



Funding Available for Local Sporting Champions

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championships.

The Local Sporting Champions program is designed to support young people participating in state, national and international level sporting championships as either an athlete, coach or official.

In order to be eligible to apply for a Local Sporting Champions grant, young people must meet the following criteria: (Please click [here](#) for full list)

- Be between 12 and 18 years of age (inclusive) at the time of the nominated sporting championship.
- Be an Australian citizen or have been granted permanent resident status, residing in Australia.
- Must complete and submit application to the ASC prior to the nominated championship commencing.
- Must not have received a Local Sporting Champions grant (individual grant or as a member of a team grant) for an application submitted in the same allocation year (1 March - 28 February).
- Must not have received \$500 or more in federal government funding for the nominated championship.

For more information and to complete your registration form click [here](#).

Become a Community Coach

The Australian Government's Active After-school Communities (AASC) program is conducting a FREE coaching course!

If you are a student, club coach, teacher, parent, community member, volunteer, professional coach, beginner coach or athlete, you can register. Prior coaching experience is not necessary, just a love and passion for delivering sport and other structured physical activity to children.

The Community Coach Training Program will provide you with the necessary skills and resources to deliver sport and other structured physical activities within the Playing for Life philosophy.

Where the Benefits?

- It's free!
- You can help more kids in your community to get active.
- Opportunities to promote your local club or sport.
- Gain a nationally recognised coaching certificate.
- Access to loads of resources and information.
- Professional development.

Date: Tuesday 25th June

Time: 4pm - 8pm

Venue: Berserker SS Hall-Charles Street

Contact: 0427 700 918

To register or for further information contact:
Rebecca Toohey AASC Regional Coordinator
rebecca.toohey@ausport.gov.au



KickStartCQ Facebook

Keep in touch with the KickStartCQ team and 'LIKE' our facebook page [here](#).

There's heaps of great local information to keep active and involved in the Community, as well as competitions and heaps more!

Check it out today!!!



Upcoming Events...

June 19

[Bokwa Fitness](#)

6:00pm (0402 203 683)

[Free Playgroups](#)

10:00am (4921 3655)

[Walking & Outdoor Fitness](#)

9:15am (4936 8025)

June 20

[Women of Worth](#)

10am (4922 6585)

[Yoga](#)

5:30pm (0402 591 931)

[Rocky Road Runners Meet](#)

5:30pm (0427 156 590)

June 20

[Outdoor Zumba Fitness](#)

5:30pm (0400 741 388)

June 21

[C-vivor Qi Gong](#)

9:00am (4932 8610)

[Free Playgroups](#)

9:00am (4921 3655)

[Yoga-lates](#)

9:00am

June 21

[Zumba](#)

9:15am (0427 910 091)

[Beginner's Square Dancing](#)

7:00pm (0428 761 244)

June 22

[Junior Indoor Netball](#)

9:00am (4927 8499)

June 23

Know of any events on this day???
Email sport@rrc.qld.gov.au

June 24

[FREE Kindysport Come & Try Morning](#)

9:00am (0448 228 483)

[Walking & Outdoor Fitness](#)

9:15am (4936 8025)

[Boccia Paralympic Sport](#)

10:00am (0407 088 893)

June 24

[Cap Coast Runners Meet](#)

5:30pm (4939 3898)

[Rocky Hash House Harriers Meet](#)

6:00pm (4926 3336)

June 25

[Free Playgroups](#)

9:00am (4921 3655)

[Adult Learn to Tap](#)

6:30pm (4921 1948)

[Bokwa Fitness](#)

5:45pm (0422 575 470)

June 26

[Walking & Outdoor Fitness](#)

9:15am (4936 8025)

[Free Playgroups](#)

10:00am (4921 3655)

[Bokwa Fitness](#)

6:00pm (0402 203 683)

June 26

[FREE Kindysport Come & Try Morning](#)

9:00am (0448 228 483)

If you have an event or program that you would like advertised through the KickStartCQ network please email all the details to sport@rrc.qld.gov.au.



[Yeppoon Seagulls Charity Golf Day](#)

Come and support your local football club in raising funds for Pinefest Entrant Madeline Watts. A great day to be had by all including a chance to win a Scotty Cameron Putter and much more.

When: Starting at 11:30, 5th July 2013
Venue: Mercure Golf Course, Farnborough Road, Yeppoon
Cost: \$50pp which includes lunch & cart or \$200 per team.
Contact: 0419 677 985 / 0408 190 038

For more information or to book please email :

Rhonda@paulwattsco.com.au or
maddi_watts@hotmail.com



[Rockhampton Road Runners Encouraging First Step](#)

Rockhampton Road Runners are encouraging people to take the first step towards a healthier lifestyle by commencing a weekly session specifically targeting beginners and intermediate walkers/runners.

For all the details click [here](#).

ORIENTEERING
COME AND TRY IT!

QUEENSLAND
Australian Government
Australian Sports Commission

Kershaw Gardens - Knight St. carpark
Sun 23rd June from 9am - 11am

Rockhampton Botoanic Gardens Lagoons
(enter from the North off Ann St)
Sun 7th July from 9am - 11am

Easy courses available for beginners plus instruction on the basic map reading and navigation skills.
 People of all ages invited to come along and try out the sport. Cost \$5.
 Ph 0419 123 399 or go to www.oq.asn.au/events for details.
 Orienteering Qld acknowledges the support of the Australian Sports Commission for this participation project.

WTF Women that Fish Barra Classic

Fitzroy River, Rockhampton 11 & 12th October 2013

To register your interest please contact either:

Belinda Lindel 0407 674 308 / belinda2425@hotmail.com
 Shaza VanHaeren 0429 923 243 / rvanhaeren@bigpond.com

Open to ladies 8yrs and over
 This is a catch and release competition
 WTF is affiliated with the Barra and Bostatic Club

WTF
BARRA Classic
2013

Get the news out with KickStartCQ...

If you or your club has an news story that you would like advertised in the KickStartCQ Notice Board please email all the details to sport@rrc.qld.gov.au



bike4life
charity ride

100 km BEACHES BASH
60 km CAWARRAL CHALLENGE
20 km TOUR OF THE TOWN
5 x 1 km LOOP TOUR DE UNIVERSITY

HAVE FUN! BE ACTIVE! SUPPORT LOCAL CHARITIES!

The 2013 Bike 4 Life Charity Ride provides an opportunity for people of all ages and abilities to challenge themselves in a fun, relaxed and non-competitive environment!

100km **Joncris Sentinel Services** Beaches Bash - \$40*
60km Cawarral Challenge - \$40*
20km **Ergon Energy** Tour of the Town - \$25*
5km Tour De University - \$5

* Additional \$5 Charge to cover Public Liability Insurance for Non-Club Members

All proceeds will be distributed to Carinity Communities, Capricornia Sporting Wheelies & Disabled Association and Prostate Cancer Support Group



Sunday, 28 July 2013 | CQUniversity Sports Centre
For event details visit www.facebook.com/bike4liferockhampton
to register visit www.bike4life.org.au

Swimming Heats Up at Emu Park

Emu Park residents and visitors can now enjoy swimming the entire year with a \$133,000 pool upgrade including the installation of new heating equipment.

Rockhampton Regional Council and the State Government contributed funds towards the upgrade of the Don Ireland Swimming Complex, including the 25-metre pool, which is sure to delight local swimming clubs, recreational swimmers and visitors to the area.

Rockhampton Regional Council's Committee Chair of Parks and Recreation Councillor Cherie Rutherford said Council was once again contributing to and helping our residents enjoy a healthy lifestyle.

"Council values a healthy lifestyle and our aim is to ensure all residents have opportunities to use and enjoy all our sporting and recreational facilities. Council contributed just over \$106,000 to the Don Ireland Swimming Complex upgrade, which now allows our local community access all year round," Cr Rutherford said.

"While the weather along the Capricorn Coast is milder during winter, having a heated pool is a real bonus and ensures that local residents, swimming clubs, recreational swimmers and visitors can now enjoy their outdoor activities throughout the cooler months."

Division 2 Councillor Tom Wyatt will launch the upgraded complex and said Emu Park residents and regular users were already enjoying the improvements.

"The heaters and associated improvements at the complex are now operational and we thank the State Government's Sport and Recreation Infrastructure Program for their contribution of just over \$27,000," Cr Wyatt said.

"Along with the heating infrastructure, the funds enabled officers to purchase pool blankets and rollers, complete a power upgrade including a new switchboard, and enable the separation of the wading pool plant and equipment.

"The heating is an autonomous system - it's simple and easy to maintain which will also ensure our swimmers are happy and comfortable during winter."



NAIDOC Corporate
Touch Footy Challenge
Saturday 6th July 2013
Gymy Grounds

Please complete the Nomination Form & submit the Registration Fee by **Monday 1st July 2013**. Nominations can be returned by fax or email to Lionel Harbin at Darumbal Community Youth Services Inc.

Phone: 4922 6180 Fax: 4922 8147
Email: lionel.harbin@darumbal.org.au

Be in the Know...

Did you know you can sign up to receive Council's latest news straight from the horse's mouth? You'll receive updates on Council news as it breaks.

To sign up email
communications@rc.qld.gov.au



The Facts About Superfoods: Part 2

Continuing on from last weeks article about 10 Superfoods that can supercharge your diet. We sure that foods like Acai, Yogurt, Broccoli, Lentils and Sweet potatoes have incredible health benefits. Here are the last 5 Superfoods.

Blueberries: Hidden within the juicy, deep blue-purple flesh of this tasty fruit is cancer-fighting ellagic acid, an antioxidant that has been proven in laboratory research to slow the growth of some cancerous tumours. Blueberry extracts have also been shown to have anti-inflammatory properties and help prevent infectious bacteria from clinging to the walls of the gut, bladder and urethra.

Wild salmon: Packed with omega-3 fats, wild salmon can help reduce the risk of sudden-death heart attacks and contains lots of vitamin D and selenium for healthy hair, skin, nails and bones. Wild salmon can be eaten with little fear of mercury or excess contaminants and is more nutritionally rich than farmed salmon. Wild salmon also has a smaller environmental impact. Consume two to four four-ounce servings a week for optimal benefits.



Goji berries: They've been called the most nutritionally dense food on Earth, and they taste something like salty raisins. Lycium barbarum, commonly known as goji berries, contain more vitamin C than oranges, more beta carotene than carrots and more iron than steak. The dried Himalayan fruit is also a great source of B vitamins and antioxidants and contains 15 amino acids. Goji has been used medicinally in China for centuries to improve blood circulation, strengthen the limbs, improve eyesight, protect the liver, increase libido and boost immune function.



Kale: A dark, leafy green in the same vegetable family as broccoli and brussels sprouts, kale contains high amounts of beta carotene, iron and folate. It's also a low-calorie, low-carb source of protein that's packed with fibre, which improves digestive health and helps you feel full. A small cupful of cooked kale provides more than half the recommended daily allowance of vitamin C.

Barley: This low-glycemic grain is high in both soluble and insoluble fibre, which help the body metabolise fats and promote a healthy digestive tract, respectively. Eating hulled barley on a regular basis is said to lower blood cholesterol levels, protect against cancer and keep blood-sugar levels stable. Barley is rich in niacin, vitamin E, lignans and phytochemicals that function as antioxidants.

CHALLENGE: This fortnight challenge, try and incorporate at least 1 Superfood in a meal everyday, your body will thank you for it.



No Gym, No Equipment, No Problem: Home Workouts

Wouldn't it be wonderful to be able to afford all of that fancy equipment used in the gyms? Well, as nice as it sounds, it just isn't an option for most people. And since exercise is so important, you need to find exercises that are effective and don't require any equipment at all.

Complete this workout four times a week and together with a healthy diet you will see results in no time. If you are finding the exercises to easy increase the repetitions or add weights to your routine. REMEMBER No Pain No Gain!

Walking - 30mins.

The aim of doing the 30 minute walk before the endurance exercises is to raise your heart rate. Try and find some hills to walk up or if your comfortable try jogging for a 1 minute and walk for a minute and a half , repeating for 30 minutes.

Jump Squats - 2 Sets of 10 Reps

1. Stand with feet shoulder-width apart, arms at sides
2. Start by doing a regular squat and then jump up as explosively as you can when you rise up reaching for the ceiling.
3. When you land, lower you body back into the squat position to complete one rep.



Leg Lifts - 2 Sets of 5-10 Reps

1. Lie flat on your back with your legs stretched out in front of you. If you feel uncomfortable, try lying on carpet or on a yoga mat. If you have back problems, fold a towel and put it under the curve of your back, just above your hips. Keep your hands flat down on the ground.
2. Bend your legs and raise them, keeping your toes pointed. Your thighs should be perpendicular to your body, while your shins are parallel.
3. Straighten your legs so that they're pointed at the ceiling. Keep your toes pointed. For a harder workout, skip Step 2 and slowly raise your legs to the ceiling without bending them.
4. Slowly lower your legs to about an inch off the floor. Don't just let gravity work for you, make sure you're in control. If the exercise feels too easy, try to lower more slowly.
5. Slowly raise your legs back up to the ceiling.





Arm Circles: 2 Sets of 1 minute Reps

1. While standing straight with your feet flat on the ground and arms extended out to the side at a 90-degree angle to your body, start moving your arms in small, fast circles forward.

Remember: to clench your abdominal muscles for a more intense feeling. If you want to increase the workout hold either a light dumbbell or tin of spaghetti. (Remember to improvise if you don't have the equipment)



Tricep Dips: 2 Sets of 10 Reps

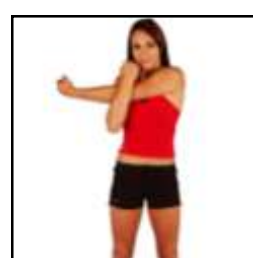
1. While sitting on a chair, grip the edge of the seat with your hands and stretch your legs out in front of you.
2. Move your body forward so that your feet are flat, your arms are bent behind you holding you up and your body is extended above the ground.
3. Slowly raise and lower your body using your triceps

To Easy: Instead having your legs at bent have them straight this gives you a deeper dip.

Remember: To switch on your abdominal muscles and to keep your back straight.



Stretching - Hold Each for 20 Seconds



Equipment Needed

- Walking Shoes
- Exercise Clothes
- Watch
- Dining Chair
- Towel / Yoga Mat
- Dumbbells (Optional)