



Media Release

13 October 2022

Sport is 4 All! Cockburn hosting three come-and-try sports days for people with disability

- The City of Cockburn will host three free come-and-try events to help people aged 10 years and over with disability find their ideal sport
- The events will be held at Cockburn ARC 1pm-3.30pm on Saturday 22 October, 5 November and 19 November
- One in five people in Australia live with a disability.

Three free events designed to match people with a disability to a range of all-abilities sports will be held by the City of Cockburn in October and November.

All the events will be held at the City's world-class Cockburn ARC (Aquatic and Recreation Centre) facility on a Saturday between 1pm and 3.30pm in the lead up to International Day of People With Disability.

The first will be co-hosted with Paralympics Australia and Sport Australia on 22 October.

This WA Multi-sport Day will allow people to try para-rowing, sitting volleyball, wheelchair tennis, wheelchair curling, para-swimming, para-badminton, blind football, goalball, para-table tennis, para-power lifting and para-canoe.

The Sport 4 All events on 5 and 19 November will each host different activities – 5 November: basketball, no limits netball, volleyball, hockey and tennis; 19 November: A celebration of football including all abilities Australian rules football, soccer and rugby activities.

City of Cockburn Disability Access and Inclusion Officer, Ben Rowe, said the events were designed to help people living with disability aged 10 and over to participate in sport and recreation.

Mr Rowe, who lives with retinitis pigmentosa and is also chairperson of Blind Sports WA, said one in five people in Australia lived with a disability.



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“While there are many great sports available to people with disability, sometimes it can be more difficult to find a suitable sport or club than it is for people without disability.

“The City’s first event last year was really popular, attracting about 140 people including participants, families, carers, community members, staff and facilitators.

“These events are about bringing all those clubs and organisations together so people can find a sport they enjoy and sign-up.”

As a champion Goalball player, who has represented Australia and was inducted to the City of Cockburn’s Sports Hall of Fame, Mr Rowe knows all about the benefits of organised sport.

“Sport is a huge part of Australian culture and has many benefits to participants, whether they are players, spectators or administrators,” Mr Rowe said.

“Playing sport boosts our physical health, getting people active and exercising, and helps our mental health, encouraging us to socialise and build communities.”

Along with the games, the events will host information stalls for sporting groups and clubs where people will be able to learn about local programs and register if they are interested.

People without disabilities are welcome too – as participants, supporters or spectators.

For more information or to register for the 22 October event, visit the Paralympics Australia website.

For more information or to register for the 5 and 19 November events, visit the Cockburn ARC website.

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