

Media Release

8 March 2019

Sports Central hosting free come and try sports event during This Girl Can and Cultural Diversity Week's.

Event Name: This Girl Can Come & Try Sports Day

Event Date: 18/3/2019

Event Location: Ballarat Regional Soccer Facility (Morshead Park), Pleasant Street, Redan, 3350

Event Time: 5pm-7pm

Facebook Event Link: <https://www.facebook.com/events/287872015239860>

Event Cost: Free

The 'This Girl Can Come & Try Sports Day' will highlight a number of social and modified sports that are available to women in the Ballarat region and shine a light on the VicHealth This Girl Can – Vic campaign.

This Girl Can Week is dedicated to encouraging more women to give physical activity a shot, or return to activity after a break.

Executive Officer, Michael Flynn, said Sports Central are proud supporters and promoters of the campaign and are excited to show women some new and innovative programs.

Mr Flynn said "The event features some exciting and diverse sports that are available for women to participate in locally."

"We're thrilled to be able to provide women with a free opportunity to trial local sports, make connections with the community and to see what the This Girl Can campaign is all about" he said.

Activities featured on the day include Social Sixes cricket, Soccer Mums, Switch (Touch Football) and AFL.

Following the activities, women will take part in a consultation session where they can provide feedback on current sporting programs and suggest ideas on how Sports Central can deliver better sporting outcomes for women across Ballarat.

The consultation session will also feature a panel of local women who will share their stories and further promote opportunities including the successful Daughters of the West program hosted by Sports Central in 2018, the City of Ballarat Active Women and Girls Strategy and other modified sports available locally.

Panellist, Sharon Dundas, will give women a perspective of what is involved as the Rock Up Netball program facilitator. Sharon participated in the program for six months before transitioning into the facilitator role, which she now performs on a weekly basis at Doug Dean Reserve, Delacombe in partnership with YMCA Ballarat.

Sharon said, “I saw an advertisement and simply rocked up to give it a shot. I wanted to model to my daughter that a healthy active life is important”.

Sharon is proud to model the This Girl Can message to her family and to other females in the community. “This Girl Can is about acknowledging that we are important enough to take time out and move our body for physical and mental wellbeing. It means being real, having fun and celebrating what we can do,” she said.

This event features on the City of Ballarat’s Harmony Fest program and will not only promote women in sport, but celebrate Ballarat's wonderful diversity in sport.

For more information about event contact:

Chloe Jackson, Project Coordinator Sports Central: chloej@sportscentral.org.au, 5331 6966

For media enquiries contact:

Michael Flynn, Executive Officer Sports Central: michaelf@sportscentral.org.au, 5331 6966