



# The Hon Ray Williams MP

Member for Castle Hill  
Minister for Multiculturalism and  
Minister for Disability Services

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## MEDIA RELEASE

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29 August 2017

### SENIORS IN CASTLE HILL TO BENEFIT FROM GAME-CHANGING SPORTS PROGRAM

Modified versions of football, netball and gymnastics will be available across the state as part of a \$100,000 NSW Government initiative to help older people keep active and improve social connections.

Member for Castle Hill announced the Modified Sports Program for seniors, a new partnership with Football NSW, Netball NSW and Gymnastics NSW.

“The NSW Government wants to remove barriers that may prevent older people from participating in the games they love, and ensure they are reaping the rewards of sport,” Mr Williams said.

“I encourage any older person in the Castle Hill electorate to find out what new competitions and classes are on offer so they can literally start kicking goals while improving health and wellbeing.”

Modifications to sporting codes includes rule changes such as the introduction of “walking” in football and netball matches, and tailored gymnastics activities to cater for different levels of ability.

The NSW Government wants to ensure older people in NSW have the opportunity to lead healthy, active and happy lives. Age is no barrier for those wanting to participate in sports in their communities, and this program not only promotes improved mobility, strength and coordination but also social connections.

The *Modified Sports Program* is an initiative of the *NSW Ageing Strategy 2016-2020* - bringing government and non-government sectors together to respond to the opportunities and challenges faced by our older population.

To register or for more information about modified football, netball or gymnastics visit:

- Football NSW – (02) 8814 4400 [www.footballnsw.com.au](http://www.footballnsw.com.au)
- Netball NSW – (02) 9951 5000 [www.netballnsw.com/walking-netball](http://www.netballnsw.com/walking-netball)
- Gymnastics NSW – (02) 9763 5011 or [www.gymnsw.org.au/olderadults](http://www.gymnsw.org.au/olderadults)

**Media: June Belkovskis - 02 8882 9555**

Please find comments from partners of the *Modified Sporting Program* to follow.



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### Comments from partners of the *Modified Sporting Program*

#### **Please attribute to Football NSW Member Services Manager, Matt Rippon:**

“Football NSW Walking Football programs aims to target inactivity in our ageing population and provide a football opportunity for all participants no matter their age or ability.”

#### **Please attribute to Netball NSW General Manager Sport Development, Nikki Horton:**

“Netball NSW is pleased to have entered into a partnership with FACS to develop a modified Netball program that will remove barriers to participation for older people and will allow everyone to experience health and social benefits of the sport.”

#### **Please attribute to Gymnastics NSW Marketing Manager, Kait Bastion:**

“Gymnastics NSW believe that by starting in gymnastics you can go anywhere. The success of this program comes from the simple things that participants are able to achieve after participating.”