

Club Connection

Perenjori, Three Springs, Morawa

I have recently started a Part Time role as Club Development Officer for the Shires of Perenjori, Morawa and Three Springs.

With many years' experience with the Department of Sports and Recreation I have a thorough understanding of the importance of an active community, and how this affects all aspects of life, from the community in general to personal physical and mental health, as well as the educational benefits of maintaining an active lifestyle.

In this new role of Club Development Officer I am here to help the sports clubs of the area be able to offer this lifestyle to as many people as possible. A common misconception of my role is that I am here to step in and do; however, the clubs have been running on their own accord thus far, and my role will be to assist clubs to be their own entity.

I am a resource, here to assist the clubs, as a whole throughout all the shires and create a link between the Department of Sports and Recreation, and other departments and clubs in the area, being able to assist with building club capacity, providing information and resources for the clubs which they can use to increase membership, or aid with events or any other queries that may arise. I am also here to assist clubs to do internal needs assessments and develop strategies to meet their needs and address any shortfalls.

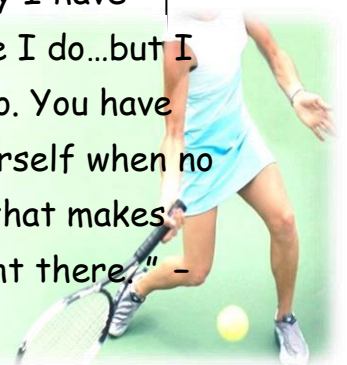
What I would like to achieve:

- An active environment where people of all ages and abilities feel that they can participate,
- Creating sustainable Sports Clubs and to ensure that your club is given every opportunity to run effectively and efficiently
- Community atmosphere,
- Providing opportunity for shared resources and developing partnerships between clubs.
- Establish links with key sport and recreation stakeholders across a wide variety of areas such as between clubs and schools
- Work to support clubs to complete the ASC Healthy Club Check, Club Plans and offer training including the DSR Club Talk workshop program. These programs are designed to improve the development of the clubs and increase a clubs chance of receiving funding in the future;

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"Some people say I have attitude - maybe I do...but I think you have to. You have to believe in yourself when no one else does - that makes you a winner right there." -
Venus Williams



Events!



Australia Day at the Perenjori Pool
26 January 2015 (12-6pm)
Sausage Sizzle Supplied- \$2

Perenjori Car Rally!!
Labour Day Long Weekend
28 Feb - 1 March

An evening with Heath Black (AFL)
Morawa Sports Ground Function Room
7/3/15- contact the shire for tickets

New Years' Eve
Toga Party
Three Springs Sports
Club

Australia Day Poolside Movie Night –
Morawa Swimming Pool
Bran Nue Dae (Rated PG) will be
showing at 6pm
26 January 2015 Gold Coin BBQ

Fundraising Ideas:

- Casino/Games Night
- Outdoor Movie Night
- Carols by Candle Light
- Trivia Night
- Cake/Bake Sale

Have an event? Let me know! club@perenjori.wa.gov.au

Grant and Funding Application Tips - *writing the application*

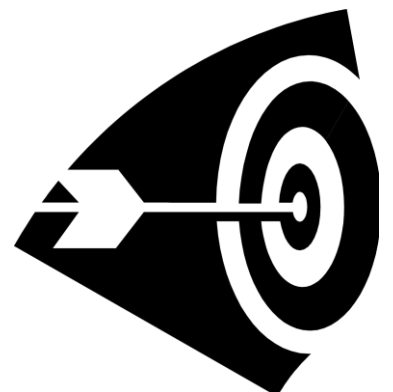
1. Decide exactly what you want to do or what kind of grant you need.
2. Identify sources of funding.
3. Find all the grant guidelines and address each one
4. Research! Find other people who have achieved funding and find out how they did it. Also ask the funding agency for advice on their requirements.
5. Present your submission well- clear, direct, simple structure, only relevant supporting material- no fluff! Keep a copy yourself as well.
6. Follow up your submission. Ensure it was received okay and everything was in good order.
7. Relax! And fingers crossed.



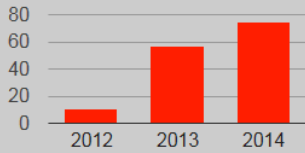
Fifty things you can do to help your child achieve in sport (Part 1)

1. Accept that they cannot win every time they compete.
2. Turn off as a sporting parent. Don't make sport the one and only conversation at the dinner table, in the car, etc.
3. Allow them to be a kid and have fun
4. Support their coach
5. Help them to develop as a person with Character and values.

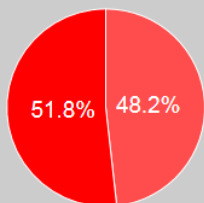
by Wayne Goldsmith in Sport and Parenting



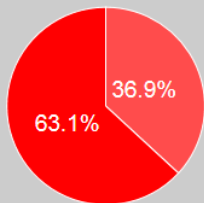
KidSport allows WA youth to participate in physical activities, no matter their financial circumstances. Eligible youth aged 5-18 can apply for financial assistance with their club fees. See below for a local snapshot of KidSport to date.



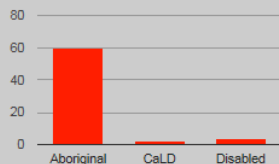
Total per year



73 boys | 68 girls



Registered with a club before
89 Not registered | 52 Registered



Diversity

6

Local governments

Top LGs

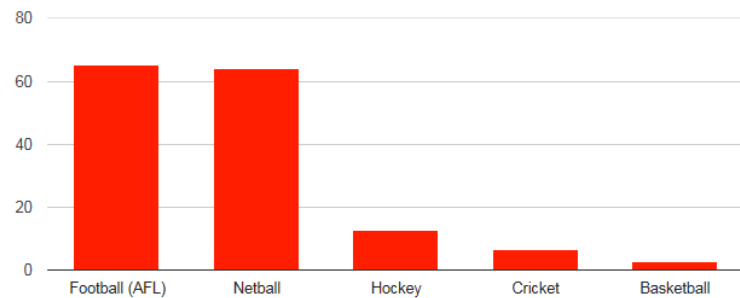
Morawa	71	50.4%
Mingenew	28	19.9%
Coorow	16	11.3%
Perenjori	10	7.1%
Carnamah	9	6.4%
Three Springs	7	5%

Top Suburbs

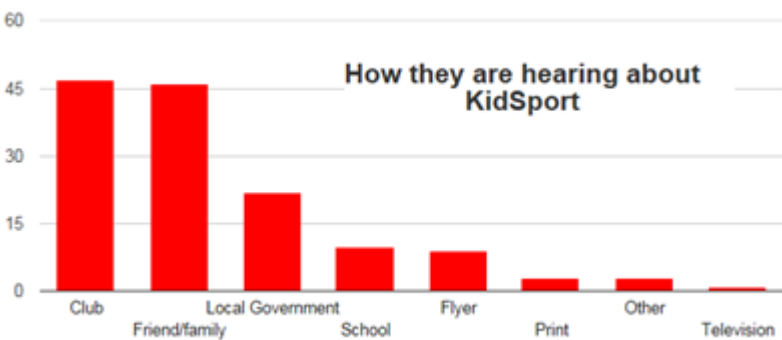
Morawa	71	50.4%
Mingenew	28	19.9%
Perenjori	10	7.1%
Carnamah	9	6.4%
Leeman	9	6.4%
Three Springs	7	5%
Green Head	4	2.8%
Coorow	2	1.4%
Jurien Bay	1	0.7%

Top 10 clubs (23 in total)

Morawa Football Club Inc	39	27.7%	Jurien Bay Cricket Club	7	5%
Morawa Netball Club	29	20.6%	Perenjori/Carnamah Football Club	7	5%
Mingenew Football Club	11	7.8%	Three Springs Netball Club	7	5%
Mingenew Netball Club	10	7.1%	Carnamah Netball Club	6	4.3%
Morawa Hockey	8	5.7%	Turquoise Coast Netball Club	5	3.5%



Top sports



How they are hearing about KidSport

141 vouchers

122 unique kids

\$14,167.00

3 years

Entire date range

Date range

Clubs that would like to participate in the KidSport Program are now to register online through the Clubs Online Website.

<http://www.dsr.wa.gov.au/funding/individuals/kidsport>

Sports Myth

Eating more fat will increase your endurance.

A currently popular trend among endurance athletes is eating a high-fat diet to increase the muscles' reliance on fat for fuel during exercise and thus increase endurance by sparing the muscles' limited glycogen stores. Studies have shown that a high-fat diet does increase the muscles' reliance on fat for fuel during prolonged exercise, however it has no effect on performance

<http://running.competitor.com>

Funding Opportunities

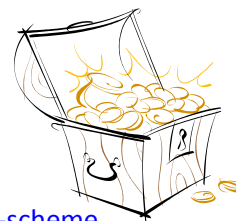


See below for grants and funding information.

Please contact me if you need some assistance. Lara Stanley (club@perenjori.wa.gov.au)

Sites that list multiple grants:

- Grantsdirectory.dly.wa.gov.au - an excellent resource which provides a printable list of grants.
- lotterywest.wa.gov.au/grants
- asf.org.au – Australian Sports Foundation - nothing available at present but worth taking note.
- Grantsandfunding.com.au



Department of Sports and Recreation Grants:

- <http://www.dsr.wa.gov.au/funding/community-groups>
- <http://www.dsr.wa.gov.au/funding/clubs/club-equipment-subsidy>
- <http://www.dsr.wa.gov.au/funding/individuals/athlete-travel-subsidy-scheme>
- [http://www.dsr.wa.gov.au/funding/facilities-\(csrff\)](http://www.dsr.wa.gov.au/funding/facilities-(csrff))
- <http://www.dsr.wa.gov.au/funding/individuals/kidsport>

<http://www.tourism.wa.gov.au/Industry/Sponsorship/Pages/Regional-Events-Scheme.aspx>

<http://www.bankwest.com.au/about-us/in-the-community/happy-communities> - Bankwest happy 365-20 entries are voted on each month \$200-\$1,000 grant. Club doing the application does need to be a BankWest customer. – Recently assisted the Carnamah Historical Society.

www.kidsfund.telstrafoundation.com - Each year, **Telstra Kids** gives a million dollars in \$1,200 grants to local non-profit groups that help kids to play and learn

www.projectdefib.com.au - This program will enable every sporting club in Australia access to the latest Lifeline VIEW Defibrillator to assist in reducing the number of fatalities resulting from Cardiac Arrest. The program will enable every club to receive a grant which will provide a comprehensive Defibrillator package at a subsidised cost.

www.mgist.com.au – McDonalds Junior Sports Trust regional clubs wanting equipment, uniforms or something else.

<http://www.holden.com.au/homegroundadvantage>

<http://www.perenjori.wa.gov.au/community/mount-gibson-public-benefit-trust/>

www.quickbeds.com/grassroots - helps your club raise funds every time your members book their work or holiday accommodation.

www.fundraising.com.au/community-grants - grant for up to \$1200 to “live well” Initiatives promoting increased opportunities for participation in sports and recreation or general community collaboration. Inclusive of purchasing equipment to increase participation. However you may need to buy some Cadbury fundraisers first so that you are an existing customer.

www.cbh.com.au/our-community/grass-roots-fund.aspx - The CBH Group's Grass Roots Fund provides financial assistance to grain growing communities to conduct events and projects which contribute to the health and vitality of their community.

www.healthway.wa.gov.au/programs/sponsorship -Healthway provides sponsorships to Sport, Arts Racing and Community Events organisations and community groups which encourage healthy lifestyles.





Club Requests

Three Springs Badminton- I have had interest in starting up an evening Badminton Club in Three Springs, if you are interested, please contact me. If there is enough people, I will pass on your details and see how I can help get organised.

Basketball- There has been requests for a basketball league to be set up between the three shires. What do you think?

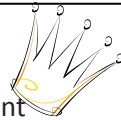
Perenjori Swim Club- we have had two separate queries for the Perenjori Pools, one is a Swim Club. The other is **Aqua fit** classes at the pool. If you are interested, please contact me and let me know which one/s you are interested in. If there is enough people, I will pass on your details and see how I can help get organised.

Perenjori Squash- why not hide inside and get fit this summer at the PJ squash courts for only \$5? –they have fans too!

Three Springs... Tennis... and Darts- Are you interested? Let me know.

Have a request? Don't hesitate to contact me club@perenjori.wa.gov.au –you never know how many other people will be interested in the same thing.

Vegetables worthy of Royalty



Red Fruits and Vegetables Contain important nutrients such as lycopene, ellagic acid, Quercetin, and Hesperidin, to name a few confusing big-words. These nutrients reduce the risk of prostate cancer, they also lower blood pressure, reduce tumor growth and LDL cholesterol levels, hunt harmful free-radicals, and support joint tissue in arthritis cases.

For example: Red bell peppers/Capsicums are full of fiber, folate, vitamin K, and the minerals molybdenum and manganese.

DSR's Tips for Club - Presidents

- Lead without controlling.
- Involve club or group members in decisions that affect them.
- Stimulate balanced discussion.
- Time meetings to finish on time.
- Encourage focused discussion and keep meetings on track.
- Negotiate successfully between members.
- And Listen!



Department of
Sport and Recreation

Volunteers Corner

Tips to Keep Volunteers Happy:

1. Let them do something interesting. What suits their skills and their passion to be there. After all, they are doing it for the passion, and it works in the clubs benefits to use the volunteers' skills.
2. Say thank you. There is nothing worse than helping someone out off your own back and not feeling appreciated.
3. Be open, keep them in the loop with what is going on that relates to them, but not flooding their day to day life with the volunteer work. They committed to a certain time frame and are happy to help as long as they stick to that time commitment.

Like our facebook page!
"Sports Clubs Perenjori,
Morawa, Three Springs"



Volunteers in Sport Project

The Volunteers in Sport project is a collaboration between The Department of Sport and Recreation and Volunteering WA. The purpose of the project is to support sports and recreation clubs in Western Australia to find recruit and retain volunteers.

Volunteering WA is targeting universities and the corporate sector to create a new pool of volunteers for sport and recreation clubs to recruit from.

How can we help?

- Provide online listings of volunteer positions.
- Work with our community partners to promote your volunteer opportunities and events.
- Provide support and training related to working with volunteers.

How can your organisation take part?

First of all your organisation needs to register as a member of Volunteering WA. There is no charge for basic membership and this enables us to ensure that you have the right insurance in place to cover volunteers.

Once Volunteering WA has received and processed the membership application we can start to work with you:

- To recruit volunteers.
- To retain volunteers.



Mathew Maxted,
Volunteering WA
matt@volunteeringwa.org.au
9482 4310

How can you volunteer?

- Look at the volunteer opportunities page on the website, find one that you like and click on 'express interest'. <http://sport.volunteeringwa.org.au/volunteer-opportunities.aspx>
- Create your own volunteer profile and let the opportunities come to you.

<http://sport.volunteeringwa.org.au>

Summer Sport First Aid - Heat Exhaustion (www.kidshealth.org)

Heat exhaustion starts slowly, but if it's not quickly treated it can progress to heatstroke. In heatstroke, a person's temperature reaches 40.5°C or higher. Heatstroke requires **immediate emergency medical care** and can be fatal.

Signs and Symptoms

Of heat exhaustion:

increased thirst, weakness, fainting, muscle cramps, nausea and vomiting, irritability, headache, increased sweating, cool-clammy skin, elevation of body temperature but less than 40.5°C

Of heatstroke:

severe headache, weakness, dizziness, confusion, rapid breathing and heartbeat, loss of consciousness leading to coma, seizures, may not be sweating, flushed, hot-dry skin, elevation of body temperature to 40.5°C or higher

What to Do

If your child has symptoms of heatstroke, **seek emergency medical care immediately.**

In cases of heat exhaustion or while awaiting help for a child with possible heatstroke:

Bring the child indoors or into the shade immediately.

Have the child lie down; elevate feet slightly.

If the child is alert, place in cool bath water. If outside, spray the child with mist from a garden hose.

If the child is alert and coherent, give frequent sips of cool, clear fluids.

If the child is vomiting, turn onto his or her side to prevent choking.

Think Prevention!

Teach kids to always drink plenty of fluids **before and during** any activity in hot, sunny weather — even if not thirsty.

Make sure kids wear light-colored, loose clothing in warm weather.



Australian Sports Commission (ASC) Club Health Checklist

The Australian Sports Commission's (ASC) Club Health Check has been formed as a tool to assist clubs with their overall management, governance and planning both at a strategic and an operational level. The Checklist is to help you! Focusing on key areas that drive clubs; how to set and reach targets considered important to running a successful club. At the completion of the survey a report is provided which will provide areas for improvement and give a clear picture of whether the clubs operations and activities are on target to achieve their goals.

The Club Health Check is an online self-assessment tool aimed at helping clubs examine how they are operating. The checklist looks at a number of different factors that are crucial to success at club level and together these factors are used to build an overall picture of the way your club carries out its operations.

The assessment should take 15- 30 minutes to complete. Once you have answered all questions, a detailed report will be emailed to you which will identify improvements and growth areas for your organisation.

We recommend the assessment be completed together by 2 or 3 people from your committee and preferably "key" people who have an overall perspective of the operations and activities of the club.

<http://www.qlbs.com.au/ASCHealthCheck/Assessment/ASCHealthCheck>

As Club development officer, I would be more than happy to attend one of your committee meetings to help guide you through the ASC Checklist. Once the report is received I am also here to offer support to implement strategies to improve the areas identified within your clubs report.

Lara Stanley



Nutrition Hint:

Include more antioxidant rich foods in your diet – like good quality raw Dark Chocolate- yay!

These super healthy (and yummy) foods help neutralise free radicals before they cause damage to the cells throughout your body. Good choices include berries, especially purple berries such as blueberries and acai; as well as green tea, tomatoes, turmeric, beetroot, pomegranate, raw cacao and Kale. Eating more of these antioxidant rich foods will help reduce the risk of diseases such as cancer, diabetes, and cardiovascular disease. They also make amazingly tasty juices or smoothies.

If you would like to receive funding from the Department of Sports and Recreation, you will need to have completed an ASC Club Health Check.



The Working with Children Check (WWC Check) is a compulsory national criminal record check. Under the Working with Children Act, people whose usual duties of work involve (or are likely to involve) contact with a child (under 18) are required to have a WWC Check. This includes Sports Coaches, and Volunteers that are working with Children. T

The WWC Check currently costs \$80.00 for paid employees and self-employed people and \$10.80 for volunteers and students on unpaid placement

If you would like to clarify any information on the Working with Children's Check, please visit <http://www.checkwwc.wa.gov.au/checkwwc/WWC+Check/>

Forms can be obtained from the Post Officer or Via the Working with Children Screening Unit.

The Working with Children Screening Unit can be contacted during the hours of 8:30am - 4:30pm Monday to Friday.

Telephone: (08) 6217 8100
 Freecall: 1800 883 979
 Fax: (08) 9221 6345
 Email: checkquery@cpfs.wa.gov.au



Here are some tips from DSR on how to get the most out of your club's social media page:

- Set goals: know what you want to get out of your social media so you can use it accordingly.
- Your Facebook/Twitter page is only as effective as you make it: don't just set it up and expect things to happen, you need to *use* it effectively for it to be effective.
- Stimulate the conversations: use these forums for conversations between the club and its members.
- Integrate communication: use social media in addition to other methods of communication; *keep* the club email and newsletter, and use social media to increase the quantity and quality of communication.
- Publicise your page: put it in the newsletter, club email, tell people around the clubrooms to like/join/follow your club's page.
- Use it to remind members of social events and training: because so many people visit their social media pages so regularly it is easy to get a message out to a wide audience quickly.
- Update the page regularly: keep in contact with members, make them aware of events, achievements and results.
- Allow for two way dialogue: you're having a conversation on behalf of your club.
- Keep it up in the preseason: when people are regularly getting messages from the club they remember things like events, and to register and pay their fees, and maybe it will even sway them to play for a season when they'd previously planned not to.

<http://www.dsr.wa.gov.au/clubs/promoting-your-club/social-media>

**Free
App!!**

Team App provides real time push notifications directly to the smartphone and is the hub for all of your communication needs. Easily categorise your members into groups to improve communication with players, parents, coaches or any number of access groups! Once created your Team App can be viewed from any mobile iOS or Android device, and a website version of your app is automatically created too.

<http://www.teamapp.com/>

A big thanks to all the clubs below that have sent me through their details for the Club Connection Newsletter. If you would like to have your Club's details included in future editions, please complete the Annual Club Condition Survey and Return as soon as possible.

Coming Soon!

Shire	Club Name	Contact Number	E-mail

I am greatly looking forward to making my way around to meet all of the Clubs and seeing what goes on in each shire. Something I will bring with me is The Annual Club Condition Survey. It is only one page- so don't be scared! The aim of The Annual Club Condition Survey is to ensure we have an up to date database for each club with contact names, numbers and other details. It is also a tool that you can use to reflect on the year, the positives and the issues. From here we can plan the next year, if there is anything we want to achieve, or any events you want to run. It will give us a snapshot of the years' plans. Not only can we be extra organised, but we can also then keep an eye out for any specific funding if required.

I look forward to meeting everyone and getting to know the clubs and what I can do to assist you.

Help Me- Help You

The Annual Club Condition Survey will be sent out to clubs to update their details as well as providing me with important information in which the clubs require the most help. If you have recently changed contact details, or you would like a copy sent to you, please e-mail me at club@perenjori.wa.gov.au

To find other sporting clubs,
Please check out "Find a Club"
<http://www.dsr.wa.gov.au/clubs>

Supported by:



Department of Sport and Recreation



Perenjori
Embrace Opportunity

