

MEDIA RELEASE



BRADMAN
CENTRE
HOME OF CRICKET MEMORIES

FOR IMMEDIATE RELEASE:

Walking Football on Bradman *A boredom buster*

The Bradman Centre and Highlands Soccer Association have joined forces to introduce a new initiative to encourage mature residents of Southern Highlands to get involved in community team sport.

WALKING FOOTBALL is a fully inclusive national program in partnership with Active Ageing Australia and Football Member Federations including Highlands Soccer, offering a social, small-sided & sustainable version of football specifically modified for older folk and Bradman Oval is the venue in the Southern Highlands.

Walking Football at Bradman is an opportunity for everyone 50 plus who wants to be active. The modified field size and rules are designed to provide physical & mental health benefits, social connectedness and promotion of the benefits of ongoing physical activity. It is low-impact, team-based exercise, which has become increasingly popular with those over 50 or anyone who wanting to ease back into exercise

Highlands Soccer's Michael Hamilton says: *Walking Football, it's exactly what it sounds like – a standard game of football where players walk instead of run. It's designed to help people get fit or maintain an active lifestyle no matter what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury.*

Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility.

And it's not just health benefits - walking football also offers social benefits. Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups.

This is one sporting activity that is suitable for all. Joining in a physical activity with a group of people your age can be a breath of fresh air, make you laugh and give you a good time.

We invite everyone to

COME & TRY WALKING FOOTBALL at Bradman on Sunday 30 August.

Football NSW will host sessions between 10 am to 2pm.

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Executive Director Rina Hore, *We are delighted that Bradman Oval will host this initiative to provide an opportunity for older residents to experience the thrills of team sport. During COVID restrictions, it's a great way to get out more, meet new people and feel better.*

WALKING FOOTBALL planned activities 10 am to 2 .pm

Social Distancing guidelines will be strictly adhered to.

Sunday 30 August	COME & TRY with NSW Football @ BRADMAN
Sunday 6 September	Social games – Join in for one day or register for all four.
Sunday 13 September	Social games – Join in for one day or register for all three.
Sunday 20 September	Social games – Join in
Sunday 27 September	Social games – Join in

October

Competition and social games will be held on Wednesday during October to April.

Wednesday is our preferred day but will work with Highlands Soccer to ensure that we maximise our efforts to engage a broader section of the Highlands community.

Match times, team numbers and age groups will be determined by the number of registrations.

Runners and sand shoes are to be worn, no leather soles or boots allowed. No need for shin pads either. Bradman Oval is located in St Jude Street Bowral

For more information contact: **Rina Hore 0408 253 800 or**

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The Bradman Foundation is a NOT For PROFIT organisation responsible for managing Bradman Oval on behalf of Wingecarribee Council for the community.

