



Why investing in community sport is essential

This is our second case study in the series highlighting why grassroots participation funding is essential to create and develop participation and development initiatives that increase the physical activity levels of Australians.

In 2018 the Federal Government committed over \$150 million to drive national sports participation and physical activity initiatives to get Australian's moving.

Tenpin Bowling Australia (TBA) received \$350,000 in funding which allowed TBA to adapt, test and pilot an inclusive 'learn to bowl' program targeted at persons with or without a disability.

One of the aspects of the program Bowl Abilities is specifically designed for older teens and adults with a disability to learn the basic skills of tenpin bowling, socialise and increase activity levels.

The 6-8 week program focuses on the participant's ability not their disability, the learning of fundamental skills and improves coordination, balance and physical activity levels.

"The program has been fantastic for our student's confidence and acceptance that you don't have to be perfect to be able to teach someone the basics of a sport and be involved." Jacqui Jones - Transition officer at Warnbro Education Support Centre.

TBA has been able to assist 20 centres roll out the Bowl Abilities program and has a centre in every State and Territory. TBA has 900 participants involved in the program and are aiming for 1,000 participants overall.

The development of Bowl Abilities also created a new workforce within TBA through their 'Lane Ranger' coaches. The funding helped develop an online Lane Ranger training course for the Bowl Abilities coaches, as well as Bowl at Home videos which helped TBA keep participants engaged throughout COVID.

"We are very conscious when we are creating these programs that they aren't just going to deflate at the end of the funding," said Emily Rennes - Tenpin Bowling Australia Development and Programs Manager.

This case study again demonstrates the need to continue investing in grassroots programs such as this one.

