



2012-13 grants program now open

Sport and Recreation Tasmania (SRT) provides funding to increase participation in sport and active recreation in Tasmania, and to assist the development of the sport and active recreation sector. Funding is available to state sporting organisations, state sector service providers, clubs, associations, local government and other not-for-profit providers of sport and active recreation through four grant programs:

- [State Grants Program](#)
- [National/International Sports Championships Program](#)
- [Minor Grants Program](#)
- [Major Grants Program](#)

You can download a fact sheet about these programs, as well as their guidelines and application forms [here](#). Anyone thinking of applying is advised to contact Sport and Recreation Tasmania first, to discuss their submission.

Olympics reminds us what sport is really all about

While we cheer on the heroic deeds of the Olympians and Paralympians in London, it is also the perfect time to remind everyone what sport is really all about: respect, inclusion and good sportsmanship.

Play by the Rules (PBTR) has a new community service announcement (CSA) designed to get this message across. The above CSA features Paralympian Matthew Cowdery while Kookaburras coach Ric Charlesworth is in another version. We encourage organisations to share these videos to show your support for inclusive, safe and fair sport.

PBTR is a free web resource that provides information, training, interactive tools and templates for anyone involved in sport. See more at www.playbytherules.net.au

Local knowledge: At the Cutting Edge

Sports Medicine Australia (SMA) is holding its State Conference for Tasmania on **Saturday 25 August**. Speakers will cover a broad range of topics including:

- *Osteoarthritis: Definition, sources of pain and therapy.*
- *Are gait patterns important when assessing falls risk in older adult?*
- *Blood pressure measurement and interpretation.*
- *Outcomes and rehab following hip arthroscopy.*

Presenters come from a range of discipline areas and will be presenting latest research in their various fields. Click [here](#) to download the information sheet and registration form.

SMA is Australia's peak national body for sports medicine and sports science and is widely acknowledged overseas as the world's leading multi-disciplinary sports medicine body.

SMA plays an active role in educating professionals and sports-minded community members and in assisting all active people to achieve optimal benefits from their exercise, activity and competition – from weekend enthusiasts of all ages through to elite level competition.

Sporting opportunities for Aboriginal Tasmanians



Pictured: basketballer Deba George with SRT officer Lincoln Birch (right).

Sport and Recreation Tasmania (SRT) is working to provide better sport, recreation and physical activity outcomes for the Tasmanian Aboriginal community.

SRT staff are working with both Aboriginal community organisations and sport, recreation and physical activity providers to achieve these outcomes.

SRT can provide:

- Assistance in identifying and developing partnerships between Aboriginal community organisations and sport, recreation and physical activity providers.
- Assistance in developing relevant programs.

- Funding to sport, recreation and physical activity providers to deliver participation opportunities, where appropriate.

Those interested should contact Bec Thomas via email bec.thomas@development.tas.gov.au or phone (03) 6233 5613.

Nutrition for Exercise and Sport

Are you interested in learning more about sports nutrition and how it can affect health, fitness and performance? **Sports Dietitians Australia (SDA)** is presenting its one day professional development course, **Nutrition for Exercise and Sport**, in Hobart on **Saturday 11 August 2012**.

Delivered by accredited sports dietitian, Gaye Rutherford, this unique course is tailored specifically to meet the needs of coaches, athletes, teachers, fitness industry trainers and anyone interested in nutrition for the active person, to 'get the edge'.

For more information and registration details click [here](#).

Shaping Tasmania's sporting future

Sport and recreation organisations are encouraged to take part in the community conversations about the Regional Economic Development Plans for Tasmania.

Sport and recreation is an important part of our communities and it is important the issues and opportunities for the sector are raised and considered as part of these plans.

Further details are available at: www.rdatasmania.org.au.

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