

## WHY SPORT?

Sport plays a vital role in improving the health and wellbeing of Indigenous people and their communities.

Sport brings people together. It teaches important life skills such as leadership, friendship, teamwork, respect, fairness and responsibility. Through sport, people learn not only to take part, but also to win and lose with grace and dignity.

Sport is also important in reducing health risks, improving academic success and addressing social problems. Many studies have shown that people involved in sports clubs and organised recreational activities enjoy better mental health, are more alert and more resilient to the stresses of modern living.

## INDIGENOUS SPORT AMBASSADORS



*'Remember, even Cathy Freeman was a beginner once. Try lots of sports and see which ones you like. There are so many sporting opportunities out there for Indigenous Australians and lots of people to help you along the way. Sport changed my life. It can change yours too.'*

Adam Goodes, Sydney Swans  
and Indigenous Sport Ambassador



*'Sport is a great way to get fit and stay healthy, learn new skills and make new friends. I would love to see more Indigenous girls get involved. My sport has really taken me places.'*

Bianca Franklin, West Coast Fever  
and Indigenous Sport Ambassador

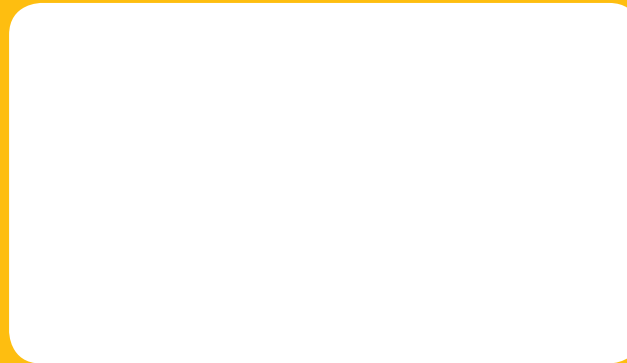


*'Throughout my sporting career I have seen so many talented Indigenous sportsmen and women drop out because of a lack of support. Most of them were unaware of the financial assistance available through the Australian Sports Commission. If you want to be the best you need a strong support network.'*

Patrick Johnson, champion sprinter  
and Indigenous Sport Ambassador

## Contact us

To contact your local Indigenous Sport Development Officer, call:



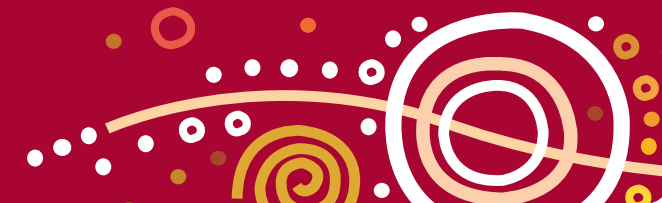
For more information visit [ausport.gov.au/isp](http://ausport.gov.au/isp)



Australian Government  
Australian Sports Commission



# INDIGENOUS SPORT GET INVOLVED





## FOLLOW YOUR SPORTING DREAMS

Do you want to get involved in sport? The Indigenous Sport Program can help you get involved in organised sport at any level – whether it is just to be with your friends, to play in regular competitions or to represent your state/territory or country.

The Indigenous Sport Program is run by the Australian Sports Commission in partnership with the Department of Health and Ageing. We work to:

- > encourage Indigenous people to be more active and to play sport at all levels
- > increase opportunities for Indigenous people to learn the skills needed to organise, deliver and manage community-based sport
- > assist talented Indigenous sportspeople to access the support they need to reach their sporting goals.

## How can we help?

### Indigenous Sport Development Officers

If you want to get involved in sport but do not know how, we have a national network of Indigenous Sport Development Officers who work with state/territory departments of sport and recreation.

Indigenous Sport Development Officers look at the sporting needs of Indigenous communities and then develop programs, often in partnership with sporting organisations, to deliver community-based sporting opportunities and services.

Through our officers you can also find out more about coaching and officiating, how to run a sports competition, how to get involved in local sporting clubs, and what sport services are available for Indigenous people with disabilities.

### National Indigenous Sport Development Program

We work with the Australian sports industry to deliver sporting activities and programs to Indigenous communities identified by Indigenous Sport Development Officers. The emphasis is on sharing the knowledge and skills of the Australian sports industry with Indigenous Australians at the grassroots level.

### Sport-specific cultural awareness training resources

Cultural awareness training resources are available to help improve the Australian sports industry's understanding of Indigenous culture.

### Preserving Indigenous culture through sport

Help us to preserve traditional Indigenous sports and games and encourage people to play and understand them. Visit our website for information on over 100 traditional Indigenous games.

### Elite Indigenous Travel and Accommodation Assistance Program

The Elite Indigenous Travel and Accommodation Assistance Program provides grants to Indigenous sportspeople over 12 years of age who have been selected to represent their state/territory at national sporting events and competitions, or those selected in an Australian team to compete at international level. These grants are for travel and accommodation expenses only and are also available for Indigenous coaches, managers, trainers and officials. This program is supported by the Department of Health and Ageing.

### More funding opportunities

Additional funding for Indigenous sportspeople and programs may be available from the Department of Health and Ageing. Call 1800 020 103 or visit [health.gov.au](http://health.gov.au) to find out more.

For more information, visit [ausport.gov.au/isp](http://ausport.gov.au/isp)