



Newsletter No 1.

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May 2009

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What is WSRT?

WOMENSPORT AND RECREATION TASMANIA INC. is the peak body for women's sporting and recreational organisations in Tasmania and is a group of concerned individuals and organisations with a broad range of interests in women's and girl's sport and recreational issues.

Why have a women's sporting and recreation organisation?

There are only half as many women as men taking part in regular sporting and recreational activities. It is important to address this imbalance and provide more opportunities which will enable and encourage women and girls to become involved in regular physical activities



Objectives

The objectives of Womensport and Recreation Tasmania are to:

- provide a platform for women's and girl's sport and recreation groups to communicate and share their common problems and solutions.
- act as a united group to inform and lobby legislators and decision makers to include sport and physical recreation issues for both genders on agendas at state and federal levels.
- make public comment about issues facing women and girls in sport and physical recreation.
- provide support to sporting organisations in their actions to address inequitable practices.
- promote media coverage of women and girls in sport.
- encourage all women and girls to participate in physical activity.



Benefits

Womensport and Recreation Tasmania provides a range of benefits to the community including:

- representing the interests of women and girls in sport and physical recreation activities through a formal group
- providing access to mentoring opportunities, information, ideas sharing, education, training and opinions
- providing access to state issues and activities relating to women and girls and sport and recreation
- facilitating change and increased opportunities for women and girls
- promoting specific skills and expertise.

Womensport and Recreation Tasmania Inc. is managed by a Board that meets monthly.

The Board executive for 2008-09 is

- Ald Adriana Taylor - Chairman
- Mrs Janine Cullen - Vice Chairman
- Ms Heather Hicks – Treasurer

Other Board members are:

- Mrs Belinda Jefferies
- Mrs Bridget Rheinberger
- Miss Rebecca Andrews
- Miss Emma Fyfe and
- Mr Beres Taylor



We have a web site at <http://www.wsrt.org.au> where we outline our activities and programs and highlight women's and girls achievements in all sorts of areas of sporting and recreational activities.

- How about telling us what you do for physical activity and recreation?
- Perhaps you would like to advertise or promote what you are doing or how your team is performing?
- Perhaps you would like to get a women's or girl's team started in some sport or other recreational activity?

USE THIS NEWSLETTER AND THE
WOMENSPORT AND RECREATION WEBSITE
TO GET YOUR MESSAGE OUT THERE!

The **Get Active Program** is our flagship program. It aims to increase participation in physical activity among those who are most challenged in getting active.

Goals of the Women Get Active Program Tasmania are to:

- increase women's self-esteem, confidence and assertiveness (with a focus on groups most 'at risk' in terms of health and well-being)
- empower women to address barriers that inhibit their participation in physical activity
- provide women with the tools to actively engage in physical activity
- link women into groups in their communities, including other physical activity options and community groups
- increase women's involvement in active recreation to such a level that women will experience the benefits of participation and choose to sustain the activity
- engage women in the development and implementation of their *Women Get Active Program*

For more information see our website or contact

Di McShane, GAP Coordinator on 0438 254 411 or email

Hgap@wsrt.org.au





And they are off and running in the 8km run at the 2009 Hobart Mother's Day Classic Fun Run and Walk.

Mother's Day 2009 dawned clear and crisp and the runners and walkers turned up literally in their thousands for the Mothers Day Classic, held at the Domain Athletics Centre. Final registered entries totalled 2531 for the three events held, with the 8km run attracting 260 participants and with 340 participants finishing the 4 km Run. An astounding 1731 participants took part in the 4 km walk meaning that it took almost 5 minutes for the last walkers to make their way out the gate and onto the road after the official starter's gun. Results of both runs are available on our website at <http://www.wsrt.org.au/2009%20MD%20Classic.htm>

Administration Manager's Position

Womensport and Recreation Tasmania Inc. has been in existence in one form or another since the early 1990's. Our membership has ebbed and flowed during that time, sometimes with full active committees and viable activities, at other times barely managing to remain in existence. But persistence has finally won through. As mentioned earlier, the GAP program has been our flagship program, running now since about 2003 when it was first offered in partnership with Womensport Victoria. With funding through the Australian Better Health Initiative we are now able to employ a program manager and a coordinator so Womensport and Recreation Tasmania inc. became an employer but still exists as a committee of volunteers.

The 2007/8 Board applied to Sport and Recreation Tasmania for specific funding to employ a part-time Administration Manager and to our delight we were advised late last year that we had the funding to establish the part-time position for 12 months. The Tasmanian Health Department already rented office space to us for the GAP coordinator and were happy to extend the offer to provide the WSRT Administration Manager space and computing facilities in the same office. Hence the sudden upsurge in activity in your email inbox. Beres Taylor is acting in the position to set up the office and some procedures while the position is being advertised. We are now almost at the interview stage and look forward to having someone in the position in the very near future.

And now for the Future

The WSRT Board members are currently working on a number of projects. These include:

School Girls Breakfast kit

The Board is developing a School Girls Breakfast kit to provide a guided process for communities to hold an annual breakfast for Grade 9 girls where they have the opportunity to meet with past and current female role models in various fields of endeavour and reflect on their own aspirations.



Networking Event

Holding a gathering of officials and players from women's sporting organisations so we can help establish links which will lead to better communication between the organisations, better media coverage for women's activities and establishment of independent processes to handle discrimination or harassment issues that may arise.

Member Protection Information officer training

Board members will undergo training to become Member Protection Information officers.

Website upgrade

The WSRT website upgrade is nearly complete and will soon be launched.

Increasing networks

WSRT relies heavily on strong relationships with the community sector. A new focus for the Board is to establish relationships with the corporate sector. In addition we aim to extend our activities to the rest of the State through developing networks with interested women in Launceston and the North West – many of whom are already involved in the GAP activities.

The Womensport and Recreation Tasmania Inc. contact details:

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Postal address

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Administration Manager

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GAP Coordinator

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*First woman home in the 8 Km Run, Andrea Marquardt and
WSRT Chairman, Adriana Taylor at the 2009 Mothers Day Classic*



The walkers head off in the 2009 Mothers Day Classic 4km walk

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