



Womensport and Recreation NSW Presents

2009 Sydney Schoolgirls' Breakfast with the Stars!

Athletes - we would love to have you along to help assist us in motivating NSW schoolgirls to be involved in sport & physical activities

Date: Wednesday 28th October 2009

Time: 8:00am – 10:30am

Venue: State Sports Centre, Sydney Olympic Park

We would appreciate it if you could make a note of the above date and contact us if you are able to attend. We look forward to your support of this successful and worthwhile event.



Womensport NSW

WOMENSPORT & RECREATION NSW INC.

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2009 Sydney Schoolgirls' Breakfast with the Stars!

Athlete Invitation

The 2009 Sydney Schoolgirls' Breakfast with the Stars is fast approaching. This will be the eighth breakfast that Womensport & Recreation NSW (WRNSW) has held for Sydney school girls and we are seeking your support to ensure that this year's event is as successful as ever!

This year's Breakfast will be held on Wednesday 28 October, 2009 at the State Sports Centre, Sydney Olympic Park, from 8.00am - 10.30am.

Extensive details concerning the background on the Breakfast and its aims are enclosed.

WRNSW would like to invite you as a role model and elite athlete to attend the Breakfast and to share some of your experiences, challenges and achievements with the students. The Breakfast aims to motivate and encourage talented school girls to continue their involvement in sport and physical activity as part of a healthy lifestyle.

During the Breakfast an athlete is seated at each table so that students will have the opportunity to talk to you and ask about your sporting career.

Should you be interested in participating in the Breakfast, accommodation in Sydney will be available for attendees of the breakfast. Please complete the enclosed sportsperson response form and return by 30 September, 2009.

The form can be sent via email to: office@womensportnsw.com.au, fax: (02) 8116 9734 or posted to: PO Box 147 Sydney Markets NSW 2129.

We appreciate in advance your support of the 2009 Sydney Schoolgirls' Breakfast with the Stars.

Should you require additional information, please contact Robyn Valentine, Executive Officer on (02) 8116 9734 or email on office@womensportnsw.com.au.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Imke Fischer'.

Dr. Imke Fischer
President
Womensport & Recreation NSW Inc.



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General Information

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 9,500 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.

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.

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.

For more information and photographs of past events visit: www.womensportsnsw.com.au

"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.



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Role Model Response Form

Name: _____

Address: _____

Suburb: _____ P/C: _____

Contact Number: _____ Email: _____

Sport: _____

Level of Representation Achieved: _____

Availability:

Yes - I am able to attend the Sydney Schoolgirls Breakfast on Wednesday 30 September, 2009

No – I am unable to attend but I would like to be invited next time

If you are able to attend, please indicate the following:

- | | |
|--|--|
| 1. I would like to be a member of the panel discussion | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. I require overnight accommodation in Sydney | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Please contact me directly for any media enquiries | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. I have included a one page sporting profile | <input type="checkbox"/> Yes <input type="checkbox"/> No |

Additional comments and/or requirements:

Please return this form to:

Executive Officer
Womensport & Recreation NSW
Mail: PO Box 147, Sydney Markets NSW 2129
Phone: 8116 9734 Fax: 8732 1612 Email: office@womensportnsw.com.au