



Australian Government  
Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active



## EASTERN SUBURBS E-NEWS TERM 2 2011

### TAFE students busy helping kids get active

Students at Randwick TAFE have been busy completing the Australian Sports Commission’s Community Coach Training Program (CCTP) as part of their Certificate III and IV in fitness. Completion of the CCTP is a requirement prior to coaching in the Active After-school Communities (AASC) program. TAFE course coordinator Kim Chapman said involvement in the AASC program had been extremely valuable for the students. ‘Coaching in the playground is a real environment for students to practise and refine their instructional skills,’ said Kim.

Seven of the students have gone on to volunteer their skills in fitness and football AASC sessions at Kensington OOSH (after-school care service), where coordinator Sasha Hoare said it had been an enjoyable experience for the children. ‘They have been enjoying the fun coaches, fitness and footy activities.’

The AASC partnership with Randwick TAFE is set to continue next term with the Certificate IV fitness students completing their training. We hope to have more volunteer coaches out and about in the Eastern Suburbs from Term 4.



TAFE student Farid Shirazi coaching at Kensington OOSH

### Malabar Public School gets a pedal on

This term 35 children from Malabar Public School have been busy biking in one of their AASC sessions. “The kids – and parents -are loving it !”, said coordinator Angela Crowe. “They have made some amazing progress. Holly Baldwin could not cycle at all – she is now racing around the playground after only a few sessions.” Many thanks to Sam Gray and all parent volunteers who made this program such a success.



Holly Baldwin is all smiles showing off her new love of cycling

### Want to join a cycling club?

Contact Joanne on 0402 241 750 or go to [www.randwickbotanycc.com.au](http://www.randwickbotanycc.com.au)

## CLUBS UP CLOSE

### Club comes running and jumping into AASC program

Sporting clubs in the Eastern Suburbs play a pivotal role in providing physical activity for our children. Randwick-Botany Little Athletics is the latest club to join our program in the Eastern Suburbs. The club has linked with local coach Stuart Donaldson to profile our new *Athletics Play* resource in AASC sports sessions.

Stuart has been coaching fun athletics to Galaxy OOSH, Malabar Public School, Chifley Camp Australia and Currawong OOSH. Irene Clark from Chifley Camp Australia said after just two sessions children were asking how to join Randwick-Botany Little Athletics. Stuart helped out by handing out club information flyers at the sites.

Here we talk to club president Tony Vecellio about club activities and how kids and parents can get involved.

**Name:** Randwick-Botany Little Athletics

**Club operates from:** Hensley Athletics Track, Pagewood

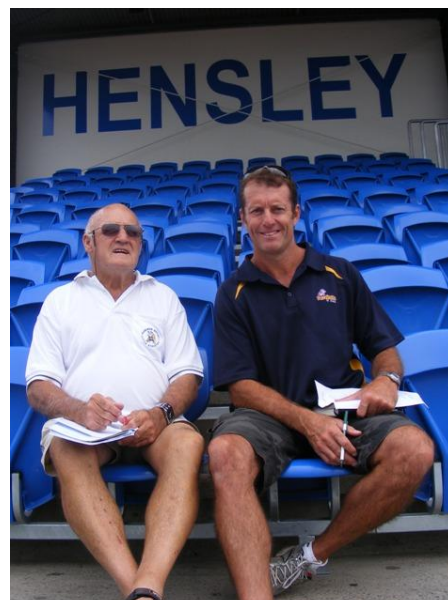
**How does the AASC program benefit your club:** It has been great to have Stuart to use this modified equipment we have secured from a AASC grant. He has profiled our sport and club to the youngsters. We do not currently have club members to coach at this time slot, so it has really helped our community profile.

**What's the best thing about your club:** Its longevity – 43 years at the same ground, every Saturday morning from September to April, rain, hail or shine. The second best thing is welcoming new members each year, many are children of former members who have heard stories from their parents of their time with the Randwick-Botany Little Athletics.

**What programs do you offer:** Our program of events comprises the competition mornings, four nights a week training in every discipline and the opportunity to be selected to represent our centre at relays, zone, and state championships.

**To find out more about the club:**

[www.randwickbotanyla.com.au](http://www.randwickbotanyla.com.au)



Club president, Tony Vecellio and Stu Donaldson at Hensley Athletics Track



Mastering a shot putt technique at Currawong Children's Centre

## CONTACT US

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