

FREE EVENT



**SPORTS**  
**FEST**  
CENTRAL COAST

**SEPTEMBER**  
**SAT 22**  
**SUN 23**  
**2018**  
**10am**

**COME 'N TRY**

**GET ACTIVE**

**EDSACC, Bateau Bay**

[centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)



## How to get the most out of SportsFest!

If you, or a family member, have been thinking about getting active, and you're keen to try out or get to know more about a particular sport or recreation activity, then SportsFest is the place to be. We bring you a variety of sports and active recreational opportunities for you to give it a try. There are options for the young and young at heart... just take a look around.

The venue is divided into three Zones (Blue, Green and Yellow – refer to the enclosed map) and each zone is hosting a number of different sports with come 'n try sessions, professional demonstrations or information stalls. The idea is to go along and either register your participation in a session or ask questions to get to know more about what's on offer. Take a look at the list of representative sports in each zone and head on over to find out what each sport has to offer.

There is no cost to participate! And don't forget to head into the PCYC Centre for some of our indoor sports on offer.

When the time comes to sit back and relax, you might want to grab a bite to eat and head over to Central Park where there's live entertainment from the stage. Or, if you're keen to do a bit of shopping with a difference, our Markets might just appeal to you!

Look out for our Giveaways and Competitions! Finally, if you need to find your way around or would like to know more about what's happening, our team at the SportsFest Information Centre are here to help you. Head on over to the Green Zone and look out for the "How Can We Help You?" sign!

Further event information can be found at [centralcoast.nsw.gov.au/SportsFest](http://centralcoast.nsw.gov.au/SportsFest) or, alternatively, connect with us on Facebook, SportsFest Central Coast.



## Some of our more unusual sports on display this weekend

### What is Archery Tag?

Archery Tag is a sport similar to dodgeball or paintball where participants shoot one another using a bow and arrows with large foam tips. Players are eliminated when hit by an arrow, or if another player catches an arrow they shot.

### What is Gridiron?

Gridiron football, also known as North American football or simply football, is a football sport primarily played in the United States and Canada. American football, which uses 11-player teams, is the form played in the United States and the best known form worldwide, while Canadian football, featuring 12-player teams, predominates in Canada.

### What is Strongman athletics?

A strongman is a man who competes in strength athletics. In the 19th century, the term strongman referred to an exhibitor of strength or similar circus performers who displayed feats of strength. When strength sports were codified into their own categories such as weightlifting, powerlifting, etc, Strongman became its own specified category in strength sports. Eddie Williams who lives on the Central Coast is Australia's reigning Strongman!

### Who, and What, is WCMX?

WCMX & Adaptive Skate Australia is an organisation that focuses on making adaptive skatepark based sports easily accessible to all people with disabilities living in Australia. Wheelchair riding demos and coaching clinics will be held at BATO Yard during SportsFest.

### What is Circus Sport?

It is a mix of sports and art which brings together physical activity and creative expression in a non-competitive atmosphere. Circus skills help to improve confidence, self-esteem, attention span, creativity and co-ordination.

### What is Roller Derby?

Roller derby is a contact sport played by two teams of five members roller skating in the same direction (counter-clockwise) around a track. Game play consists of a series of short match ups (jams) in which both teams designate a jammer who scores points by lapping members of the opposing team.

### What is Dragon Boating?

A dragon boat team consists of 20 paddlers sitting two abreast, plus a Cox who steers the dragon boat from the rear and a drummer who sits at the front. The team of paddlers work in unison to propel the boat from a standing start, the aim being to reach the finish line in the fastest time.

### What is Karting?

Kart racing or karting is a variant of open-wheel motorsport with small, open, four-wheeled vehicles called karts, go-karts, or gearbox/shifter karts depending on the design. They are usually raced on scaled-down circuits. Karting is commonly perceived as the stepping stone to the higher ranks of motorsports.



Our program is correct at the time of print but remains subject to change. Please follow our Facebook page [facebook.com/SportsFestCentralCoast](https://facebook.com/SportsFestCentralCoast) for updates!

## SATURDAY 22 SEPTEMBER

Time	Sport / Activity	Description	Zone	Where
9:30 AM - 10:00 AM	<b>Fan Parade</b>	March Past by Clubs and Schools to Celebrate the Opening	Blue	Car Park to Central Park
10:00 AM - 12:00 PM	<b>Croquet</b>	EDSACC Club Games	Green	Croquet Fields
10:00 AM - 12:00 PM	<b>Touch Football</b>	Central Coast Academy of Sport : High Performance Training Session	Blue	Field #12
10:00 AM - 2:00 PM	<b>BMX Racing</b>	San Remo BMX Stall and Sprocket (Junior) Riding Sessions	Green	Area 16
10:00 AM - 2:00 PM+	<b>Rugby Union</b>	Gala Day for U7's and U8's	Blue	Field #7 - 8
10:00 AM - 5:00 PM	<b>AFL 9's</b>	AFL 9's Competition	Blue	Field #13
10:00 AM - 5:00 PM	<b>Archery</b>	Hover Ball Target Shooting	Blue	Field #10
10:00 AM - 5:00 PM	<b>Chill Zone</b>	RYSS Bus Chill Out Area and Interactive Games	Green	Area 15
10:00 AM - 5:00 PM	<b>Circus</b>	Interactive Activations - Come 'n Try Sessions	Blue	Field #10
10:00 AM - 5:00 PM	<b>Cricket</b>	Come 'n Try Sessions, Net Practise and more	Green	Cricket Nets
10:00 AM - 5:00 PM	<b>Dragon Boats</b>	Display and Stall - sign up for Come 'n Try Session	Green	Central Park
10:00 AM - 5:00 PM	<b>Equestrian</b>	Cowboys 4 Kids - Meet Reno (a horse on a mission)	Green	Central Park
10:00 AM - 5:00 PM	<b>Golf</b>	Jack Newton Junior Golf - Inflatable Hitting Bay	Blue	Field #10

10:00 AM - 5:00 PM	<b>Hockey</b>	Activations and Come 'n Try Sessions	Blue	Field #10
10:00 AM - 5:00 PM	<b>IFTS School</b>	Come 'n Try : Football, Tennis, Netball, Cricket, Rugby	Blue	Field #9
10:00 AM - 5:00 PM	<b>Karting</b>	CC Speedway Kart Club - Kart display and meet their racers	Green	Area 16
10:00 AM - 5:00 PM	<b>Kickers</b>	Little Kickers & Little Rugby Interactive Sessions	Green	Outdoor Gym Area
10:00 AM - 5:00 PM	<b>Kidz Zone</b>	Obstacle Course, Clowning Around, Giant Zone	Green	Outdoor Gym Area
10:00 AM - 5:00 PM	<b>Motor Racing</b>	NSW Road Racing Display Vehicles and Interactive Sessions	Green	Area 16
10:00 AM - 5:00 PM	<b>Netball</b>	NetSetGo, Fast 5 and Walking Netball - Come 'n Try Sessions	Green	Netball Court
10:00 AM - 5:00 PM	<b>Rugby League</b>	Junior Drills and Come 'n Try Sessions	Blue	Field #14
10:00 AM - 5:00 PM	<b>Soccer</b>	Mariners Inflatable Soccer Fun for Kids 4 - 12yrs	Blue	Field #10
10:00 AM - 5:00 PM	<b>Softball</b>	Interactive Activations - Come 'n Try Sessions	Blue	Field #11
10:00 AM - 5:00 PM	<b>Sports Wellbeing</b>	Coast Sports Stall	Green	Area 15
10:00 AM - 5:00 PM	<b>Sports Wellbeing</b>	Coast Sports Medical Supplies	Green	Central Park
10:00 AM - 5:00 PM	<b>Starena</b>	Starena Games Activations with Star 104.5	Green	Outdoor Gym Area
10:00 AM - 5:00 PM	<b>Table Tennis</b>	Interactive Activations - Come 'n Try Sessions	Green	PCYC Indoor Centre
10:00 AM - 5:00 PM	<b>Tennis</b>	Hots Shots, Coaching, Speed Serve, Free Play, Target Comps	Green	Tennis Courts
10:00 AM - 5:00 PM+	<b>Basketball</b>	CLB 3X3 Competition: Juniors U13, U15 and U18	Green	Area 15
10:30 AM - 11:30 AM	<b>AFL</b>	Auskick - Come 'n Try Session	Blue	Field #13
10:30 AM - 11:30 AM	<b>Oztag</b>	Come 'n Try Session for 5 - 9 year olds	Yellow	Field #1 - 6
10:30 AM - 12:00PM	<b>Meet &amp; Greet</b>	Coast Sports - Meet local sports stars!	Green	Area 15
10:30 AM - 2:30 PM	<b>Climbing</b>	Come 'n Try the TELC 8m High Rock Climbing Wall for all ages	Green	Area 15
11:00 AM - 11:30 AM	<b>Scooters</b>	Professional Demo	Green	Big Bowl in BATO Yard
11:00 AM - 11:45 AM	<b>Fitness</b>	Kangatraining - Demo	Green	Central Park
11:00 AM - 12:00 PM	<b>Skate</b>	TELC / YMCA Skate Coaching Clinic - Beginners	Green	Street Plaza in BATO Yard
11:15 AM - 11:45 AM	<b>Strength</b>	Meet Australia's reigning Strongman Title Holder: Eddie Williams	Green	Central Park
11:30 AM - 12:00 PM	<b>WCMX</b>	Wheelchair Sports Professional Demonstration	Green	Flow Bowl in BATO Yard
12:00 PM - 12:30 PM	<b>Dance</b>	Simone's School of Performing Arts : Little Mini Performers	Green	Central Park



12:00 PM - 12:30 PM	<b>Skate</b>	YMCA Skate Demos	Green	Flow Bowl in BATO Yard
12:00 PM - 1:00 PM	<b>Dragon Boats</b>	ERG Challenge	Green	Central Park
12:00 PM - 1:00 PM	<b>Oztag</b>	Come 'n Try Session for 10 - 14 year olds	Yellow	Field #1 - 6
12:00 PM - 4:00 PM	<b>Radio</b>	Live Broadcast by Star 104.5	Green	Outdoor Gym Area
12:15 PM - 1:15 PM	<b>Archery Tag</b>	Come 'n Try Session	Blue	Field #12
12:30 PM - 1:30 PM	<b>WCMX</b>	Wheelchair Sports Come 'n Try Session	Green	Street Plaza in BATO Yard
12:30 PM - 1:30 PM	<b>Croquet</b>	Come 'n Try Session	Green	Croquet Fields
1:00 PM - 1:30 PM	<b>Dance</b>	Simone's School of Performing Arts : Little Mini Performers	Green	Central Park
1:00 PM - 2:00 PM	<b>Scooters</b>	Basic Training Session	Green	Flow Bowl in BATO Yard
1:00 PM - 2:00 PM	<b>Skate</b>	TELC / YMCA Skate Coaching Clinic - Intermediate	Green	Big Bowl in BATO Yard
1:30 PM - 2:30 PM	<b>Oztag</b>	Come 'n Try Session for 15 year olds and over	Yellow	Field #1 - 6
2:00 PM - 2:30 PM	<b>Dance</b>	Simone's School of Performing Arts : Little Mini Performers	Green	Central Park
2:00 PM - 2:30 PM	<b>Scooters</b>	Professional Demo	Green	Street Plaza in BATO Yard
2:00 PM - 3:00 PM	<b>AFL</b>	Auskick - Come 'n Try Session	Blue	Field #13
2:00 PM - 3:00 PM	<b>Chill Zone</b>	RYSS Game-Off Competition	Green	Area 15
2:00 PM - 3:00 PM	<b>Softball</b>	CC Softball Association : U13's Official Training Session	Blue	Field #11
2:30 PM - 3:00 PM	<b>WCMX</b>	Wheelchair Sports Professional Demonstration	Green	Big Bowl in BATO Yard
2:30 PM - 3:30 PM	<b>Archery Tag</b>	Come 'n Try Session	Blue	Field #12
3:00 PM - 4:00 PM	<b>Scooters</b>	Basic Training Session	Green	Flow Bowl in BATO Yard
3:30 PM - 4:30 PM	<b>WCMX</b>	Wheelchair Sports Come 'n Try Session	Green	Street Plaza in BATO Yard



# EXHIBITOR & RETAIL STALLS

## Green Zone - Central Park

### SATURDAY

<b>360 Pro Scooters</b>	Scooters, Parts and Apparel
<b>Ability Links</b>	Linking people with Disability, their Families & Carers, to the Community
<b>APM Employment</b>	Youth Employment Services
<b>Averils Natural Skin Care</b>	Natural skin care, vegan friendly and no animal testing products
<b>Brisbane Water Outdoors Club</b>	Bushwalking, Abseiling, Canyoning, Kayaking, Cycling, Skiing
<b>Central Coast Council</b>	SportsFest Information Stall
<b>Central Coast Dragon Boat Club</b>	Promoting Dragon Boat Racing
<b>Central Coast Roller Derby United</b>	Information Stall and Roaming Skaters
<b>Curves - The Entrance</b>	Women's Gym
<b>Deepwater Dragon Boat Woy Woy</b>	Promoting Dragon Boat Racing
<b>Everything Sports</b>	Sportswear & Equipment
<b>Giggles &amp; Bows Kidswear</b>	Baby & Children's Clothing & Accessories
<b>Health HQ</b>	Chiropractic Services
<b>Heavenly Scents</b>	Soy Candles, Bath Bombs & Diffusers
<b>Kangatraining</b>	Fitness training for Mums & Bubs
<b>Nannies Little Creations</b>	Baby & Toddlers Homeware and Accessories
<b>Office of Sport NSW</b>	NSW Government Sport & Recreation Services
<b>Parklane Jewellery</b>	Diverse jewellery range
<b>Posh Prints &amp; Décor</b>	Handmade, Custom & Personalised foil prints
<b>Quirky Gifts</b>	Garden Art, Resin Art, Dream Catchers, Wind-chimes, Pottery
<b>Remedy One Massage</b>	Bowen Therapy
<b>Service NSW</b>	Promoting Active Kids Grants and other Community Services
<b>The Bubble Bar</b>	Soap and Bathbombs
<b>The Oily Mixer</b>	DoTERRA Essential Oils
<b>Tupperware</b>	Tupperware Products
<b>Viking Strength</b>	Promoting Strong Man Comps and Fitness Training
<b>Weight Watchers</b>	Healthy Weight Loss Clinics
<b>Zibara Clothing</b>	Sports Wear

SUNDAY 23 SEPTEMBER

9:00 AM - 11:00 AM	Netball	Central Coast Academy of Sport : High Performance Training Session	Green	PCYC Indoor Centre
9:00 AM - 5:00 PM+	Oztag	Junior Championship Tournament: City v Country	Yellow	Field #1 - 6
9:00 AM - 15:30 PM+	Oztag	Junior Championship Tournament: City v Country	Blue	Field #7 - 8
10:00 AM - 11:00 AM	AFL	Auskick - Come 'n Try Session	Blue	Field #12
10:00 AM - 11:00 AM	Croquet	Come 'n Try Session	Green	Croquet Fields
10:00 AM - 11:00 AM	Scooters	Basic Training Session	Green	Flow Bowl at BATO Yard
10:00 AM - 11:00 AM	Softball	CC Softball Association: Open Women's Training Session	Blue	Field #11
10:00 AM - 2:00 PM	Climbing	Come 'n Try the TELC 8m High Rock Climbing Wall for all ages	Green	Area 15
10:00 AM - 2:00 PM	Soccer	CC Mariners and CC United FC Gala for U7's and U8's	Blue	Field #13
10:00 AM - 3:00 PM	Table Tennis	Interactive Activations - Come 'n Try Sessions	Green	PCYC Indoor Centre
10:00 AM - 4:00 PM	Archery	Hover Ball Target Shooting	Blue	Field #10
10:00 AM - 4:00 PM	BMX Racing	San Remo BMX Stall and Sprocket (Junior) Riding Sessions	Green	Area 16
10:00 AM - 4:00 PM	Chill Zone	RYSS Bus Chill Out Area and Interactive Games	Green	Area 15
10:00 AM - 4:00 PM	Cricket	Come 'n Try Sessions, Net Practise and more	Green	Cricket Nets
10:00 AM - 4:00 PM	Equestrian	Cowboys 4 Kids - Meet Reno (a horse on a mission)	Green	Central Park
10:00 AM - 4:00 PM	Golf	Jack Newton Junior Golf - Inflatable Hitting Bay	Blue	Field #10
10:00 AM - 4:00 PM	Hockey	Activations and Come 'n Try Sessions	Blue	Field #10
10:00 AM - 4:00 PM	IFTS School	Come 'n Try : Football, Tennis, Netball, Cricket, Rugby	Blue	Field #9
10:00 AM - 4:00 PM	Karting	CC Speedway Kart Club - Kart display and meet their racers	Green	Area 16
10:00 AM - 4:00 PM	Kidz Zone	Obstacle Course, Clowning Around, Giant Zone	Green	Outdoor Gym Area
10:00 AM - 4:00 PM	Motor Racing	NSW Road Racing Display Vehicles and Interactive Sessions	Green	Area 16
10:00 AM - 4:00 PM	Netball	NetSetGo, Fast 5 and Walking Netball - Come 'n Try Sessions	Green	Netball Court
10:00 AM - 4:00 PM	Rugby League	Junior Drills and Come 'n Try Sessions	Blue	Field #14
10:00 AM - 4:00 PM	Soccer	Mariners Inflatable Soccer Fun for Kids 4 - 12yrs	Blue	Field #10
10:00 AM - 4:00 PM	Softball	Interactive Activations - Come 'n Try Sessions	Blue	Field #11
10:00 AM - 4:00 PM	Sports Wellbeing	Coast Sports Medical Supplies	Green	Central Park
10:00 AM - 4:00 PM	Starena	Starena Games Activations with Star 104.5	Green	Outdoor Gym Area

10:00 AM - 4:00 PM	Tennis	Hots Shots, Coaching, Speed Serve, Free Play, Target Comps	Green	Tennis Courts
10:00 AM - 4:00 PM+	Basketball	CLB 3X3 Competition: Adults Opens	Green	Area 15
10:30 AM - 11:00 AM	WCMX	Wheelchair Sports Professional Demonstration	Green	Big Bowl in BATO Yard
11:00 AM - 11:30 AM	Scooters	Professional Demo	Green	Big Bowl at BATO Yard
11:00 AM - 11:45 AM	Fitness	Kangatraining - Demo	Green	Central Park
11:00 AM - 12:00 PM	Gridiron	CC Sharks Demo and Come 'n Try Session	Blue	Field #12
11:00 AM - 12:00 PM	Skate	TELC / YMCA Skate Coaching Clinic - Beginners	Green	Flow Bowl at BATO Yard
11:30 AM - 12:30 PM	WCMX	Wheelchair Sports Come 'n Try Session	Green	Street Plaza in BATO Yard
12:00 PM - 12:30 PM	Dance	Simone's School of Performing Arts : Little Mini Performers	Green	Central Park
12:00 PM - 12:30 PM	Skate	YMCA Skate Demos	Green	Big Bowl at BATO Yard
12:00 PM - 1:00 PM	Archery Tag	Come 'n Try Session	Blue	Field # 12
12:30 PM - 1:00 PM	WCMX	Wheelchair Sports Professional Demonstration	Green	Flow Bowl at BATO Yard
1:00 PM - 1:30 PM	Dance	Simone's School of Performing Arts : Little Mini Performers	Green	Central Park
1:00 PM - 2:00 PM	AFL	Auskick - Come 'n Try Session	Blue	Field #12
1:00 PM - 2:00 PM	Scooters	Basic Training Session	Green	Flow Bowl at BATO Yard
1:00 PM - 2:00 PM	Skate	TELC / YMCA Skate Coaching Clinic - Intermediate	Green	Street Plaza in BATO Yard
2:00 PM - 3:00 PM	Chill Zone	RYSS Game-Off Competition	Green	Area 15
2:00 PM - 2:30 PM	Dance	Simone's School of Performing Arts : Little Mini Performers	Green	Central Park
2:00 PM - 2:30 PM	Scooters	Professional Demo	Green	Street Plaza in BATO Yard
2:30 PM - 3:30 PM	WCMX	Wheelchair Sports Come 'n Try Session	Green	Street Plaza in BATO Yard
3:00 PM - 4:00 PM	Archery Tag	Come 'n Try Session	Blue	Field #12





# EXHIBITOR & RETAIL STALLS

## Green Zone - Central Park

### SUNDAY

<b>360 Pro Scooters</b>	Scooters, Parts and Apparel
<b>APM Employment</b>	Youth Employment Services
<b>Averils Natural Skin Care</b>	Natural skin care, vegan friendly and no animal testing products
<b>Brisbane Water Outdoors Club</b>	Bushwalking, Abseiling, Canyoning, Kayaking, Cycling, Skiing
<b>Central Coast Council</b>	SportsFest Information Stall
<b>Central Coast Roller Derby United</b>	Information Stall and Roaming Skaters
<b>Curves - The Entrance</b>	Women's Gym
<b>Everything Sports</b>	Sportswear & Equipment
<b>Giggles &amp; Bows Kidswear</b>	Baby & Children's Clothing & Accessories
<b>Health HQ</b>	Chiropractic Services
<b>Heavenly Scents</b>	Soy Candles, Bath Bombs & Diffusers
<b>Kangatraining</b>	Fitness training for Mums & Bubs
<b>Nannies Little Creations</b>	Baby & Toddlers Homeware and Accessories
<b>Office of Sport NSW</b>	NSW Government Sport & Recreation Services
<b>Parklane Jewellery</b>	Diverse jewellery range
<b>Posh Prints &amp; Décor</b>	Handmade, Custom & Personalised foil prints
<b>Quirky Gifts</b>	Garden Art, Resin Art, Dream Catchers, Wind-chimes, Pottery
<b>Remedy One Massage</b>	Bowen Therapy
<b>Service NSW</b>	Promoting Active Kids Grants and other Community Services
<b>Song Bird Crystals Australia</b>	Crystals & Esoteric products
<b>The Bubble Bar</b>	Soap and Bathbombs
<b>The Oily Mixer</b>	DoTERRA Essential Oils
<b>Tupperware</b>	Tupperware Products
<b>Weight Watchers</b>	Healthy Weight Loss Clinics
<b>Zibara Clothing</b>	Sports Wear



## FOOD & BEVERAGE STALLS

### Green Zone - Central Park

#### SATURDAY

<b>Blended Reality</b>	Smoothies, Smoothie Bowls, Smoffees and Treats
<b>Blue Star Café</b> <i>PCYC Indoor Centre</i>	Pies, Sausage Rolls, Drinks, Lollies, Sandwiches, Milkshakes
<b>CC Food Vans</b>	Nacho's and Chicken Schnitzel
<b>Hawins Food Van</b>	Gozleme & French Crêpes
<b>Mini Melts</b>	Australian made gluten-free Icecream & Sorbet
<b>Poppy &amp; Myrtle</b>	Coffee, Cakes & Flowers
<b>Pork &amp; Cheese</b>	Portuguese Street Food
<b>Rotary Club North Gosford</b>	BBQ - Sausage Sizzle
<b>SK Creations</b>	Cup Cakes
<b>Souvlaki on the Run</b>	Traditional Greek Souvlaki
<b>Spring Twist Potatoes</b>	Chip on a Stick
<b>Tropical Sno Cones</b>	Sno Cones

#### SUNDAY

<b>Blended Reality</b>	Smoothies, Smoothie Bowls, Smoffees and Treats
<b>Blue Star Café</b> <i>PCYC Indoor Centre</i>	Pies, Sausage Rolls, Drinks, Lollies, Sandwiches, Milkshakes
<b>CC Food Vans</b>	Nacho's and Chicken Schnitzel
<b>Hawins Food Van</b>	Gozleme & French Crêpes
<b>Mini Melts</b>	Australian made gluten-free Icecream & Sorbet
<b>Poppy &amp; Myrtle</b>	Coffee, Cakes & Flowers
<b>Pork &amp; Cheese</b>	Portuguese Street Food
<b>Rotary Club North Gosford</b>	BBQ - Sausage Sizzle
<b>SK Creations</b>	Cup Cakes
<b>Souvlaki on the Run</b>	Traditional Greek Souvlaki
<b>Spring Twist Potatoes</b>	Chip on a Stick
<b>Sweet &amp; Sour</b>	Range of sweet & sour liquorice
<b>Tropical Sno Cones</b>	Sno Cones
<b>Vickers Fudge</b>	Range of delicious fudges







## CENTRAL PARK LIVE ENTERTAINMENT

**Saturday 22 September 2017**

### MAIN STAGE

Niamh Watson	12pm - 12.20pm
Dominique Morgan	12.30pm - 1pm
Ben Woodham & Veronika Lawson	1.15pm - 2pm

**Sunday 23 September 2017**

### MAIN STAGE

Ella Powell	12pm - 12.20pm
Howard Shearman	12.30pm - 1pm
Little Quirks	1.15pm - 2pm

BROUGHT TO YOU BY:

Central  
Coast  
Council

IN ASSOCIATION WITH:

★ **STAR104.5**



**Sport NSW**  
*The Voice of Sport*

CENTRAL COAST  
ACADEMY OF SPORT



**NSW**  
GOVERNMENT

**Office  
of Sport**

