

Sports Ability Hub - UniGym



Sports Ability HUBs are a national initiative supported by the Australian Sports Commission, they are designed to encourage people with disabilities to get involved and participate in sport and physical activity.





Active Launceston is a community-driven project aimed to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.

Supporting the development of a Sports Ability Hub fits well within the objectives of the Active Launceston project.

Sports Ability is an exciting new initiative from ASC designed to encourage people with disabilities to get involved and participate in sport and physical activity. Sports ability comes with specialised equipment, training and resources.

Through support from TASRAD and the Active Launceston Project, a Sports Ability HUB has been set up as a pilot project in the UniGym on the Launceston Campus. This will be Australia's first Sports Ability Hub!

Move More,
Live More



“ Through partnerships with Active Launceston, TASRAD and the support of the State and Federal Government, the UniGym are proud to be the first in Australia to offer the Sports Ability Program. ”



Sports Ability Activities

The Sports Ability program is based around five games:



Boccia - A bowls-type target game played at the Paralympics. Boccia is suitable for all abilities and provides an ideal vehicle for inclusion.



Goalball - A Paralympics sport developed for players who have a vision impairment. It is an exciting invasion game that introduces new challenges to both sighted and vision-impaired players.



Sitting Volleyball - A Paralympics sport for players for whom standing volleyball may not be an option. As all players remain seated during play, sitting volleyball is an excellent inclusion game.



Polybat - An accessible version of table tennis, particularly useful for young people who have coordination and control impairments. Polybat can also be used to introduce younger children to table tennis.



Table Cricket – a dynamic table version of cricket for players of all abilities, but specifically those with complex or higher support needs. It retains the three main elements of cricket – batting, bowling and fielding.



Traditional games are also available and can be adapted and modified to suit all abilities. These games have their origins in the Torres Strait, Central Australia, Northern New South Wales and South East Queensland.

When is it on?

Sports Ability Hub is available for group bookings on Thursdays between 9am and 12pm.

Casual participation and social rosters will be developed based on interest.

Does it cost anything?

\$5 per participant for 1 hour booking (minimum value \$45).

The equipment and training for Sports Ability Hub has been subsidised. This small fee is to cover staff on costs and court/room hire.

Who can participate?

Sports Ability caters for all spectrums of abilities and there are no restrictions.

Support Workers must be present and assist where necessary.

How do I book?

Use the booking form attached to this brochure.

Fax to: 03 6324 3092

For more information:

Contact Stephen Stone on 6324 3092
Sport.Launceston@utas.edu.au

Booking Information:

www.utas.edu.au/sportrec

Active Launceston:

www.activeLaunceston.com.au



Sports Ability Hub - Booking Form

Name of Organisation:

Contact Name: Phone:

Email:

Address of Organisation:

Proposed Date:
(Thursdays)

Attendee Details: *Please list clients attending*

Other days available on request

Time Slot:

10.00am - 11.00am

11.00am - 12.00pm

Preferred Games:

Boccia

Goalball

Sitting Volleyball

Polybat

Table Cricket

Traditional Indigenous Games

	Name	Support Worker		Nature of Disability
		Y	N	
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				

The hirer agrees that they must read and sign the Terms and Conditions of Hire from the UniGym prior to commencing activities associated with the Sports Ability Hub for insurance purposes.

I have read and understood the above request:

Name:

Signed: Date:

Photos courtesy of the Australian Sports Commission and Active Launceston

