

Thurs 18th Oct



Students from Henry Kendall High School finish orienteering at Girls Get Active event. Picture: AAP/Mark Scott.

The power of girls

Program encourages girls to get involved in sport

Flona Killman

GIRL power was in full force for the Girls Get Active Day in Bateau Bay recently.

Sport NSW and Central Coast Council joined forces to host the event, aimed at encouraging more girls to participate in sports and recreational activities.

The event, held at the PCYC, included 120 girls from four local high-schools,

five sports and elite athletes including footballer Jada Mathysen-Whyman, rugby union player Emily Robinson and judo representative Kirra Alvisio.

Australia's first female representative in para-snowboarding Joany Badenhorst shared her unique story of resilience after losing her leg following a tractor accident at the age of 10.

The girls spent the day

playing cricket, football, judo and rugby.

Sport NSW chief executive officer Darren Simpson said the event encouraged female students to participate in sporting activities within their local community.

"Sport NSW is delighted to host this event in conjunction with Central Coast Council for the second year on the eve of SportsFest," he said.