

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors

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## Australia's first Ability Hub at Launceston UTAS

Students from across Launceston tested Australia's first Sports Ability Hub at the University of Tasmania today.

The Hub, within the Sports Centre at the UTAS Newnham campus, is designed to encourage people with disabilities to get involved in physical activity and sport. It has specialised equipment and training and is based around the physical activities involved in five games.

The Hub is a pilot project of the Australian Sports Commission and the Launceston facility is supported by Active Launceston, UTAS School of Human Movement, and Tasmanian Sport and Recreation for People with a Disability.

"This will be Australia's first Sports Ability Hub and Active Launceston are proud to be involved in such a fantastic initiative for the community," UTAS Pro Vice Chancellor Gail Hart said.

"Today's session involved students from Punchbowl, East Launceston and St Georges schools, but the facility will also be open to adults who wish to use it."

The Sports Ability Program is based around five games:

- **Boccia** – A bowls-type target game played at the Paralympics. Boccia is suitable for all abilities, and provides an ideal vehicle for inclusion.
- **Goalball** – A Paralympics sport developed for players who have a vision impairment. It is an exciting invasion game that introduces new challenges to both sighted and vision impaired players.
- **Sitting Volleyball** – a Paralympics sport for players for whom standing volleyball may not be an option. As all players remain seated during play, sitting volleyball is an excellent inclusion game.
- **Polybat** – an accessible version of table tennis, particularly useful for young people who have coordination and control impairments. Polybat can also be used to introduce younger children to table tennis.
- **Table Cricket** – a dynamic table version of cricket for players of all abilities, but specifically those with complex or higher support needs. It retains the three main elements of cricket – batting, bowling and fielding.

Traditional games are also available and can be adapted and modified to suit all abilities. These games have their origins in the Torres Strait, Central Australia, northern New South Wales and south-east Queensland

Sessions will be held on Thursday mornings at 10am are open to individuals and groups. For more information or to make a booking contact the Sports Centre on (03) 6324 3092.

*Move more Live More with Active Launceston* [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

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