

The mpowerdome team wish you a Merry Christmas and a Happy New Year!

Wow what a year! Thank you to all of our members and customers for their continued and increasing patronage at mpowerdome. As a health promoting facility, it has been fantastic to see so many in the community, take advantage of the mpowerdome programs and services. A timely restructure occurred this year in recognition of anticipated local growth and opportunities nationally. This restructure saw several key appointments: Ben Aiken to General Manager; Ben Cuttriss to Facility/Finance Supervisor; Dan Fulton to Sport & Community Recreation Supervisor; Tatum Bellingham to Customer Service Team Leader; and, Bec Maher to Inclusive Sports Coordinator. As responses have been made to the many reviews across the sport, recreation and health sectors, we have seen a growing interest in the mpowerdome concept with particular focus upon our hallmark programs for minis (3-4 yrs), Keenager (over 50's) and GymFit+ (disability clients). The recently released Crawford Report has certainly brought challenge to bring focus to grassroots participation, recognizing also, its significant contribution to the health needs of our community.

As the year has progressed, we have seen a flood of schools attending for the facilitated multi-sport program, increased program attendance in our Keenager program with Koomari assisting the weekly attendance of some of their clients; growing demand from the disability sector for our inclusive physical activity programs; referrals from GP's and Canberra Hospital into the Heartmoves program. But wait, there is more.....introducing 'm' games (mature and modified) for the over 45's which will be offered at our inaugural Aussie Masters Games (Tennis) over the first weekend in February. For all you over 45 tennis buffs be quick to register after 11/1/10 for a weekend of great fun. We look forward to seeing you in 2010.

Gail Aiken CEO

Hot off the press: Congratulations to Ben and Michelle on the arrival of Cooper Michael Aiken (20/12/09).

Jan FitHit Special: 3 nights for \$30 (members) and \$40 (non-members) weeks of 4/1, 18/1, 25/1, conditions apply.

Aussie Masters Games (over 45's): doubles, mixed and introducing 'm' games.

Register from 11/1/10.

For your calendar

FFA National Futsal Championships	Jan
mpowerdome Aussie Masters Games	Feb
After School Sports Ability Program	Feb
YMCA Senior Sports Carnival	Mar
Athletes with a Disability National Table Tennis Champs	Apr
ACTSport Disability Gala Day	May
Primary & Secondary Schools Table Cricket	Nov

Far right: mpower minis participant.

Centre: Mixed Netball comp.

Below: Mixed Adult Floorball comp



Sport & Community Recreation Programs/Coaching

SOCCKER

This year has seen a continual growth of mpowerdome's soccer competitions. The adult mixed and men's competition now boast over 80 teams whilst our junior soccer has seen over 120 participants in our latest summer competition. 2010 will bring the prospect of added competitions and tournaments for the sport!

NETBALL

2009 has seen a stabilizing year for netball as we prepare for a big 2010. 2010 will see the introduction of junior netball to our program range as mpowerdome aims to cater for a larger junior community. The adult competition is increasing and looking to grow into a fourth court on a Tuesday evening.

FLOORBALL

mpowerdome's floorball competition has continued to grow with our mixed competition at the point where a second mixed competition is close to beginning. We look forward to an exciting 2010 with steps being made to help get the largely unknown sport of floorball out into the Canberra community.

VOLLEYBALL

mpowerdome's volleyball competition has developed throughout 2009. Sammie Robertson came into the role of volleyball coordinator and this has resulted in a solid competition with participants regularly training as well as competing. With a solid platform the volleyball competition is anticipated to grow significantly in 2010.

TENNIS

This year has seen over 1300 students participate in game based coaching: learning the technical and tactical elements of the game through play so with the Australian Open looming we look forward to bumper nos. in term 1.

FitHit is growing in its appeal as a fun, social and fat burner activity that isn't too be missed.

Adult coaching has seen technical and tactical progress and HEAPS OF FUN so we look forward to growth in social play in 2010.

INCLUSIVE SPORT

Our first Disability Expo for Adults was held in July with over 58 participants attending.

4 of our Ability Green players gained selection to the ACT Team and are in training for the National Special Olympics Games in 2010.

Heartmoves (gentle exercise for those with cardiovascular and diabetes and other conditions) has experienced a growth with referrals from GP's and Canberra Hospital.



Left: Alison Bai currently on tour.

Ben, Bec and Gail at the Chief Minister's Inclusion Awards in October at which mpowerdome received the Inclusion Award for Sport.



