



**Tanya Davies**  
Minister for Ageing

## MEDIA RELEASE

Friday, 27 July 2018

### HUNDREDS OF NSW SENIORS BACK IN THE GAME

More seniors are set to hit the courts and sporting fields across NSW in the coming months, as a further three sporting codes offer modified rules for players over 65 years of age.

Minister for Ageing Tanya Davies today announced the NSW Government will invest an additional \$100,000 to get Basketball, Softball and Table Tennis NSW on board with a modified program, while also expanding the successful pilot with Football NSW.

“Participating in sport helps people lead healthy, active and happy lives. Unfortunately, as people get older the opportunities to engage in physical activity can often decrease.”

“The Modified Sport Program opens up opportunities for seniors to get out and get active by offering popular games with low impact rules, while also helping to build confidence and new social connections in their communities,” Mrs Davies said.

Dozens of seniors joined the Minister in Centennial Parklands Sydney this week to try their hand at the newly modified walking basketball, walking soccer, tee-ball and ‘Live Long Play Ping Pong’ table tennis.

Football NSW was among the first sporting codes to receive funding to trial ‘Walking Football’. Spokesperson Matt Rippon said the success of their program in Sydney and surrounds has meant they can now expand the modified game into regional areas.

“For Walking Football’s inaugural season we have had more than 200 participants, with a dozen pilot programs expressing interest to operate later in the year,” Mr Rippon said.

Since May 2017, the NSW Government has provided \$200,000 to six sporting codes to implement modified sporting programs for NSW seniors. Once the pilots are established clubs aim to sustain the program.

For more information, or to register, please contact the sporting associations below or visit [www.facs.nsw.gov.au/modifiedsport](http://www.facs.nsw.gov.au/modifiedsport):

- Football NSW – (02) 8814 4400 [matr@footballnsw.com.au](mailto:matr@footballnsw.com.au)
- Basketball NSW – (02) 8765 8555 [rachel.herrick@bnsw.com.au](mailto:rachel.herrick@bnsw.com.au)
- Softball NSW – (02) 9677 4000 [office@softball.net.au](mailto:office@softball.net.au)
- Table Tennis NSW – (02) 8736 2166 [mail@ttnsw.org.au](mailto:mail@ttnsw.org.au)
- Gymnastics NSW – (02) 8116 4113 [gfa@gymnsw.org.au](mailto:gfa@gymnsw.org.au)
- Netball NSW – (02) 9951 5025 [skhan@netballnsw.com](mailto:skhan@netballnsw.com)

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