



## Boccia Australia National Titles

Overviews and nomination forms for this year's Boccia Australia National Titles have been sent to each of the state delegates.

To compete you must be nominated by your state delegate or coordinator.



## Boccia Australia NSO and Beyond



Boccia across Australia has never been as popular with record numbers attending the 2015 National Titles, coaching programs being run in the last 12 months across WA, SA, NSW and Qld and with the sport booming internationally, Boccia Australia is excited to have now become a National Sporting Organisation.

The Australian Sports Commission recognises Boccia Australia as the National Sporting Organisation for boccia in Australia. This recognition will assist in the development of the sport from community participation through to high performance level.

### Save the date in 2016:

SA State Titles

27 February

NSW State Titles

4-6 March

Boccia Australia National Titles

29 April – 5 May

Boccia Australia AGM  
4 May

Boccia Junior Nationals

4 – 6 November



## NRS Events

### Latest results

### Young Gun Takes Lead into New Year!

Into just it's second year, the National Ranking System is gaining momentum with athletes traveling across the country and to New Zealand to win the 2015/16 National Champion Trophy which was won by ACT BC1 athlete Tyler Ellis last season.

In the popular BC3 category, young gun Riley Saban leads the way. Traveling 6 hours to Sydney to compete in the Junior Nationals, also traveling to Tasmania and Queensland in each of their state titles, Riley narrowly heads the competition over last year's BC3 winner Spencer Cotie.

With the SA and NSW state titles taking place over the next two months and the Boccia Australia National Titles at the end of April, all classifications are up for grabs.

For all results and to see who's leading in your classifications, go to Boccia Australia website and visit [www.boccia.com.au/results](http://www.boccia.com.au/results)

### Run a Local NRS Event at Your Club!

If your local competition or club is running an event and want to include in the NRS, be sure to have your club connect with your state member or coordinator to apply as a local NRS event.

With a number of clubs across NSW including Northern Beaches and Hunter already involved, we are keen to see and support your club run their very own NRS event.

For further information contact  
[admin@boccia.com.au](mailto:admin@boccia.com.au)







## Boccia Australia Memberships

Athletes, Coaches, Sport Assistants, Referees and Officials, and Volunteers

It's never been more important to be a member of Boccia Australia. Becoming a member not only enables you to compete at any Boccia Australia supported event – and in a small way contribute to the administration and insurance costs – it also helps grow our sport and protecting our members.

If you are an athlete, coach, sport assistant, official or volunteer, you need to become a member.

There is a small fee for athletes, all other members join free.

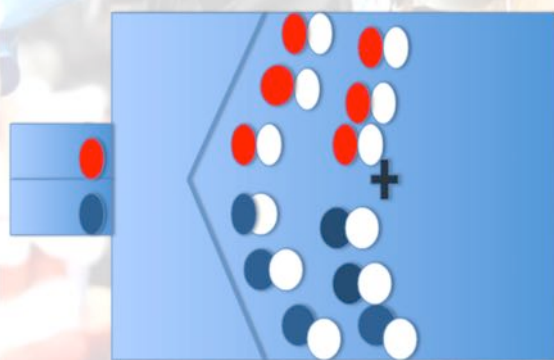
Membership runs from season to season. The current season is 2015-2016 and finishes with the Boccia Australia National Titles which will be held in Sydney at the end of April/early May 2016.

To become a member go to <http://www.boccia.com.au/>

And click on Get Involved.

### The Golden Switch

Test yourself and your team mates.



The idea of this drill is to develop your skill to switch in two balls at any length and position.

You only have two balls to make an effective shot on each set of balls.

Set up the drill on the court as per diagram with the opposition getting the perfect on. Your goal is switch in two. From the red box you must switch the blue balls and from the blue box switch the red.

Complete the golden switch twice and see if each time you can better that last score and understand what areas you need to improve.

This is not meant to be easy and as you master, add another set of 6 at the 6-7 metre mark.

How did you go, what score did you get?

## Coaching Across Australia



This year will see the introduction of the Boccia Australia coaching committee.

Each state delegate has been invited to nominate a state coach or representative for the committee meetings.

There will be three initial teleconferences leading up to this years' Boccia Australia National Titles hosted by Australia's head coach Peter King.

It's a great opportunity for state coaches to connect with Australia's leading coach to better understand how to support their athletes through the use of the best coaching practices for continued development of our sport.

Over the past 12 months a pilot boccia coaching course has been trialled in SA, WA, NSW and QLD with over 30 people completing the course.

Feedback is being incorporated and the course will be submitted to the Australian Sports Commission for formal recognition through their NCAS process.

### Boccia Australia becomes NSO

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National Sporting Organisation status brings to Boccia Australia the ability to access many levels of government support and will directly assist in the growth, development and management of boccia in Australia. Boccia Australia will be obliged to comply with the existing laws and regulations that govern Australian sport.

Having partners like Australian Sport Commission (ASC) and the Australian Paralympic Committee (APC) our sport and organization is set to take that next step of developing our sport for all across Australia in particular for our members.

This exciting announcement is the result of four years of hard work by the board of BA and brings boccia into line with all other major sports in Australia.



### Whats happening at your club?

Everyone here at Boccia Australia would love to hear news from your club and to share it with the boccia community.

Email photos, news and any inspiring stories to [admin@boccia.com.au](mailto:admin@boccia.com.au)

## International Boccia

### Michel & LaFontaine off to Beijing for World Champs

It's the last opportunity for athletes across the globe to qualify and compete at this year's Rio Paralympic games with the 2016 World Individual Championships taking place in Beijing, China from 19-26 March.

Australia's BC3 athlete Dan Michel has qualified for his second world championships and will be well prepared competing in Beijing only 2 years ago. Michel's meticulous preparation will see him go into the championships with plenty of confidence.

BC4 athlete Jean-Paul LaFontaine (JP) moved from Brisbane to Sydney last year to prioritise his boccia training. His focus has paid off and he has qualified for his first World Championships. JP is excited to have a crack at the world's best.



## Drugs

### It's Your Responsibility as an Athlete

It's important to remember that ultimate responsibility for complying with the Boccia Australia Anti-Doping Policy falls on the athlete and we would like to ensure that all National level athletes (section 4.4 of the BA ADP) who need to use a prohibited substance or prohibited method for therapeutic reasons are aware that they need to apply to Australian Sports Drug Medical Advisory Committee (ASDMAC) for a Therapeutic Use Exemption (TUE) at least 30 days before the *Athlete's* next Competition by completing the form at [www.asdmac.gov.au](http://www.asdmac.gov.au) with assistance from their doctor.

Anti Doping Policy is available on the Boccia Australia website [www.boccia.com.au](http://www.boccia.com.au)



## Boccia Australia Contacts:

Email: [admin@boccia.com.au](mailto:admin@boccia.com.au)

Phone: 0403 306 792

Or visit:

Facebook: [www.facebook.com/boccia.australia](http://www.facebook.com/boccia.australia)



### **ACT**

[ACT@boccia.com.au](mailto:ACT@boccia.com.au)

### **NSW**

Boccia NSW

Phone: 02 4954 3473

Email: [hunterboccia@bigpond.com](mailto:hunterboccia@bigpond.com)

or [nsw@boccia.com.au](mailto:nsw@boccia.com.au)

### **QLD**

Sporting Wheelies and Disabled Assoc.

Phone: 07 3253 3333

Email: [joem@sportingwheelies.org.au](mailto:joem@sportingwheelies.org.au)

### **SA**

Phone: 0459 606 029

Email: [info@bocciasouthaustralia.org](mailto:info@bocciasouthaustralia.org)

### **TAS**

Physical DisABILITY Sports Tasmania

Phone: (03) 6272 7513

Email: [kfaulkner@paraquadtas.org.au](mailto:kfaulkner@paraquadtas.org.au)

### **VIC**

Phone: 0409 021 849

Email: [bocciavictoria@hotmail.com](mailto:bocciavictoria@hotmail.com)

### **WA**

Phone: 0411 769 708 or 0404 198 265

Email: [bocciawa@gmail.com](mailto:bocciawa@gmail.com)

## UPCOMING BOCCIA EVENTS:

27 Feb	South Australia State Titles (NRS State Event)
4 – 6 Mar	NSW State Titles (NRS State Event)
19 – 26 Mar	BISFed Individual World Championships Beijing, China
9 Apr	Northern Beaches Singles (NRS Local Event)
26 Apr – 2 May	BISFed World Open Montreal, Canada
29 Apr – 5 May	Boccia Australia National Titles (NRS)
4 May	Boccia Australia AGM
4 – 6 Nov	Boccia Junior National Titles (NRS)

\*For more details on all these events and more go to [boccia.com.au/Events](http://boccia.com.au/Events)