



Bush Fit Mob



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NEWSLETTER

## HEALTHY BODIES, STRONG MINDS

### BFM Month in Review

April and May were once again jam packed with activities and events! The ever-popular Sports Mindset was out in community again this month visiting both Angurugu and Umbakumba communities. A huge highlight this month was the school attendance incentive trip to Cairns for three lucky young men attending Umbakumba and Angurugu Schools. More on that trip below!

The Umbakumba and Milyakburra Fun Runs were also held which were great community events that were enjoyed by both students, teachers and families! The School Holidays also fell on the same week as Youth Week and the Bush Fit Mob team and Groote Eylandt youth enjoyed some awesome programs.



Professional development was a major part of May with the Athletics Australia Certificate 1 Coaching Course Bush Fit Mob facilitated for various local youth and sport organisations on the Eylandt. See below for some highlights of the past two months!

### Return of Sports Mindset



Aja, TJ and Lance were back on Eylandt with Bush Fit Mob bringing some excitement and fun to the kids of Angurugu, Umbakumba and Milyakburra Schools.

They also led some great fitness programs for the young men and women in community during their visits.

Sports Mindset are set to return for their final visit of the year in late

June. Stay tuned for some awesome activities, giveaways and of course, competition!

## Groote Eylandt Youth Attend Commonwealth Games

As part of a Bush Fit Mob school attendance strategy three young men were selected to attend four Commonwealth Basketball Games in Cairns in April with Bush Fit Mob staff Atnas Maeko and Travis Kennell. Kelvin Wurramarra, Dayron Pascoe and Rayshaun Maminyamanja were the three participants selected based on school attendance as well as extra-curricular involvement.



The boys were treated to exciting basketball games featuring team Australia, Canada, New Zealand and Jamaica. They were even invited down to the court after team Canada's game for a meet and greet with the players! An exciting weekend for some very well-deserving students. Bush Fit Mob is dedicated to providing positive school-based programs to help increase and retain school attendance. Watch this space for some more exciting opportunities for dedicated students on the Eylandt.



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## Ready, Set, Go!

It wasn't only the kids who got in on the Colour Run action in Umbakumba and Milyakburra the past two months! Families had a blast throwing colour, getting active and having some delicious healthy food at the two final BFM Deadly Fun Run Series Colour Runs.



Four lucky participants have now been selected to attend the Indigenous Marathon Foundation Deadly Fun Run Series in Uluru in three weeks! These four youth are among 80 Indigenous participants from across Australia selected to represent their community in a weekend of fitness, learning and culture. Stay tuned to the exciting updates to come as the participants along with two Bush Fit Mob staff make their way to Uluru!



## Professional Development for Bush Fit Mob Staff

Last month Bush Fit Mob facilitated a professional development course for youth sport and recreation workers across the Eylandt. Bush Fit Mob staff along with EARC Youth Sport and Rec and AFLNT staff undertook a week long course to obtain their Level 1 Coaching Certificate with Athletics Australia. The



course focused on hands on learning and skill development to give the staff increased knowledge around delivering fun and safe activities to children and youth on the Eylandt. A big thank you to Kath and Matt from Athletics Australia who came up to deliver this fun and engaging course.



## Bush Fit Mob Supports Students at AFL Champs

Bush Fit Mob has become a proud sponsor of Arnhem School Sports and their inter-community and inter-state initiatives to bring more athletic opportunity to Arnhem Region kids. In May both a boy's AFL U15 and Girl's AFL U15 team were assembled to represent Arnhem in both Darwin and Alice Springs.

Groote Students Brayden Mamarika (Alyangula), Kelvin Wurramarra (Umbakumba) and Rayshaun Maminyamanja (Umbakumba) were selected to represent the Arnhem Boy's team while Nissa Wurramarra (Angurugu) and Kylannah Lalara (Angurugu) travelled to represent the girls.

Despite never having played as a team the groups gelled together, improved and most importantly worked well as a team on and off the field.



Well done to all the athletes and a big congrats to Kaya Mununggurr from Yirrkala and Angelia Ganangu Rankin from Ramingining (pictured above) for being selected onto the NT Squad to compete at Nationals later this year!



Bush Fit Mob is an Anindilyakwa Land Council funded initiative.