

BEYOND THE GAME

The Connected and Active Communities e-Newsletter



Connected and Active Communities

Port Lincoln



Government of South Australia
Office for Recreation, Sport and Racing



TERM 3
SCHOOL
HOLIDAYS

WHERE
KIDS
MEET
SPORT

We're excited to bring you the latest update from the Connected and Active Communities (CAC) Program as we continue to support sport, recreation and community connection across Port Lincoln and the wider region.

As the winter sporting season draws to a close, we extend our congratulations to all players, coaches, officials, volunteers and clubs who have competed in finals this year, and wish the very best of luck to those preparing for upcoming grand finals. Finals season is a celebration of the hard work, dedication and community spirit that makes local sport so important to our region. This edition also marks the official launch of the inaugural regional Growing for Gold program, with registrations and bookings now open. The free school holiday program will give local children the opportunity to try a variety of sports and recreation activities, helping them build confidence, develop new skills and discover

activities they may enjoy for years to come. As the first regional delivery of the statewide initiative, Growing for Gold is an exciting opportunity for families, participants and local clubs. We are also pleased to share that following a rigorous audit and review process, the Connected and Active Communities Program has been extended for a further three years as a regional support program. This is fantastic news for Port Lincoln and regional South Australia, ensuring continued investment in programs, training, leadership opportunities and initiatives that help keep our communities active, connected and thriving. So dig in and discover what's happening across our local sporting and recreation community this Spring. There has never been a better time to get involved.

In this newsletter you can expect:

Growing for Gold Program Launch

Free Training & Development Opportunities

Stories of impact

Spotlight on a Sport

NEW FITNESS OPPORTUNITY!
Cardio Drumming

Ways to connect and keep fit this Spring!



PORT LINCOLN

TERM 3 HOLIDAYS

The Growing for Gold program encourages young people aged 3 - 16 to participate in sporting and recreational activities. Local sporting clubs open their doors to provide young people with the opportunity to come and try their sport. With many sports involved in the program, there is plenty to choose from.

Sport	Age	Date	Time	Venue
Tennis	5-8 years	26 Sep 2026	9:00am-9:45am	Port Lincoln Tennis Association
Tennis	8-16 years	26 Sep 2026	9:45am-10:30am	Port Lincoln Tennis Association
Little Athletics	3-16 years	27 Sep 2026	10:00am-11:30am	Ravendale Oval
Squash	8-16 years	27 Sep 2026	11:45am-12:45pm	Port Lincoln Leisure Centre - YMCA
Volleyball	10-16 years	27 Sep 2026	12:45pm-2:45pm	Navigator College Stadium
Table Tennis	8-12 years	29 Sep 2026	3:30pm-5:00pm	Port Lincoln Table Tennis Association
Cricket	5-8 years	30 Sep 2026	2:30pm-3:30pm	Ravendale Oval
Cricket	12-16 years	30 Sep 2026	3:30pm-5:00pm	Navigator College Cricket Nets
Volleyball	10-16 years	30 Sep 2026	6:30pm-8:30pm	Navigator College Stadium



Government of South Australia
Office for Recreation, Sport and Racing

Scan to
register



SPOTLIGHT On a SPORT



Little Athletics Port Lincoln Ready for an Exciting New Season

A new and enthusiastic committee is looking forward to welcoming athletes and families back to Little Athletics for the 2026/27 season. With a focus on participation, skill development and having fun, the club is preparing for an exciting season and encouraging new and returning members to get involved. The season officially begins on Sunday 25 October 2026, with weekly meets held every Sunday during Terms 4 and 1 from 9:15am to 11am at the Little Athletics Shed, Ravendale Oval. Registrations are now open, with the registration link available through the club's [Facebook page](#). The club also accepts Sports Vouchers to assist families with registration costs.

Before the season gets underway, the club is excited to host three community events designed to introduce more children, families and volunteers to athletics.

On Sunday 27 September, a Growing for Gold Come and Try Day will be held from 10am to 11:30am. Children aged 3 to 16 years are invited to take part in a range of fun track and field activities and experience what Little Athletics has to offer. Free registrations can be made through the [Growing for Gold website](#).



The club will soon be hosting a series of free accredited training courses, funded through the Connected and Active Communities Program and delivered by South Australian Little Athletics.

An Accredited Coaching Course will be held on Sunday 18 October 2026, followed by Accredited Officiating, Tiny Tots and Huff n Puff Courses on Saturday 24 October. These courses are suitable for athletics club members, high school-aged athletes, teachers, early childhood educators and anyone interested in developing their skills and supporting local sport.

Another exciting opportunity for young people is the club's SACE-accredited [STRIVE Program](#). The program enables high school students to volunteer at the club while learning valuable coaching and officiating skills. Participants can earn up to 20 SACE credits, while gaining practical experience and contributing to the local community.

Further information about registration, upcoming events, training courses and the STRIVE Program can be found on the club's [Facebook page](#) or by emailing portlincolnlittleathletics@gmail.com. With a fresh committee, strong community support and a season full of opportunities to participate, learn and have fun, Little Athletics is looking forward to welcoming new and returning members for a fantastic year ahead.

Content credit: Rowena Leschner, Little Athletics Port Lincoln and Daniel Pauli, Little Athletics SA

GET INVOLVED IN LITTLE ATHLETICS!

FREE TRAINING COURSES

Cross-Club Recreational Membership

Stay active between sports and get a head start on your pre-season!
Want to keep fit during your sport's off-season without committing to a full Little Athletics season? Port Lincoln Little Athletics Club offers a flexible Recreational Modified Membership for athletes who want to stay active, maintain fitness and develop their running, jumping and throwing skills throughout the year.
Recreational members have access to all Port Lincoln LAC training sessions and meets throughout the year, at more than 40% off the cost of regular membership – with a full 20-week season costing just \$85!

Little Athletics Courses Coming to Port Lincoln!

Little Athletics SA is bringing a series of FREE athletics courses to Port Lincoln this October!

Whether you're a parent, teacher, pre-school educator, Little Athletics volunteer or coach from another sport, there's an opportunity to learn new skills and build your confidence in supporting children to develop their athletic abilities.

Thanks to funding from the Office for Recreation, Sport and Racing, and City of Port Lincoln Connected and Active Communities Program these courses are completely **FREE** for members of the Port Lincoln community.

EMPLOYMENT OPPORTUNITY HUFF N PUFF KIDS

Love working with young children? Want to make a difference while getting paid to have fun? Little Athletics SA is looking for enthusiastic members of the Port Lincoln community to become **Huff n Puff Kids** coaches.
Huff n Puff Kids is a fun, play-based movement program for children aged 3–5, delivered in preschools and early learning centres. Through games, storytelling and simple activities, coaches help children build fundamental movement skills, confidence and a love of being active.

Why become a coach?

- Make a difference in the lives of local children.
- Get paid \$50 per hour with casual, flexible working arrangements.
- No coaching or athletics experience required – just energy, enthusiasm and a love of working with children.
- Receive full training and support, including a Huff n Puff Kids coaching course, session plans and equipment.
- Connect with your community while enjoying a fun and rewarding role.

Course Details:

Date – Saturday 24 October
Time – 11:15am-1:15pm
Location – Ravendale Community Sports Centre
Cost - **FREE**

If you're energetic, encouraging and reliable, we'd love to hear from you!
Email: programs@salaa.org.au
(08) 8352 8133

[Expression of Interest Form](#)

Officials Course

Want to help out at your next school sports day, athletics carnival or Little Athletics meet?
The Little Athletics SA Officials Course will give you an introduction to the rules, regulations and practical requirements of officiating athletics.

Date - Saturday 24 October

Time - 11:30am-3:30pm

Location - Ravendale Community Sports Centre, 40 Stamford Terrace, Port Lincoln

Cost - FREE

[REGISTER HERE](#)

Tiny Tots Coaching Course - Ages 3-5

The Tiny Tots Coaching Course teaches participants how to run fundamental movement skill sessions focused on running, jumping and throwing through fun and enjoyable activities.

Date: Saturday 24 October

Time: 9:00am-11:00am

Location: Ravendale Community Sports Centre

Cost: FREE

[REGISTER HERE](#)

FREE TRAINING COURSES

ITLAS – Introduction to Teaching Little Athletics Skills

Want to help children develop their fundamental movement skills?

ITLAS is a nationally recognised coaching course designed to give participants the knowledge and confidence to teach and develop athletics skills in children.

Ideal for:

- Teachers and PE educators
- Parents
- Pre-school educators
- Athletics volunteers and coaches
- Coaches from other sports

Normally valued at \$85, this course is FREE for the Port Lincoln community thanks to funding from the Office for Recreation, Sport and Racing.

Date: Sunday 18 October

Time: 10am-4pm

Location: Ravendale Sporting Complex

Cost: FREE

[REGISTER HERE](#)

STRIVE LEADERSHIP & DEVELOPMENT PROGRAM

Build your skills. Earn SACE points. Make a difference.

Are you a high school student aged 14 or over, looking for a way to earn SACE points outside the classroom?

The Little Athletics SA STRIVE Leadership & Development Program is a completely FREE, SACE Board-approved Community Developed Program designed to help young people develop leadership skills, gain valuable practical experience and make a meaningful contribution to their local sporting community.

STRIVE is coming to Port Lincoln!

For the first time, STRIVE is being delivered regionally, with Port Lincoln selected as the location for the program.

Participants will have the opportunity to:

- Earn up to 20 SACE credits while gaining real-world experience
- Complete free, nationally and state-recognised Little Athletics courses
- Gain practical experience at Port Lincoln Little Athletics Club
- Complete 40 hours of practical volunteering
- Develop valuable leadership, communication and teamwork skills
- Gain transferable skills that can be used when working with children in any sport or community setting

STRIVE is a fantastic opportunity for young people to step outside the classroom, develop confidence and leadership skills, and gain experience that can benefit them well beyond their time at school.

Want to learn more?

Visit our [Website](#), [Register Here](#),

Or contact Little Athletics SA at development@salaa.org.au. Take the opportunity to STRIVE, develop your skills and make a difference in your community!

Proudly brought to you by The City of Port Lincoln Council Connected Active Communities Program.

Funded Projects

2024 – 2026

Port Lincoln Gymnastics Club
Kindergym Connect

Wolfpack Academy
Basketball Camp

Heart Foundation SA
Monthly Walking Group

Yarredi Services
Women's Wellness Program

Port Lincoln Multicultural Council
Cardio Drumming Program

Port Lincoln Little Athletics
STRIVE Leadership & Club Training Programs

Port Lincoln Lawn Bowls
Night Owls Program

Port Lincoln Hockey Association
Club Development Training

Youth Mental Health
First Aid Course

Club Development
• Club Level Up (2026)
• Committee Basics Training for Clubs

Connected and Active Communities

Port Lincoln

Stronger Communities
Healthier People
More Participation

Great News for Our Community!

Connected and Active Communities **extended to 2029!**

Following a recent program review, the Connected and Active Communities (CAC) Program has been extended for a further three years.

More opportunities. More community projects. More positive outcomes through sport and recreation.

✓ Future Sport Leaders Program

✓ Growing for Gold

✓ New community-led initiatives

Project Initiatives

We're inviting applications for funding to support projects and programs that align with the following CAC initiatives:

Champions of Change

Support young people who positively influence their peers and provide opportunities to develop their leadership skills.

Club Health Check

Understand the challenges and support needs of clubs and provide access to relevant training and development.

Facility Coordination

Encourage collaboration, resource sharing and partnerships to maximise the use of local facilities.

Heart of the Community

Remove barriers to participation and use sport to address social issues such as domestic and family violence, mental health challenges, supporting First Nations communities and assisting families in need.

Priority Funding Areas

Domestic & Family Violence Prevention
Female Inclusion in Sport & Rec
Mental Health & Wellbeing Support for Disengaged Young People
First Nations Partnerships
CALD Community Engagement

Have an idea?

We're looking for local sporting clubs and community organisations with ideas that use sport and recreation to strengthen our community.

If you've got a project that can make a difference, we'd love to hear from you!

ENQUIRE TODAY!



**WOLFPACK
ACADEMY**

WOLFPACK ACADEMY IS COMING TO PORT LINCOLN!



Two free basketball
sessions for children
in out of home care.



Wolfpack Academy is excited to be running two basketball sessions in Port Lincoln this October, providing a fun, inclusive and supportive opportunity for children and young people in out of home and kinship care to get active, learn new skills and connect with others.



**Saturday, 10 October
& Sunday, 11 October**



What is involved?

These sessions are designed to give children and young people the opportunity to enjoy basketball in a positive environment, build confidence, develop skills and most importantly have fun!

Who can attend?

Children and young people who are currently in out of home and kinship care may be eligible to participate. Places are offered following review and approval of their Expression of Interest by Wolfpack Academy.

Register your interest by filling out the EOI through the QR below or alternatively complete the attached Expression of Interest form.

Spaces are limited.

For more information:

Corey Zaltron

0488146134

info@wolfpackacademy.com.au

Come along, get active and be part of the Wolfpack!

Scan the QR
code to express
your interest in
the sessions.



**Fun . Inclusive . Encouraging
No experience required**

Locals Doing Great Things

Hockey Clinic Scores Big During School Holidays

More than 70 junior players took part in a free two-day hockey clinic during the July school holidays, led by Riverland coach Todd Kitto. The clinic also attracted around 30 senior players, coaches and parents to evening development sessions, helping strengthen skills both on and off the field.

The Port Lincoln Hockey Association also celebrated several local representatives at the National Senior Country Championships, with Shaun, Nicola, Kayla and Charlotte proudly representing South Australia. Robert Kammerman was also selected but was unable to compete due to injury, while former Port Lincoln player Zac Simpson represented the Australian Defence Force team.

The clinic was made possible thanks to the generous support of the Kammerman Family and the Port Lincoln Hockey Association, ensuring it was free for all participants.



Credit: Yolande Markey, PL Hockey Association



Five Local Swimmers make School Sport State Team

The West Coast Swimming Club is celebrating a remarkable achievement after Rio, Dusty, Ebony, Lacey and Bradley were selected to represent South Australia at the 2026 School Sport Australia Swimming Championships in Melbourne. For a regional club, having five swimmers selected in the same state team is a fantastic accomplishment and reflects the strength of swimming talent in Port Lincoln. Competing against the nation's best school-aged swimmers, the team achieved personal best performances, took part in finals and relays, and gained valuable experience on the national stage.

Head Coach Nicol Wright praised the swimmers for their dedication and sportsmanship, highlighting the pride they brought to both the club and the wider community. The club congratulates Rio, Dusty, Ebony, Lacey and Bradley on their outstanding achievement and thanks the families, volunteers and supporters who help make opportunities like this possible.

Credit: Nicol Wright, West Coast Swimming Club

Locals Doing Great Things ~ Netball Milestones!



600 Games and a Lasting Legacy for Kylie Fowler

The Boston Netball Club recently celebrated an extraordinary milestone, with Kylie "Chook" Fowler becoming one of the very few players to reach 600 senior games.

A decorated player, Kylie is a four-time PLNA Medallist, four-time A1 Premiership player, PLNA representative, Dream Team member, Top 10 Regional Player and a PLNA Gold Player Life Member. However, her impact extends far beyond her on-court achievements.

Over decades of service, Kylie has helped shape the club through coaching, mentoring, volunteering and leadership, inspiring generations of players both on and off the court. Known for her passion, knowledge and willingness to always lend a hand, she has become a respected figure throughout the local netball community.

Boston Netball Club and the Port Lincoln sporting community congratulates Kylie on this remarkable achievement and thanks her for the outstanding contribution she has made to the club, the sport and the many people she has influenced along the way. Her legacy will continue to be felt for years to come.



350 Games and Counting for Tasman's Tara North

The Tasman Imperial Netball Club recently celebrated Tara North's 350th senior game, recognising her outstanding commitment and contribution to the club over many years.

A respected player, leader and role model, Tara has been a dedicated member of the club both on and off the court. Family, friends, teammates and supporters gathered to mark the occasion, with Tara walking through a guard of honour before the match.

Congratulations to Tara on this remarkable milestone and the lasting impact she continues to make at Tasman Imperial Netball Club.



Local Cricketer Represents Australia A in Sri Lanka Tour

Port Lincoln cricketer Andrew Frick has returned home after proudly representing Australia on an international cricket tour of Sri Lanka as part of the South Australian Over 40s side.

Andrew earned selection for the tour following an impressive performance at National Championships in Adelaide last year, where he captained South Australia to the national title. From those championships, Australia and Australia A squads were selected, Andrew was named as Vice Captain for the Australia A side whilst securing his place to compete on the international stage.

The team travelled to Colombo, Sri Lanka, for a 10-day tour after original plans to play in Dubai were cancelled due to conflict in the region, resulting in the tour being relocated.

One of the major highlights of the tour was winning both matches against a full strength Sri Lanka. The victories were particularly satisfying given Sri Lanka had defeated the Australians the last time the two sides met. "It was a fantastic experience," Andrew said. "Everything was first class. We were treated like the actual Australian Cricket side, staying in five-star hotels and travelling on air-conditioned coaches throughout the tour."

Playing conditions proved challenging, with temperatures regularly exceeding 36 degrees and humidity levels around 80 per cent. Overnight rain often left heat radiating from the ground during matches, making conditions even tougher.

"The conditions were intense, with hydration top of everyones mind, reguarly drinking 20L of water a day".

Despite the heat, the players showed remarkable resilience. The schedule included six consecutive days of cricket with no rest days, placing significant demands on recovery and preparation.

The way everyone recovered and kept performing day after day was a real testament to the group," he said.

On the field, Andrew enjoyed a successful tour, finishing as his side's leading wicket-taker. Batting lower down the order limited his opportunities with the bat, but he was pleased with the contribution he made with the ball. He said the squad adapted well to the slower, lower pitches that differed significantly from Australian conditions.

Across six matches, the Australians lost just once on the second to last ball of the match. While the tour was not a formal tournament with an overall winner, the matches served as valuable preparation for an upcoming Over 40s World Cup.

Looking ahead, Andrew is hopeful of potentially continuing his Australian representative cricket journey, with teams from New Zealand, South Africa and England set to visit Brisbane in 2027 for future international fixtures. Whilst he will again captain South Australia as they aim for a three-peat of National Title in Tasmania in February.

For Andrew, the opportunity to represent Australia overseas, compete against quality opposition and contribute to a highly successful tour is a cricketing experience he will never forget.





Feel the Beat with CARDIO FITNESS DRUMMING!

♪ MOVE • GROOVE • GET ACTIVE ♪

Port Lincoln residents looking for a fresh, social and entertaining way to improve their fitness are encouraged to give it a go.

Cardio drumming combines rhythmic movement, music and aerobic exercise, offering a fun, accessible way to support both physical and mental wellbeing. With its lively atmosphere and easy-to-follow routines, it's a great alternative for anyone who finds traditional exercise classes repetitive or intimidating. No experience needed – just bring your enthusiasm!

WHERE Multi Community Centre (MCC)
Flinders Park
(Kemp Ave entrance)

WHEN Wednesdays from 4:30pm
Check with Keiko for additional class times.

COST FREE

Great for:

- ✓ Cardiovascular fitness
- ✓ Strength and coordination
- ✓ Concentration and motor skills
- ✓ Reducing stress & boosting wellbeing
- ✓ Meeting new people

FREE!

**Everyone
Welcome!** ♥



BOOKINGS ESSENTIAL
Call Keiko on

0428 204 387

to reserve your

FREE

Come & Try place.



*Come along, have a laugh,
make new friends and feel the beat!* ♥



**Connected
and Active
Communities**

Port
Lincoln



A message from the Port Lincoln Gymnastics Club

Kindergym Connect has had a very positive year, and we are extremely grateful to the City of Port Lincoln (CAC) for their support in enabling us to continue delivering this important community program.

Kindergym Connect was created to provide a safe, welcoming and supportive environment for young children with additional needs, developmental delays and sensory differences. The program is different from our regular gymnastics classes, with a strong focus on inclusion, sensory needs, confidence, participation and individual development rather than simply learning gymnastics skills. The funding has been instrumental in allowing us to offer Kindergym Connect at no cost to participating families. Without this funding, we would not be able to provide the program free of charge.

This is particularly important for families who may already experience additional financial, social and practical barriers associated with accessing suitable activities and services for their children. Throughout the funded year, we have seen wonderful outcomes for the children involved. Children have developed confidence in entering and participating in the gym environment, explored new movements and equipment, improved their balance, coordination and gross motor skills, and developed greater independence and interaction with coaches and other participants.

Some of the most rewarding outcomes have been the small individual milestones — a child feeling comfortable enough to join in, trying an activity for the first time, spending longer participating in a group, communicating with a coach or simply becoming excited to come to gymnastics each week. For these children and their families, these are significant achievements.

The program has also provided families with a local, inclusive and welcoming activity where their children are accepted for who they are, without the additional pressure or cost of accessing mainstream programs.

The funding has therefore provided benefits well beyond gymnastics. It has supported inclusion, participation, social connection, physical development, confidence and community belonging for children and families within the Port Lincoln community.

We are incredibly proud of what Kindergym Connect has achieved and sincerely appreciate the City of Port Lincoln's investment in the program. Their support has made it possible for us to continue providing this opportunity free of charge to families who may otherwise have limited access to suitable community activities. For any enquiries please contact Zoe at the Kirton Point Children's Centre 86825969 or Annie at the Port Lincoln Gymnastics Club 86833055.

NEW

JOIN US!

PORT LINCOLN HEART WALKERS

Get active, have fun, and meet new people!

Where: Foreshore Rotunda (across from the Tasman Hotel)

When: 5:15pm

Next Walk: Friday 25 September 2026

Then: Last Friday of every month

Enjoy a 30-45 minute social walk

All welcome - wheel, pram & dog-friendly

Why join?

Free and easy way to stay active

Meet new people in your community

Receive newsletters, awards & milestone rewards



Take a step towards better health today!

Sign up online or just turn up!

walking.heartfoundation.org.au

Supported by

**Connected
and Active
Communities**

Port
Lincoln





To have your club or organisation's news featured in the next e-newsletter, or to discuss a program or project, get in touch with the Connected and Active Program Coordinator - Georgina Shirley
 e | Georgina.Shirley@plcc.sa.gov.au
 ph | (08)8621 2319

In case you missed it:

Beyond the Game -
Edition Three - June 2026



Beyond the Game -
Edition Two - February 2026



Beyond the Game -
Edition One - October 2025



We work on Barngarla Country.

The City of Port Lincoln acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians and their continuing connection to land, sea, culture and community.

We pay respect to Elders past, present and emerging and are committed to working together on our reconciliation journey.