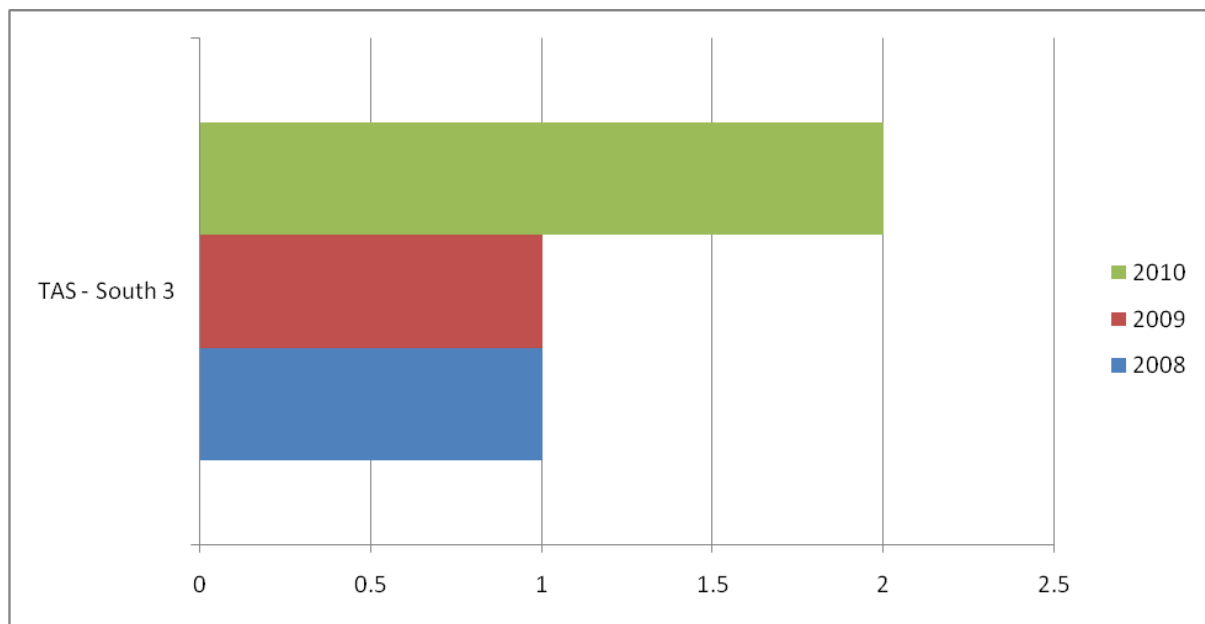
## South Australia



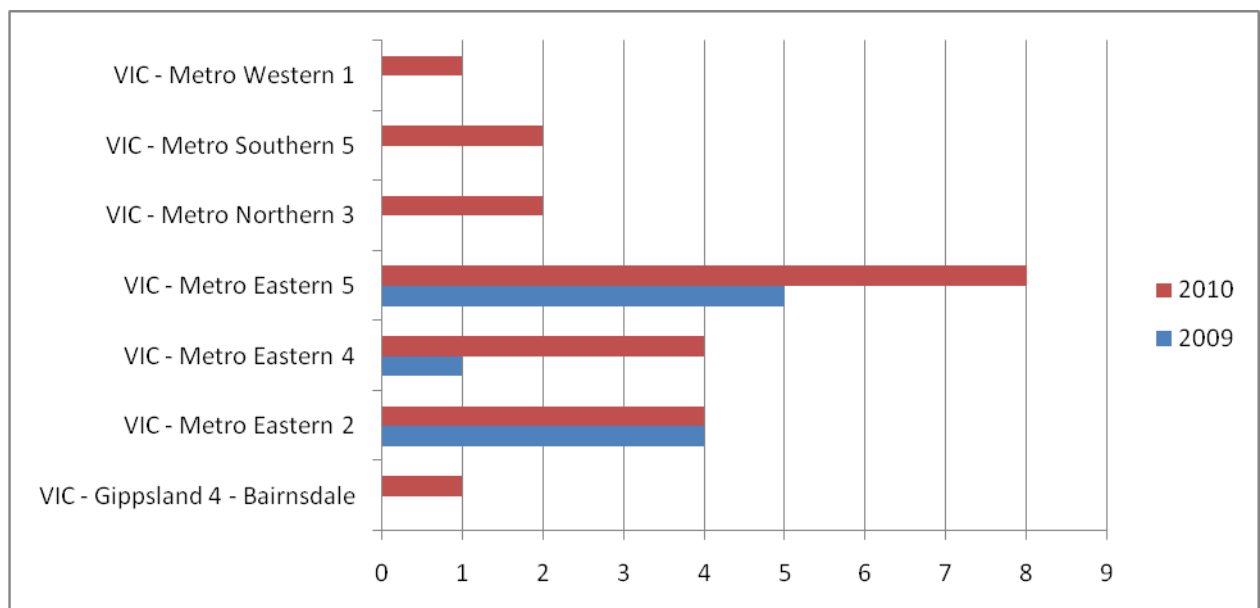
## Queensland



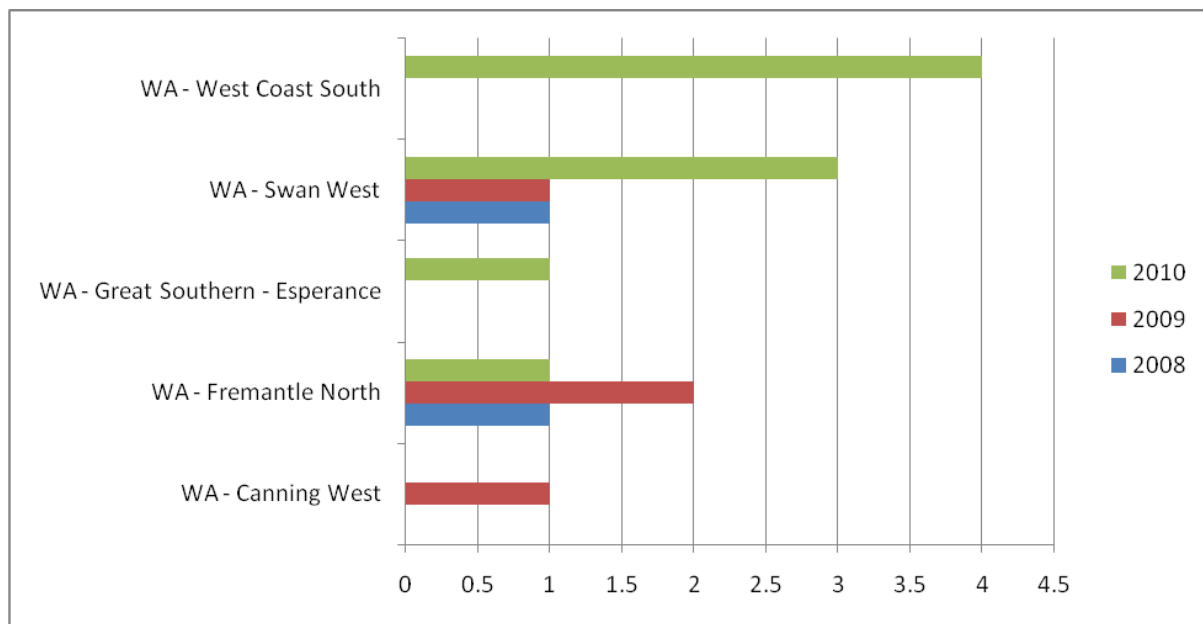
## Tasmania



## Victoria



## Western Australia



## 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,



Kitty Chiller

Deputy General Manager  
Active After-school Communities  
T: 02 – 6214 7599  
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