

## Welcome

Welcome to the latest edition of vicsport's enews. enews and Sportsview can be found at [www.vicsport.asn.au](http://www.vicsport.asn.au)

If you would like more information regarding any of the articles or to submit any information to enews please email [admin@vicsport.asn.au](mailto:admin@vicsport.asn.au)

## Member Noticeboard

Featuring events and promotions specific to various sports

[Click for more information](#)

## Industry Information

- [Stage 3 Water Restrictions announced on the 16<sup>th</sup> of March 2010](#)
- ["Go for your life" Physical Activity Forum – Kinect Australia](#)
- [Female Administrators Network #8 Media - vicsport](#)
- [12<sup>th</sup> Annual Victorian Conference of Science and Medicine in Sport and Science](#)

## Funding Opportunities

- [Grant links](#)
- [Current grants available](#)

## Corporate Supporters

### **La Trobe University**

La Trobe has been one of Australia's pioneering universities for forty years.

[www.latrobe.edu.au](http://www.latrobe.edu.au)



## Industry Information

### Stage 3 water restrictions

*Announced on the 16 March 2010*

On the 31<sup>st</sup> of March at the Victorian Arts Centre - City West Water, South East Water, Yarra Valley Water and Western Water held an information session regarding the recently announced changes to water restrictions.

The presentation dealt with issues such as:

- Changes from Stage 3a
- Sports Grounds under Stage 3
- Exempt Playing Surfaces
- Gardens - Public & Residential
- Compliance

To download the presentation from the event please click [here](#)

Further details on water restrictions can be found at the following links:

City West Water: [www.citywestwater.com.au](http://www.citywestwater.com.au)

South East Water: [www.sewl.com.au](http://www.sewl.com.au)

Yarra Valley Water: [www.yvw.com.au](http://www.yvw.com.au)

Western Water: [www.westernwater.com.au](http://www.westernwater.com.au)

[Back to the top](#)

### 'Go for your life' Physical Activity Forum – Kinect Australia

Forum topic: Examining the Healthy Eating & Physical Activity Policy and Strategy context from a National to Local Level

Friday 28 May, 2010

Melbourne Sports and Aquatic Centre MSAC, Albert Park

Featured speakers:

Professor Rob Moodie, The University of Melbourne and Janet Quigley, Department of Health and Ageing

For more information contact Sarah-Jane Blunt, [sjblunt@kinectaustralia.org.au](mailto:sjblunt@kinectaustralia.org.au)

[Back to the top](#)

## Female Administrators Network #8 – Media

*Enhancing the Profile of Women's Sport*

**vicsport** is pleased to offer these introductory workshops designed to help you utilise new or social media tools to communicate with your organisation's members and volunteers. Learn how joining a Forum can be beneficial, how a Facebook page can work for your club or how Blogs and Twitter can convey information simply and easily to the right audience. The workshop also covers traditional media such as newspaper and television.

At the conclusion of the workshop, a panel comprising of highly respected media professionals will be on hand to discuss your questions, current media issues and thoughts which may have been raised throughout the day.

'The Catalyst Project - Improving Sports Media Coverage for Women' has been funded by the Australian Government through the Women's Leadership and Development program. 'The Catalyst Project' is managed by the Australian Womensport & Recreation Association.

**vicsport** is running two Media workshops in the coming weeks. Workshop details are as follows:

### MELBOURNE WORKSHOP

**Date:** Wednesday 12 May 2010  
**Venue:** Champions Room, MSAC,  
Aughtie Drive, Albert Park  
**Time:** 9.30am -4.30pm  
**Cost:** No cost for **vicsport** members to attend  
\$50 for non-members  
**RSVP:** Friday 7 May 2010

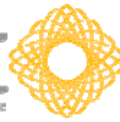
*Refreshments and lunch provided*

### GEELONG WORKSHOP

**Date:** Sunday 16 May 2010  
**Venue:** Sports House, Skilled Stadium  
370 Moorabool St, Geelong  
**Time:** 9.00am – 5.00pm  
**Cost:** Free  
**RSVP:** Monday 3 May 2010

*Refreshments and lunch provided*

**Further information contact:**  
Fiona Kuilboer  
Women in Sport Project Officer  
[fionak@vicsport.asn.au](mailto:fionak@vicsport.asn.au)  
03 9926 1373



# **SMX2010**

## **12<sup>th</sup> Annual Victorian Conference of Science and Medicine in Sport and Exercise**



### **Into the Future: Exercise for Health in the New Decade**

Sunday 20 June 2010

Mercure Ballarat Hotel and Convention Centre

9am – 5pm

Keynote Speaker: Steve Moneghetti, Champion Marathon Runner, 'Steps That Lead to Success in Sport'

### **PROGRAM HIGHLIGHT: PUBLIC FORUM**

Sports Injury Prevention and Return to Play

Open to the general public and conference delegates

### **Sessions:**

- Hard Grounds & Injury...What Do We Really Know? *Dr Dara Twomey, Research Fellow & Lecturer*
- Hard Grounds & Injury...What Are The Implications for Training? *Dr Natalie Saunders, Lecturer*
- More Than Just Growing Pains: An Exploration of Osgood Schlatters and Lower Limb Growth Plate Injuries *Carli Harris, Physiotherapist*
- Advances in Orthotic Technology *Artur Maliszewski, Podiatrist*
- Managing Nutrition for Athletes: Applying the Knowledge into Practice *Kylie Andrew, Dietitian*
- Cultural Challenges, Myths and Truths: Self Management for Female Athletes *Lisa Stevens, Psychologist*
- Masters Sports: Benefits & Harms for Athletes' Bone & Neuromuscular Performance *Dr Riku Nikander, Medical Scientist & Postdoctoral Research Fellow*
- Exercise and the Elderly Go Well Together *Dr John Hurley, Physician Geriatric Medicine*
- Vitamin D for Improving Musculoskeletal Health: A D-Lightful Story *Associate Professor Robin Daly, Principal Research Fellow*
- Weight Training for Youth *John Quinn, Exercise Physiologist*
- Sports Injury Tracker: How To Use Your Injury Reports To Manage Risk *Annabel Sides, Health Programs Manager*
- The Science Behind Tendons *Associate Professor Jill Cook, Academic*
- Overtraining and Managing Workload *Rob Forster-Knight, Business Owner (Personal Training) & Fitness Consultant*
- Respect & Responsibility: How Do We Go About Getting It? *Matti Clements, Sports Psychologist*
- Anterior Cruciate Ligament Reconstruction: Current Evolution and Future Directions *Hayden Morris, Orthopaedic Surgeon*

CPR Courses and a Smartplay Risk Management Workshop for Sports Clubs are also on offer.

### **EARLY BIRD REGISTRATION CLOSES WEDNESDAY 2 JUNE**

### **DON'T MISS OUT. REGISTER NOW!**

To register visit [vic.sma.org.au](http://vic.sma.org.au) or download the attached brochure.

For more information visit [vic.sma.org.au](http://vic.sma.org.au) or contact Tamara Christmas, Event Coordinator on 03 9674 8707 or [tamara@vic.sma.org.au](mailto:tamara@vic.sma.org.au)

[Back to the top](#)

# Funding Opportunities

## Grant links

The following websites have detailed information regarding available grants:

- For the latest state government grants in Victoria visit Grants at DPCD [www.grants.dpcd.vic.gov.au](http://www.grants.dpcd.vic.gov.au)
- For the latest federal government funding visit [www.grantslink.gov.au](http://www.grantslink.gov.au)
- For a guide to community grants for all states / territories, visit:  
[www.aph.gov.au/library/intguide/sp/spgrants.htm](http://www.aph.gov.au/library/intguide/sp/spgrants.htm)
- Australia's only consolidated grants information service is the Easy grants newsletter. Subscribe at
- [www.ourcommunity.com.au](http://www.ourcommunity.com.au)



**ourcommunity.com.au**  
Funding, Giving & Help Online

[Back to the top](#)

## Current grants available

### **Emergency Grant : Sporting and Recreation Equipment**

Provider: Sport and Recreation Victoria

Funding: max per grant: \$2,000

Closes: Ongoing

Purpose: To provide assistance to local sport and active recreation clubs and organisations to replace essential sports equipment that has been lost or destroyed as a consequence of fire, flood, significant storm event, theft or criminal damage.

Website: <http://www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/allDocs/2CFC619A12339D4BCA2571800026272F>

Email: [grantapplications@dvc.vic.gov.au](mailto:grantapplications@dvc.vic.gov.au)

### **Community Facility Funding Program – Major Facilities**

Funding: Max per grant: \$500,000

Closes: Ongoing

Purpose: To help community organisations develop a vibrant volunteer culture where everyone can participate.

<http://www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/allDocs/02E6A4E787DD9401CA257180002C7188>

Email: [grantapplications@dvc.vic.gov.au](mailto:grantapplications@dvc.vic.gov.au) Telephone: 1300 366 356

### **Country Football and Netball Program - Department of Planning and Community Development (VIC)**

Closes: Ongoing

Purpose: To assist grass roots country football and netball clubs to develop facilities in rural, regional and outer metropolitan locations.

<http://www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/allDocs/DAD93AE594516637CA25717D000D6EB5>

Email: [grantapplications@dvc.vic.gov.au](mailto:grantapplications@dvc.vic.gov.au)

### **Sport Incentive Program**

Provider: Australian Sports Commission

Funding: Various

Closes: Ongoing

Purpose: To assist in the development of sport in Australia by providing funding for potential and current projects.

For information visit:

[http://www.asf.org.au/news/sport\\_incentive\\_program\\_guidelines](http://www.asf.org.au/news/sport_incentive_program_guidelines)

### **Local Sporting Champions Programs**

Provider: Australian Sports Commission

Funding: Grants of \$500 for successful individuals candidates and \$3000 for successful team applications

Closes: Ongoing

Purpose: To provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at an official national sporting organisation (NSO) endorsed state or national sporting competition.

Email: [juniorsport@ausport.gov.au](mailto:juniorsport@ausport.gov.au)

[http://www.ausport.gov.au/participating/schools\\_and\\_juniors/juniors/get\\_involved/local\\_sporting\\_champions](http://www.ausport.gov.au/participating/schools_and_juniors/juniors/get_involved/local_sporting_champions)

### **Facility Loan Scheme**

Provider: Tennis Australia

Funding: Max per grant \$80,000

Closes: Ongoing

Purpose: To financially assist affiliated Australian Tennis Clubs, Centres and Associations to upgrade, replace or improve their tennis facilities, by providing low interest loans.

For further Information

Website: <http://www.tennis.com.au/pages/default.aspx?id=4&pageId=13351>

Appl. Form: <http://www.tennis.com.au/pages/image.aspx?assetId=RDM39280.6886418171>

Contact Details: Tennis Victoria

Telephone: (03) 9914 4000

Fax: (03) 9650 2743

### **Occupational Health and Safety (OHS) Equipment Grants - final grant round!**

The final grant round is open for WorkSafe Victoria's OHS Equipment Grants.

These OHS grants, which are distributed by VCOSS, will allow not-for-profit community sector organisations to improve workplace health and safety by accessing funds to purchase equipment and/or modifications to address identified OHS hazards in their organisation.

Organisations can use the one-off grants (of up to \$5000 including GST) towards the purchase of equipment and/or modifications that will eliminate or reduce risks to health and safety.

Applications for the FINAL round of equipment grants will be accepted from March 1 2010 until March 31st 2010. To find out all you need to know about the grants priority areas, eligibility and how to apply, please visit the VCOSS website: <http://www.vcross.org.au/what-we-do/OHS/index.htm> or contact [laura.mondon@vcross.org.au](mailto:laura.mondon@vcross.org.au)

[Back to the top](#)

# Member Noticeboard

## Communities in Control Conference 2010 and Post Conference Skills Day - May 31 to 2 June 2010

Early Bird Offer (expires March 19)

The annual Communities in Control Conference will again be held at Moonee Valley Racing Club in Moonee Ponds, Melbourne along with a Post-Conference Skills Day (Fundraising & Marketing in Tough Times) and Our Community is offering an early bird price reduction of **10%** off the full price of the conference. In addition, there is a further price reduction of **10%** for bulk registrations of 5 or more people.

The theme for Communities in Control 2010 will be "Power Up! *Who has it, how to get it & how communities can use it.*" and, as usual, speakers include a line up of experts, professionals and leaders from around Australia and the world.

Further information and online registration form (with early bird prices) can be found at:

<http://www.ourcommunity.com.au/cic2010>

\*Bulk registrations can be made by contacting Our Community on 03 9320 6800

[Back to the top](#)

## CISM2010

### Careers in Sports Medicine and Science Seminar

Sunday 23<sup>rd</sup> May 2010  
Melbourne Sports and Aquatic Centre, Aughtie Drive, Albert Park  
9:30am – 1:30pm




UNIVERSITY EXHIBITION
Bond University (CISM2010 Major Sponsor)
Australian Catholic University
The University of Ballarat
Deakin University
La Trobe University
Monash University
RMIT University
Victoria University

To register please visit [vic.sma.org.au](http://vic.sma.org.au)

If you are interested in a career in sports medicine and science then don't miss CISM2010. Seven practitioners will provide presentations about their profession (doctor, physiotherapist, sports scientist, dietitian, psychologist, podiatrist, and osteopath) and associated pathways. Universities will also provide information on course requirements and an insight into life at their educational institution.

Cost: Students \$35 pp, Parent \*\$25 per parent

\* only one parent per student

#### University Exhibition

Bond University (CISM2010 Official Seminar Partner)

Australian Catholic University

University of Ballarat

Deakin University

La Trobe University

Monash University

RMIT University

Victoria University

To register for CISM2010 visit [vic.sma.org.au](http://vic.sma.org.au). For further information contact Tamara Christmas, Event Coordinator on 9674 8707 or at [tamara@vic.sma.org.au](mailto:tamara@vic.sma.org.au)

[Back to the top](#)

## PILCH Connect May Seminar

### **Changing the rules of your incorporated association**

Are you on the committee of an incorporated association with out-of-date Rules? Do your Rules reflect the way your association operates, or would like to operate? Have you been meaning to change your Rules, but cringe at the prospect of proposing and voting on amendments?

This seminar will look at the current legal requirements for your Rules, the procedure for amending Rules and tips for reviewing the content of your Rules. Come along and feel prepared for the next time you consider changing your association's governing documents!

This seminar will be generously hosted by Freehills Lawyers.

Date: Thursday 13 May 2010  
Time: 9.30am to 12.30pm  
Presenters: Alice Macdougall (Special Counsel), Anna Lyons (Lawyer) and Sarah Shnider (Lawyer)  
Venue: Freehills: Level 42, 101 Collins St, Melbourne  
Cost: \$40 (incl. GST) administration fee per person  
Refreshments: Light refreshments will be provided

To register for this event, please visit:

<http://pilch.org.au/Page.aspx?ID=369>

[Back to the top](#)

## The Long Walk - AFL

The Long Walk is the annual commemoration of AFL Champion Michael Long (and others) walk to Canberra in 2004 to get the lives of Indigenous people back on the national agenda.

This historic walk, which united Australians behind the advancement of Indigenous Australians, is celebrated with a showcase of Indigenous culture at Fed Square including traditional games, market stalls and local and popular Indigenous music. The Long Walk leaves Federation Square for the MCG where the headline game of the AFL Indigenous round, Dreamtime at the G is played between Essendon and Richmond.

More info on your chance to walk on the hallowed turf in the pre-match at Dreamtime at the 'G is at <http://www.thelongwalk.com.au/2010-onground-walker-package/706350/product-item.htm>

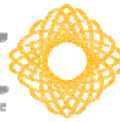
The Long Walk Trust is now a charity which works for Indigenous wellbeing by raising awareness, gathering support and supporting Indigenous led projects. More info on the programs we support is available at [www.thelongwalk.com.au](http://www.thelongwalk.com.au) Show your support by wearing a 2010 tee-shirt available at Fed Square on the day, or from [www.thelongwalk.com.au](http://www.thelongwalk.com.au)

When: Saturday 22 May 2010 from 4pm

Where: Federation Square to the MCG

Info: [www.thelongwalk.com.au](http://www.thelongwalk.com.au)

[Back to the top](#)



## 1116SEN wants YOU for Harf Time



Each Wednesday on 1116SEN, Daniel Harford and Nicole Livingstone want YOU to make someone feel Fuzzy.

In 2010, SEN's brand new afternoon show Harf Time with Daniel Harford is recognising the unsung heroes from sporting clubs all over the state with THE FUZZY AWARDS. The Fuzzy's aim to recognise the volunteers, the assistant coaches, the canteen ladies, the club legends, those who do all the extras to keep the club running for the sheer love of it. We are calling for nominations from sporting clubs all over the state; who at your club do you think deserves a Fuzzy Award? There is a weekly prize for the nominated winner with thanks to Intrepid Travel, and they go into the draw for our Fuzzy of the Year award at year's end.

### HOW CAN PEOPLE NOMINATE SOMEONE FOR A FUZZY?

It's quite simple - just email your nomination to [fuzzy@sen.com.au](mailto:fuzzy@sen.com.au) and tell us a bit about what they do at your club to deserve a Fuzzy Award

Each week's winner will be announced on Wednesday's edition of the SEN Hour of Power.

Harf Time with Daniel Harford – 12-4pm weekdays on 1116SEN – Melbourne's Home of Sport.

[Back to the top](#)

## Corporate Supporters



**City of Melbourne**

[www.melbourne.vic.gov.au](http://www.melbourne.vic.gov.au)

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**SRV State Government**

[www.dpcd.vic.gov.au/](http://www.dpcd.vic.gov.au/)

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**Sportspeople**

Organisations wanting to promote job vacancies at the community sport level can now list them for FREE in a new service announced at the Sportspeople Jobs Market .

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

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**Canterbury Clothing Company**

High quality Sports Clothing

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

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**OAMPS Insurance Brokers**

A Wesfarmers Company with 850 employees in 28 offices around Australia serving over 120,000 clients.

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

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#### Winning Edge

Winning Edge is a premier supplier of all presentation products, promotional items and trophies

[www.winningedge.net.au](http://www.winningedge.net.au)



#### Events Worldwide

Events Worldwide holds more **Official Travel Agency Licenses** and than any other Sports Travel Company in Australia and that proves c professionalism working as appointed agents of key event stakehold support of State and Regional Tourism.

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



#### La Trobe University

La Trobe has been one of Australia's pioneering universities for forty years.

[www.latrobe.edu.au](http://www.latrobe.edu.au)



#### Deakin University

Established in the 1970s as one of the new generation of Australian universities, Deakin combines a university's traditional focus on excellent teaching and research with a desire to seek new ways of developing and delivering courses.

[www.deakin.edu.au/](http://www.deakin.edu.au/)

## How to become a corporate supporter of vicsport

To become a corporate supporter of **vicsport** please contact us on 9926 1376 or on email at [admin@vicsport.asn.au](mailto:admin@vicsport.asn.au)

The cost of a corporate supporter membership is \$550 which includes the following benefits:

- Annual subscription to 'SportsView' – **vicsport's** quarterly hard copy publication
- Members listing in the 'SportsView'
- Annual subscription to e-news – **vicsport's** fortnightly online industry update
- Opportunity to place two lines of text with a weblink in the corporate supporter section of every edition of the enews (Corporate Supporters will be highlighted in the enews introduction if featured for the first time and up to 4 times per year if the information is updated ie. with a special offer).
- Member listing on the **vicsport** website including link to member's website
- Opportunity to promote the organisation as a '**vicsport** Corporate Supporter Member' via the organisation's own communication channels
- Invitations to appropriate seminars and workshops at no-cost or at discounted member rates if applicable
- Networking opportunities
- Access to industry research and development information
- 2 complimentary tickets to the Victorian Sport Awards

[Back to the top](#)