

Media Release

25 November 2021

A day of sport and recreation for people of all abilities

People living with disability will have a chance to get involved in a range of all-abilities sports at the City of Cockburn's Disability Sporting Day on Friday, 3 December 2021.

Held on International Day of People with Disability, the carnival-style event will feature close to a dozen different sports for people to watch and play including:

- Blind and Low-Vision Tennis
- Wheelchair Tennis
- Blind AFL
- Goalball
- All-Abilities Basketball
- All-Abilities Netball
- Sit Down Volleyball
- All-Abilities (Soccer)
- Blind Soccer

City of Cockburn Disability Access and Inclusion Officer, Ben Rowe, said the event was designed to help people living with disability to participate in sport and recreation.

"One in five people in Australia are living with disability. While there are many great sports available for them, sometimes it can be more difficult to find a suitable sport or club than it is for people without disability," Mr Rowe said.

"This event is about bringing all those clubs and organisations together in one place 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. Playing sport boosts our physical health, getting people active and exercising, and helps our mental health, encouraging us to socialise and build communities," Mr Rowe said.

The day will be held at the world-class Cockburn ARC sporting facility, beginning at 9am and finishing at 3pm.



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Along with the games, the event will host an info centre 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 – to watch or participate.

For more information or to register, please visit [the City's website](#).

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For more information contact:
Media and Communications Officer
City of Cockburn
T: 08 9411 3551
E: media@cockburn.wa.gov.au