

#### How to get the most out of SportsFest!

If you, or your friends and family, are looking to get active or just find new ways to get active, then SportsFest is for you.

This free and inclusive festival showcases the assorted range of sports and recreational opportunities available for all ages, all abilities and fitness levels on the Central Coast.

There is something for everyone. It's not just traditional ball sports on offer – there also more unusual sports on display, so whatever your taste there will be a way to get active and connected in your local sports community.

Come dressed in your sportswear ready to participate in one of the 'come and try' sessions. There is also professional demonstrations, live entertainment, food and market stalls and kids zone.

The venue is divided into three zones (Blue, Green and Yellow – refer to the map).

Take a look though the program to see what's in each zone, then head over to find out what each sport has to offer, ask questions and register to participate in the free 'come and try' sessions. Don't forget to venture into the Croquet area for the Tai Chi demonstrations and the PCYC Centre for some of our indoor sports on offer including Virtual Reality Sport.

When the time comes to sit back and relax and grab a bite to eat, head over to Central Park where there's food stalls and live entertainment. If you're keen to do a bit of shopping with a difference, our market stalls might just appeal to you!

Our team at the SportsFest Information Centre are on hand to help you find your way around and talk to you about what's on offer. They are located in the Green Zone (look out for the "How Can We Help You?" sign!)

SportsFest's proud partnerships include NSW Office of Sport, Sport NSW, Central Coast Academy of Sport, Fair Game Australia, The Entrance Leagues Club and official media sponsor, Star 104.5 FM.

Further event information can be found at centralcoast.nsw.gov.au/SportsFest

For event updates and news, like and follow the SportsFest Facebook page.

### 'Be a Good Sport' charity drive

Central Coast Council is encouraging the community to 'be a good sport' by donating pre-loved sporting equipment – with not-for-profit organisation Fair Game Australia appointed to manage the distribution of all donations back into our local community where they are needed most.

A collection point is set up at SportsFest (see 16 in the Green Zone on the map) to donate pre-loved, good condition sports equipment to help our community overcome some of the barriers to participation in sport and recreation.

# Not familiar with some of the sports in the program?

#### Bounce

Bounce offers choreographed dance-cardio jumping routines on mini-trampolines which is three times more effective than floor based fitness thanks to the addition of gravity and g-force provided by the trampoline. Come and down and give it a try!

#### 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.

#### **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.

#### Olliesonny

Olliesonny is an all-female created, owned and operated skateboarding school for children and adults of all ages, gender, skill and confidence levels. Olliesonny have teamed up with Central Coast Council to provide free skate workshops at SportsFest - bring your board or borrow theirs to build your skills and confidence to hop on board.

#### Sons of Obiwan

Sons of Obiwan teaches Lightsabre Theatre Combat which is a safe, non-contact activity suitable for all fitness levels and abilities for those aged ten years and above. Sons of Obiwan also teach skills in in European Longsword, Balintawak (Filipino Stick Fighting), Spinning and Tricking combined with movement, athletics and performance skills.

#### **WCMX**

WCMX stands for wheelchair motocross and Adaptive Skate, with Adaptive Skate Australia bring 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.





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

# **SATURDAY 21 SEPTEMBER**

Time	Sport / Activity	Description	Zone	Where
9:30 AM - 10:00 AM	Fan Parade	March Past by Clubs and Schools to Celebrate SportsFest Opening	Blue	Car Park to Central Park
9:50 AM - 9:55 AM	Sky Diving	Newcastle Sports Parachuting Club Demonstration (Look Up!)	Blue	Landing at SportsFest
10:00 AM - 10:15 AM	Official Opening	Official Opening of SportsFest 2019	Green	Central Park
9:00 AM - 5:00 PM	Surf Life Saving	CC Surf Life Saving Club Nippers, Surf Boat crew, Swim and Surf Safety demonstrations	Blue	Area 1 Stand B
9:00 AM - 5:00 PM	Beach Safety	CCC Lifeguards CPR, Dr Rip, Rock Fishing Safety Talks and demonstrations	Blue	Area 1 Stand B
9:00 AM - 5:00 PM	Fitness	Active Fitness HQ Rowing Competition and Mini Boot Camp	Blue	Area 3 Stand B
9:00 AM - 5:00 PM	Kids Zone	Mini Ninja Warrior Course, Mini Goal- Kicking, Putt-Putt, Totem Tennis, Hockey, Basketball and more	Green	Area 8
9:00 AM - 5:00 PM	Tennis	Bateau Bay Tennis Centre Come 'n Try Session and Ball Machine	Green	Area 14
9:00 AM - 5:00 PM	Martial Arts	Black Belt Martial Arts Come 'n Try Session Blue		Area 3 Stand A
9:00 AM - 5:00 PM	Softball	CC Softball Interactive Demonstrations	Blue	Area 7

9:00 AM - 5:00 PM	Squash	CC Squash Come 'n Try Inflatable Squash Court	PCYC	Court 1
9:00 AM - 5:00 PM	Equestrian	Cowboys 4 Kids Demonstrations	Green	Area 12
9:00 AM - 5:00 PM	Golf	Jack Newton Junior Golf Inflatable Driving Range	Blue	Area 3 Stand E
9:00 AM - 5:00 PM	Gymnastics	Gymnastics NSW Come 'n Try Sessions / Trampolining	Blue	Area 2
9:00 AM - 5:00 PM	Netball	Netball NSW Come 'n Try Sessions Net Set Go and Fast5 Netball	Green	Area 15 Stand A
9:00 AM - 5:00 PM	Motocross	CC Junior Motorcycle Club Interactive Demonstrations (Every Hour On The Hour)	Green	Area 13 Stand A
9:00 AM - 5:00 PM	Hockey	CC Hockey Association Come 'n Try Session	Blue	Area 4 Stand B
9:00 AM - 5:00 PM	Circus	Roundabout Circus Come 'n Try Sessions	Blue	Area 3 Stand B
9:00 AM - 5:00 PM	Virtual Reality	CC Virtual Reality Come 'n Try Session - Virtual Sports (2-5min sessions)	PCYC	Court 1
9:00 AM - 5:00 PM	Fitness	((B)) Fitbody Fitbody Glitter Station	Blue	Area 6 Stand B
10:00 AM - 10:30 AM	Soccer	CC Occupational Therapy Come 'n Try Session SENSEational Soccer	Green	Area 17 Stand B
10:00 AM - 11:00 AM	Skateboarding	Olliesonny Coaching Clinic	BATO Yard	Area 11 Stand A
10:00 AM - 1:00 PM	Croquet	Croquet For All Ages EDSACC Club Games demonstration	Green	Croquet Fields
10:00 AM - 2:00 PM	Rugby Union	NSW Rugby Ball Tag, Passing Targets, Mini-Touch, Goal- Kicking	Blue	Area 1 Stand E
10:00 AM - 2:00 PM	Mixed Sports	CC Sports College Come 'n Try Sessions - Various Sports	Blue	Area 5
10:00 AM - 2:00 PM	Cricket	Sydney 6ers Catching Competition, Bowling Tunnel and Slide	Green	Area 10
10:00 AM - 2:00 PM	Fitness and Yoga	Mingara One Fitness 10-Minute Gromfit and Yoga Demonstrations Every Hour on the Hour	Green	Area 9
10:00 AM - 2:00 PM	Starena	Star 104.5 Starena Games Activations	Green	Area 8
10:30 AM - 10:50 AM	Fitness	((B)) Fitbody Fitbody Come 'n Try Session	Blue	Area 6 Stand B
10:30 AM - 3:30 PM	Basketball	Gosford City Basketball 3-on-3 Competition, Walking Basketball and Basketball Mini's	Green	Area 15 Stand B
11:00 AM - 11:30 AM	AFL	AFL NSW/ACT Auskick Come 'n Try Session	Blue	Area 6 Stand A
11:00 AM - 11:30 AM	Fitness	Snap Fitness Tuggerah Come 'n Try Session	Blue	Area 4 Stand A
11:00 AM - 11:30 AM	Surfing	CC Surfing Academy Equipment Demonstration	Blue	Area 1 Stand A
11:00 AM - 12:00 PM	Floorball	Peninsula Floorball Interactive Demonstration	PCYC	Court 2

11:00 AM - 1:00 PM	Light sabre Theatre Combat	Sons of Obiwan Lessons (Ages - 10+ / Maximum of 10 per class)	Blue	Area 3 Stand C
11:30 AM - 11:50 AM	Fitness	((B)) Fitbody Fitbody BEATS Come 'n Try Session	Blue	Area 6 Stand B
12:00 PM - 12:30 PM	WCMX	Wheelchair Sports Professional Demonstration	BATO Yard	Area 16
12:00 PM - 1:00 PM	Skateboarding	Olliesonny Coaching Clinic	BATO Yard	Area 11 Stand A
12:00 PM - 3:00 PM	вмх	Terrigal BMX Club Come 'n Try Session Ride Into BMX	Green	Area 13 Stand B
1:00 PM - 1:30 PM	Surfing	CC Academy of Surfing Surf Safety Discussion	Blue	Area 1 Stand A
1:00 PM - 2:00 PM	Skateboarding	Olliesonny Freeskate Competition	BATO Yard	Area 11 Stand A
1:30 PM - 1:50 PM	Fitness	((B)) Fitbody Fitbody Come 'n Try Session	Blue	Area 6 Stand B
2:00 PM - 2:30 PM	AFL	AFL NSW / ACT Auskick Come 'n Try Session	Blue	Area 6 Stand A
2:00 PM - 2:30 PM	Soccer	CC Occupational Therapy Come 'n Try Session SENSEational Soccer	Green	Area 17 Stand B
2:00 PM - 2:30 PM	Fitness	Snap Fitness Tuggerah Come 'n Try Session	Blue	Area 4 Stand A

2:00 PM - 2:30 PM	WCMX	Wheelchair Sports Professional Demonstration	BATO Yard	Area 11 Stand B
2:00 PM - 3:00 PM	Floorball	Peninsula Floorball Interactive Demonstration	Green	PCYC Court 2
2:30 PM - 2:50 PM	Fitness	((B)) Fitbody Fitbody BEATS Come 'n Try Session	Blue	Area 6 Stand B
3:30 PM - 3:50 PM	Fitness	((B)) Fitbody Fitbody BLAST Come 'n Try Session	Blue	Area 6 Stand B
10:00 AM - 5:00 PM	Dragon Boats	CC Dragon Boat Club	Blue	Area 1 Stand C



# **SUNDAY 22 SEPTEMBER**

8:00 AM - 7:00 PM	Oztag	Australian Oztag International Invitational Challenge	Yellow / Blue	Yellow Zone all fields Blue zone #
9:00 AM - 3:00 PM	Starena	Star 104.5 Starena Games Activations	Green	Area 8
9:00 AM - 1:00 PM	Croquet	Croquet For All Ages EDSACC Club Social Games	Green	Croquet Fields
9:00 AM - 5:00 PM	Fitness	Active Fitness HQ Rowing Competition and Mini Boot Camp	Blue	Area 3 Stand B
9:00 AM - 5:00 PM	Fitness	((B)) Fitbody Fitbody Glitter Station	Blue	Area 6 Stand B
9:00 AM - 5:00 PM	Kids Zone	Mini Ninja Warrior Course, Mini Goal-Kick- ing, Putt-Putt, Totem Tennis, Hockey, Basket- ball and more	Green	Area 8
9:00 AM - 5:00 PM	Tennis	Bateau Bay Tennis Centre Come 'n Try Session and Ball Machine	Green	Area 14
9:00 AM - 5:00 PM	Martial Arts	Black Belt Martial Arts Come 'n Try Session	Blue	Area 3 Stand A
9:00 AM - 5:00 PM	Softball	CC Softball Interactive Demonstrations	Blue	Area 7
9:00 AM - 5:00 PM	Surf Life Saving	CC Surf Life Saving Club Nippers, Surf Boat crew, Swim and Surf Safety demonstrations	Blue	Area 1 Stand B
9:00 AM - 5:00 PM	Beach Safety	CCC Lifeguards CPR, Dr Rip, Rock Fishing Safety Talks and demonstrations	Blue	Area 1 Stand B
9:00 AM - 5:00 PM	Squash	CC Squash Come 'n Try Inflatable Squash Court	PCYC	Court 1
9:00 AM - 5:00 PM	Equestrian	Cowboys 4 Kids Demonstrations	Green	Area 12
9:00 AM - 5:00 PM	Golf	Jack Newton Junior Golf Inflatable Driving Range	Blue	Area 3 Stand E
9:00 AM - 5:00 PM	Motocross	CC Junior Motorcycle Club Interactive Demonstrations (Every Hour On The Hour)	Green	Area 13 Stand A
9:00 AM - 5:00 PM	Netball	Netball NSW Come 'n Try Sessions Net Set Go and Fast5 Netball	Green	Area 15 Stand A
9:00 AM - 5:00 PM	Gymnastics	Gymnastics NSW NSW Come 'n Try Sessions	Blue	Area 2
9:00 AM - 5:00 PM	Virtual Reality	CC Virtual Reality Come 'n Try Sessions (2-5mins session)	PCYC	Court 1
10:00 AM - 10:20 AM	Fitness	((B)) Fitbody Fitbody Come 'n Try Session	Blue	Area 6 Stand B
10:00 AM - 11:00 AM	Tai Chi Qigong	Australian Academy Tai Chi and Qigong Interactive Demonstrations	Green	Area 17 Stand C
10:00 AM - 11:00 AM	Skateboarding	Olliesonny Coaching Clinic	BATO Yard	Area 11 Stand A
10:00 AM - 2:00 PM	<b>Mixed Sports</b>	CC Sports College Come 'n Try Sessions - Various Sports	Blue	Area 5
10:00 AM - 2:00 PM	Cricket	Sydney 6ers Catching Competition, Bowling Tunnel and Slide	Green	Area 10

10:00 AM - 2:00 PM	Fitness and Yoga	Mingara One Fitness 10-Minute Gromfit and Yoga Demonstrations Every Hour on the Hour	Green	Area 9
10:30 AM - 3:00 PM	Basketball	Gosford City Basketball 3-on-3 Competition, Walking Basketball and Basketball Mini's	Green	Area 15 Stand B
11:00 AM - 11:20 AM	Fitness	((B)) Fitbody Fitbody BEATS Come 'n Try Session	Blue	Area 6 Stand B
11:00 AM - 11:30 AM	AFL	AFL NSW / ACT Auskick Come 'n Try Sessions	Blue	Area 6 Stand A
11:00 AM - 11:30 AM	Fitness	Snap Fitness Tuggerah Come 'n Try Sessions	Blue	Area 4 Stand A
11:00 AM - 12:00 PM	Floorball	Peninsula Floorball Interactive Demonstrations	PCYC	Court 2
12:00 PM - 12:30 PM	WCMX	Wheelchair Sports Professional Demonstrations in the street and bowl areas	BATO Yard	Area 16
12:00 PM - 2:00 PM	Roller Derby	Outcast Roller Derby Demonstration / Training	PCYC	ТВС
12:00 PM - 1:00 PM	Skateboarding	Olliesonny Coaching Clinic bring your skateboard	BATO Yard	Area 11 Stand A
1:00 PM - 1:20 PM	Fitness	((B)) Fitbody Fitbody Come 'n Try Session	Blue	Area 6 Stand B
1:00 PM - 2:00 PM	Tai Chi Qigong	Australian Academy Tai Chi and Qigong Interactive Demonstrations	Green	Area 17 Stand C
1:00 PM - 2:00 PM	Skateboarding	Olliesonny Freeskate Competition	BATO Yard	Area 11 Stand A
2:00 PM - 2:20 PM	Fitness	((B)) Fitbody Fitbody BEATS Come 'n Try Session	Blue	Area 6 Stand B
2:00 PM - 2:30 PM	AFL	AFL NSW / ACT Auskick Come 'n Try Session	Blue	Area 6 Stand A
2:00 PM - 2:30 PM	Fitness	Snap Fitness Tuggerah Come 'n Try Sessions	Blue	Area 4 Stand a
2:00 PM - 2:30 PM	WCMX	Wheelchair Sports Professional Demonstration in the street and bowl area	BATO Yard	Area 11 Stand B
2:00 PM - 3:00 PM	Floorball	Peninsula Floorball Interactive Demonstration	PCYC	Court 2
3:00 PM - 3:20 PM	Fitness	((B)) Fitbody Fitbody BLAST Come 'n Try Session	Blue	Area 6 Stand B



# **EXHIBITOR & RETAIL STALLS**

## **Green Zone - Central Park**

### **SATURDAY**

APM Employment	Youth Employment Services	Green	
All Stickered Up	Labels	Green	
Angie's Clothing	Women's Fashion	Green	
	Balms and Ointments	Green	
Byron Bee Balm	baims and Omenes	Green	
Central Coast Academy of Sport	Sports Development	Green	
Central Coast Council	SportsFest Information Stall	Green	
Coast Outdoor Fitness	Information Stall	Blue	Area 4 Stand E
Denture and Mouthguard Studio	Custom Fit Mouthguards	Blue	Area 4 Stand C
Dots D'Lites	Jams and Chutneys	Green	
Dudley Garden Creations	Botanic Concepts	Green	
Emerald Tea	Teas	Green	
Everything Sports	Sports Gear and Apparel	Green	
Face Painting	Face Painting Art	Green	
Fair Game Australia	Charity Partner SportsFest 2019	Green	
Finish with the Right Stuff	Free NSW Health Initiative for Junior Sporting Clubs	Blue	Area 4 Stand D
Good Gear	Sports Merchandise	Blue	Area 4 Stand F
Health HQ	Sports Massage and Acupuncture	Green	Area 17 Stand D
Henna Artist	Temporary Body Art	Green	
Hi-Vis for Kids	Hi-Vis Clothing for Kids	Green	
Hunter Smoke House	Beef Jerky, Smoked Salts & BBQ Rubs	Green	
Nougat Limar	Nougat	Green	
Office of Sport NSW	NSW Government Sport and Recreation Services	Green	
Outlook Riding Academy		Green	
Scents by Eloise	Oils and Candles	Green	
Show Bags & Kids Novelties		Green	
Sweet & Sour	Licorice and Sweet and Sour Fruit Flavoured Lolly Straps	Green	
Tahni Wilson	Honey, Kids Hair Accessories	Green	
Vivid Threads	Tie-Dye Clothing	Green	
Wendy Woo Crafts	Paper Arts and Crafts	Green	

## **EXHIBITOR & RETAIL STALLS**

## **Green Zone - Central Park**

### SUNDAY

APM Employment	Youth Employment Services	Green	
All Stickered Up	Labels	Green	
Angie's Clothing	Women's Fashion	Green	
Byron Bee Balm	Balms and Ointments	Green	
Central Coast Academy of Sport	Sports Development	Green	
Central Coast Medical Supplies	Medical Supplies	Yellow	
Central Coast Council	SportsFest Information Stall	Green	
Denture and Mouthguard Studio	Custom Fit Mouthguards	Blue	Area 4 Stand C
Dots D'Lites	Jams and Chutneys	Green	
Dudley Garden Creations	Botanic Concepts	Green	
Emerald Tea	Teas	Green	
<b>Everything Sports</b>	Sports Gear and Apparel	Green	
Face Painting	Face Painting Art	Green	
Fair Game Australia	Charity Partner SportsFest 2019	Green	
Finish with the Right Stuff	Free NSW Health Initiative for Junior Sporting Clubs	Blue	Area 4 Stand D
Footy Girls	Female Protective Sporting Equipment	Blue	
Good Gear	Sports Merchandise	Blue	Area 4 Stand F
Heath HQ	Sports Massage and Acupuncture	Green	Area 17 Stand D
Henna Artist	Temporary Body Art	Green	
Hi-Vis for Kids	Hi-Vis Clothing for Kids	Green	
Hunter Smoke House	Beef Jerky, Smoked Salts & BBQ Rubs	Green	
Nougat Limar	Nougat	Green	
Office of Sport NSW	NSW Government Sport and Recreation Services	Green	
Outlook Riding Academy		Green	
Scents by Eloise	Oils and Candles	Green	
Show Bags & Kids Novelties		Green	
Sweet & Sour	Licorice and Sweet and Sour Fruit Flavoured Lolly Straps	Green	
Tahni Wilson	Honey, Kids Hair Accessories	Green	
Vivid Threads	Tie-Dye Clothing	Green	
Wendy Woo Crafts	Paper Arts and Crafts	Green	

# **FOOD & BEVERAGE STALLS**

## **Green Zone - Central Park**

## **SATURDAY**

Barista's Lab	Coffee and Cakes	Green
Bite Me Mini Donuts	Donuts and Slushies	Green
Cateraid	Kebabs, Falafel	Green
Corn Shack	Corn on the cob	Green
Crescent Star Food	Turkish Gozleme	Green
Dapto Dogs	Hot Dogs	Green
Gelato Mania	Gelato, Drinks and Coffee	Green
La Paella Arrante	Paella	Green
La Poutine	Canadian Loaded Fries	Green
Mini Melts Ice Cream	Ice Cream	Green
Philly Bell	Philly Cheese Steaks	Green
Poppy & Myrtle	Coffee and Cakes	Green
Rotary Club of Gosford North	Sausage Sizzle and Drinks	Green
Spring Potato Twisters	Chips on a Stick, Chicken Nuggets, Burgers	Green
Superfood Revolution	Juices and Smoothies	Green
Tropical Sno	Sno Cones	Green
Yummy Time Dumplings	Dumplings	Green

## **SUNDAY**

Barista's Lab	Coffee and Cakes	Green
Bite Me Mini Donuts	Donuts and Slushies	Green
Cateraid	Kebabs, Falafel	Green
Corn Shack	Corn on the cob	Green
Crescent Star Food	Turkish Gozleme	Green
Dapto Dogs	Hot Dogs	Green
<b>Gelato Mania</b>	Gelato, Drinks and Coffee	Green
La Paella Arrante	Paella	Green
La Poutine	Canadian Loaded Fries	Green
Mini Melts Ice Cream	Ice Cream	Green
Philly Bell	Philly Cheese Steaks	Green
Poppy & Myrtle	Coffee and Cakes	Green
Rotary Club of Gosford North	Sausage Sizzle and Drinks	Green
<b>Spring Potato Twisters</b>	Chips on a Stick, Chicken Nuggets, Burgers	Green
<b>Superfood Revolution</b>	Juices and Smoothies	Green
Tropical Sno	Sno Cones	Green
Yummy Time Dumplings	Dumplings	Green

# CENTRAL PARK LIVE ENTERTAINMENT

Saturday 21 September 2019			
MAINS	STAGE		
Official Opening	10.00am		
Lucy & Josh	10.30am		
Salsa Dancers	11.00am		
PCYC Musical Group	11.30am		
Niamh Watson	12:00pm		
Kuta Groove	12:30pm		
Trudy Bennett Duo	1:15pm		
PCYC Musical Group	2.00pm		
PCYC Musical Group	2.30pm		
Jimmy – guitar and singing	3.00pm		
Diamond Dance Studio	3.30pm		

Sunday 22 September 2019			
MAIN ST	TAGE		
PCYC Musical Group	10.00am		
PCYC Musical Group	10.30am		
Salsa Dancers	11.00am		
Lucy & Josh	11.30am		
Ella Powell	12:00pm		
Emerald Priestman	12:30pm		
Gem & Lachie	1:15pm		
Central Coast Academy of Music	2.00pm		
Central Coast Academy of Music	2.30pm		
Central Coast Academy of Music	3.00pm		
Central Coast Academy of Music	3.30pm		



# **BROUGHT TO YOU BY:**



# IN ASSOCIATION WITH:









