



**Tanya Davies**  
Minister for Ageing  
**Stuart Ayres**  
Minister for Sport

## MEDIA RELEASE

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### NEW PROGRAM ENSURES SENIORS STAY IN THE GAME

Seniors across NSW are being encouraged to take part in an exciting new low impact sporting initiative to help them stay active and connected in their communities.

Minister for Ageing Tanya Davies and Minister for Sport Stuart Ayres today joined seniors in Penrith to launch the *Modified Sports Program*, a partnership between the NSW Government, Football NSW, Netball NSW and Gymnastics NSW.

“Sport is one of the greatest connectors of people and communities in this state, and age should be no barrier,” Mrs Davies said.

“The NSW Government’s \$100,000 investment in lower impact versions of Football, Netball and Gymnastics is another example of how we are committed to ensuring older people lead healthy, active and happy lives.”

Local Member for Penrith and Minister for Sport Stuart Ayres said seniors especially stand to benefit from the inclusive and healthy nature of sport.

“Sport is a vital part of the social and economic fabric of NSW and it helps keep our older community members fit, healthy and engaged,” Mr Ayres said.

“By participating in modified sport seniors can remain engaged at a level which suits their abilities, extends circles of friendship and builds social connections.”

Modifications include rule changes to mimic the successful ‘walking football’ in the UK, adapted rules for netball matches, and tailored gymnastics activities to cater for different levels of ability.

To register or for more information about modified sports for older people please contact the relevant sporting associations below:

- [www.MyFootballClub.com.au](http://www.MyFootballClub.com.au)
- [www.netballnsw.com/walking-netball](http://www.netballnsw.com/walking-netball)
- [www.gymnsw.org.au/olderadults](http://www.gymnsw.org.au/olderadults)

The *Modified Sports Program* is part of the *Liveable Communities Grants Program* under the *NSW Ageing Strategy 2016-2020* - bringing government and non-government sectors together to respond to the opportunities and challenges facing our older population.

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