



Australian Government
Australian Sports Commission

MEDIA RELEASE

Active After-school
Communities

Helping kids and communities get active

Monday 28 September 2009

North West children skip towards good health!

Hundreds of children are gathering at St Patrick's school oval, today to learn skipping tips, tricks and techniques from the Hot Shots Skipping Team as part of the Australian Sports Commission's Active After-school Communities (AASC) program.

The children attending today's activities are from the AASC programs conducted at Spreyton Primary School, Latrobe Primary School and Shamrock Out of School Hours Care facility.

Local Member for Braddon, Sid Sidebottom MP, is also attending the event and is looking forward to seeing the children and Hot Shots Skipping team in action.

'It's great seeing children from the Spreyton and Latrobe regions being so enthusiastic about sport,' Mr Sidebottom said.

'To become a healthier nation and develop Australia's sporting future, we need to encourage our children to lead healthy and active lifestyles and sport plays a huge part in this.

'I commend those who have worked tirelessly and given their time and effort to make this Australian Government program such a success.'

The Hot Shots Skipping Team is based at Mt Cotton in Queensland and represents the National Heart Foundation's Jump Rope for Heart program. They have performed at the 2008 World Rope Skipping Championships in Cape Town, South Africa and have appeared on Australia's Got Talent, reaching the semi finals.

Coach of the Hot Shots Skipping Team, Taryn Hodgson, is excited about the opportunity to work with so many children and introduce them to skipping, which she says is a great way to help keep your heart healthy. 'Our main aim is to get more children actively involved in exercise. The exercise we choose is skipping,' Ms Hodgson said.

The AASC program is a free Australian Government program, which has achieved outstanding results in promoting a healthy and active lifestyle and the transitioning of primary school children into community sport. Around 150,000 children take part in the program and are provided a positive introduction to over 70 sports and 20 other structured physical activities.

For more information about the AASC program visit ausport.gov.au/aasc

Media opportunity:

What: North West Tasmania children getting active and having fun.

When: 3.30pm – 5.30pm, Monday 28 September

Where: St Patrick's Latrobe 55 Bradshaw Street, Latrobe

Media contact: David Munns, Australian Sports Commission. Phone: 0437 700 376