



T @ S R @ D

Message from the TASRAD Office

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TASRAD
Silverdome,
55 Oakden Rd

PO Box 324
PROSPECT TAS 7250

Phone:
(03) 6336 2012

Fax:
(03) 6336 2014

E-Mail:
manager@tasrad.com.au
admin@tasrad.com.au

Visit us at:
www.tasrad.com.au

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"Everyone Can Play"

I just don't know where this year has gone! This time last year I was preparing to go to India as a part of the Rotary Group Study Exchange, and it only feels like yesterday since I was there...

Earlier this month I attended the AUSRAPID AGM in Canberra. It has been great to be a part of the national movement of including people with integration difficulties into sport and recreation. Some great achievements have been made, including Tennis Australia's running of the Tennis Classic – an event for athletes with an intellectual disability – which is being held at the Australian Open with the finals coinciding with the women's final. It is national events like this that give to elite sports men and women in their classification the recognition they deserve.

TASRAD is also continuing on the path of reinvigorating ourselves and refocusing our attention on developing and maintaining the fantastic relationships that we have with sport and recreation providers as well as forming new relationships within the disability sector. We hope that by developing these great partnerships, more opportunities for participation will eventuate.

It is with great sadness that I farewell a friend and colleague, Laraine. Laraine will finish up with us on the 9th January, and will be missed greatly.

Finally, everyone at TASRAD would like to wish you all a very merry Christmas and a happy and safe New Year! The office will be closed between Christmas Eve and January 5. Take care!

Leanne Carlon
Executive Officer

Quote for the month...

The future depends on what we do in the present.

Mahatma Gandhi

"Everyone Can Play"

Network Success

Late last month, TASRAD facilitated the inaugural Sport and Recreation Network workshop. It was well attended by representatives from sport, disability sport and disability services. This will be the first of what will be quarterly networking opportunities. The dates to put in your diaries for 2009 are:

Launceston – February 18

Hobart – May 20

Burnie – August 19

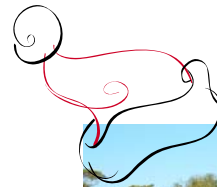
Campbell Town – November 18

The workshop was a great success. The session looked at how partnerships might be developed between sport, disability sport and disability services and how they might work together to provide great outcomes for inclusive sport and recreation options.

We had speakers from each of the different sectors talk about their needs, and the outcome was a realisation that each can support each other. Sport needs participants, disability sport needs participants and help to run the sport and disability services have the people and want successful activity options, based in the local community for their clients!

We ended the session with a planning activity that had groups look at how each organisation can support the development of an inclusive activity. Here, one of the discoveries was that there is, or could be, duplicated efforts if we don't talk to each other. The softball activity group discussed how Softball Tas might run a come and try day, Cosmos Recreation Services might run a softball day for their clients and Special Olympics might also run a come and try softball day – all in isolation and duplicating the effort required to run the activities. If, however, they worked together, they would be more likely to have greater numbers, qualified and experienced people taking the activity and a better chance for the existing pathways to be realised by the participants. By working together, success is more likely!

The next workshop will be held in Launceston and it is hoped that representatives from all Sports Connect sports and a variety of disability service providers will be in attendance to look at how Launceston's activities can be more inclusive! We hope to see you there!



Laraine at the TASRAD Sports Camp - 2000



Laraine with State Boocia players... Fundraising in 2007!

"Everyone Can Play"

Qualities of an Inclusive Coach

Think for a moment about the kind of qualities and skills that everyone would recognise in a competent coach. Here are a few examples.

Qualities include:

- Patience — recognising that some athletes will take longer to develop skills or make progress than others
- Respect — acknowledging difference and treating all athletes as individuals
- Adaptability — having a flexible approach to coaching and communication that recognises individual differences.

Skills include:

- Organisation — recognising the importance of preparation and planning
- Safe practices — ensuring that every session, whether with groups or individuals, is carried out with the athletes' safety in mind
- Knowledge — possessing the ability to utilise knowledge of appropriate practices and how to modify them in order to maximise the potential of every athlete.

These qualities and skills apply equally to a coach who is working with athletes without disabilities as they do to one who is coaching athletes with disabilities. Do you have these qualities?

Goodbye and goodluck

It is with great sadness that TASRAD says goodbye to Laraine Dunn. Laraine has been the Administration Manager with TASRAD for the past 9 years. Laraine's passion and commitment to making sport and recreation more inclusive has been fantastic. Laraine has not only been a godsend when it came to managing our accounts, systems and procedures, but she has also done amazing work like coordinating the TASRAD sports camp in 2000, helping to set up and refereeing the wheelchair basketball in the north as well as state wide clashes. She has coordinated and attended National Junior Games for athletes with a disability as well as the National Boccia Championships. Her dedication and support has been wonderful.

Laraine has decided on a career change, and we wish her all the best for the future and thank her for her amazing friendship and support over the years.

Thanks Laz... We'll miss you!



*The Nat Junior Games team
2005, say thanks Laraine*



*Laraine presented with
flowers to say thanks from the
2003 NJG team*