

2009 Sydney Schoolgirls' Breakfast with the Stars!



Date: Wednesday 28th October 2009



Time: 8:00am – 10:30am



Venue: State Sports Centre, Sydney Olympic Park



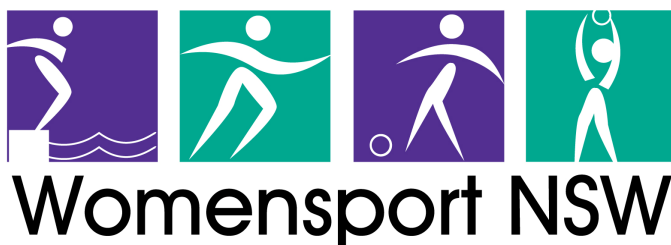
This is your chance to meet your sporting heroines, be inspired and enjoy active entertainment!

Costs are \$25 per person, covers a nutritional breakfast, show bag, dynamic entertainment, and the opportunity to meet your favourite female sporting heroes and share questions with them during the panel session.

Registration packs have been sent to every Sydney School. Registration closes Thursday 22nd October 2009.

Please indicate students' interest on the attendance form for the breakfast.





2009 SCHOOLGIRLS' BREAKFAST WITH THE STARS

The ***Schoolgirls' Breakfast with the Stars*** Programme is a popular and successful initiative introduced into NSW by Womensport & Recreation NSW (WRNSW) in 1998 in response to a continual decline in girls' participation in sport and physical activity in NSW.

The NSW ***Schoolgirls' Breakfast with the Stars*** has been attended by over 9,000 high school girls and teachers from Sydney and regional NSW. Participants have met some of Australia's finest Olympic, Paralympic and Commonwealth Games Champions and world record holders as well as local up-and-coming talented sportspeople. The success of the Breakfast has been recognised by awards from the NAB Community Link program, NSW Sporting Injuries Committee and the NSW Sports Federation.

The Breakfast has the following aims:

- To motivate and inspire schoolgirls to participate and continue their involvement in sport and physical activity;
- to educate girls about the benefits of sport and physical activity and leading a healthy lifestyle;
- to provide a forum for schoolgirls to meet and share the experiences of high-profile sportspeople, athletes, coaches, officials and sports administrators;
- to recognise and reward high school students for their involvement in sport.

Throughout the morning high profile sportspeople are seated at tables giving schoolgirls the opportunity to talk one-to-one with them. The reassurance and inspiration offered by this interaction motivates the girls to continue as participants, rather than drift away from sport.

A highlight of each Breakfast event is the panel discussion. A number of the high profile sportspeople answer questions from the audience about their experiences, challenges and achievements. A number of sporting demonstrations are also presented throughout the morning.

Sports stars who have been previously involved in the ***Schoolgirls' Breakfast with the Stars*** event include – Liz Ellis (netball), Kerri Pottharst OAM (beach volleyball), Layne Beachley (surfing), Louise Sauvage OAM (Paralympian), Amy Winters OAM (athletics), Catherine Cox (netball), Natalie Porter (basketball), Kate Hollywood (hockey), Alison Broadbent (netball), Sue Fear OAM (mountaineering), Petrina Price (athletics), Elka Graham (swimming), Belinda Snell (basketball), other elite female athletes from wrestling, rugby union, water polo, tae kwon do, fencing and many other sports and athletes from Academies of Sport.

Some research has been conducted with UTS to investigate the long term effects of the breakfasts. It was found that after some time (3-12 months), the schoolgirls still remembered the key messages of the event and the majority of the schoolgirls (58%) had increased their participation in sport and physical activity.

"The Schoolgirls' Breakfast with the Stars is a special concept. Schoolgirls have the opportunity to meet their sports stars over breakfast, thereby encouraging them to continue in sport and active recreation through positive role modelling."

Louise Sauvage (Paralympic Gold Medallist and World Record Holder)

"In a nation renowned for its sporting prowess, it is easy to forget that many young women miss out on sport or give up their sporting interests after leaving school. We pay a price for these lost opportunities. Regular physical activity is one of the keys to a healthier and happier life. It helps counter the incidence of obesity and keep down public health costs."

(former) **NSW Premier, The Hon. Morris Iemma**, in a message of support in 2005.

The cost for the girls to attend the event is \$25 per person, and the girls need to be able to transport themselves to and from the event. Costs for teachers are \$25 per person, with the first attending teacher/carer FREE.

If you would like to have girls from your school the 2009 Sydney Schoolgirls Breakfast, could you please distribute the permission slips below to your students, and then fill out the attached Registration Form and return it to us with the names and number of guests (including teachers/supervisors) included with payment.

Payment and completed forms need to be posted to: *Schoolgirls' Breakfast, Womensport NSW, PO Box 147, Sydney Markets, NSW, 2127.*

PLEASE NOTE THAT REGISTRATIONS CLOSE ON Thursday 22ND OCTOBER, 2009.

Should you have any questions, please do not hesitate to call our office as below.

We thank you for your school's interest in the event and look forward to discussing the details with you further.

With kind regards,

Robyn Valentine

Executive Officer

Womensport & Recreation NSW

PO Box 147, Sydney Markets, NSW 2129

Tel: (02) 8116 9734 - FAX: (02) 8732 1612

Email: office@womensportnsw.com.au

Web: www.womensportnsw.com.au

2009 SYDNEY SCHOOLGIRLS' BREAKFAST WITH THE STARS

5 August, 2009

Dear Parents / Guardians,

Womensport and Recreation NSW (WRNSW) are offering NSW schoolgirls the opportunity to attend **The 2009 Sydney Schoolgirls' Breakfast with the Stars**.

The Breakfast will be held on **Wednesday 28th October, 2009, from 8:00am – 10:30am**, at the **State Sports Centre, Sydney Olympic Park**.

The *Schoolgirls' Breakfast with the Stars* program is a popular and successful initiative introduced by WRNSW in response to the continual decline in girls' participation in sport and physical activity. The main aim of the breakfast is to motivate and inspire schoolgirls to continue their involvement in sport and remain active. The Breakfast provides a forum for the schoolgirls to meet and share experiences with high profile sportspeople, athletes, coaches and officials.

Our research shows attendees of the Breakfast remembered key messages of the event and that 58% of schoolgirls had increased their participation in sport and physical activity after attending the breakfast.

The Schoolgirls' Breakfast with the Stars is open to female students (Year 5 - Year 12) at a cost of \$25.00 per student. This includes a show bag, a nutritional breakfast, active entertainment and access to high profile and elite sportspeople.

Students attending the Breakfast also receive a certificate for their participation from Womensport and Recreation NSW.

Should you wish your daughter to participate in the Schoolgirls' Breakfast with the Stars please complete the permission note and payment slip below.

Further information can be obtained by contacting the Executive Officer, WRNSW on (02) 8116 9734 or office@womensportnsw.com.au

PLEASE DETACH:

I, hereby give permission for my daughter _____
to attend the *2009 Sydney Schoolgirls' Breakfast with the Stars*.

I understand students attending the Breakfast may be photographed by the media and Womensport and Recreation NSW (WRNSW). Photos may be used in news articles, promotional material and on the WRNSW website.

I give permission for my daughter's photograph to be taken and used in news articles, promotional material and on the WRNSW website.

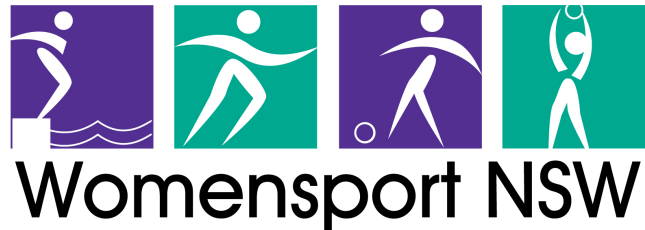
I understand her school will organise all transport (additional cost may occur) to and from the venue.

Please initial and / or tick the boxes.

Signature: _____ (Parent/ Guardian)

PLEASE PAY THE AMOUNT OF \$25.00 TO YOUR SCHOOL NO LATER THAN FRIDAY, 25 SEPTEMBER, 2009.

Aims of Schoolgirls' Breakfast with the Stars



- ★ To motivate and inspire talented schoolgirls to participate and continue their involvement in sport and active pursuits
- ★ To educate girls about the benefits of sport and physical activity and leading a healthy lifestyle
- ★ To provide a forum for schoolgirls to meet and share the experiences of high-profile sportspeople, athletes coaches, officials and sports administrators
- ★ To acknowledge and celebrate the achievements and patination of schoolgirls in sport.

PROGRAM

7.30am	Registration
8.00am	Welcome Dr Imke Fischer, President, Womensport & Recreation NSW Breakfast Panel Discussion Demonstrations Prizes & Giveaways
10.30am	Thank You & Official Close

REGISTRATION

2009 Sydney Schoolgirls' Breakfast with the Stars 2009
Sydney Olympic Park Sports Centre
Wednesday 28th October 2009
8:00am – 10.30am

- ★ **\$25 Per Person** covers a nutritional breakfast, show bag, active entertainment, and the chance to meet sporting heroes, get autographs and ask them questions during the panel discussion.
- ★ Open to high school girls Teachers / guardians – 1st Teacher/guardian with each school group is FREE

School Name:			
School Address:			
	Suburb	Postcode	
Contact Name:	First	Last	
Contact #:			
Contact Email:			
TOTAL ADULTS:		TOTAL STUDENTS:	
Comments:			

* Please advise of any dietary, access or other special requirements.

Payment Details:
<input type="checkbox"/> Pay by Cheque/ Money Order Please make cheques payable to Womensport and Recreation NSW

Please return this form to:

Executive Officer, Womensport & Recreation NSW
PO Box 147, Sydney Markets 2129
P: (02) 8116 9734 **F:** (02) 87321612 **E:** office@womensportnsw.com.au

- ★ NOTE: School confirmation will be sent by email, so please check the correct email address.

2009 SYDNEY SCHOOLGIRLS' BREAKFAST WITH THE STARS

DETAILED ATTENDEES LISTING

Wednesday 28th October, 2009
 State Sports Centre, Sydney Olympic Park Sports Centre, Homebush

School Name: _____

Please provide in the columns below the names of the teachers/ parents and students who will be attending the Breakfast. Please attach this form to your registration.

No.	TEACHERS (note - 1 st teacher is free)		
	FIRST NAME	LAST NAME	SPORT
1			
2			
3			
4			

No.	STUDENTS		
	FIRST NAME	LAST NAME	SPORT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

	<i>Total Teachers (Please complete the shaded area) \$</i>
	<i>Total Students (Please complete the shaded area) \$</i>
Total \$	