



Bush Fit Mob



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NEWSLETTER

United, engaged and active!

BFM Month in Review

This past month saw an array of activities both on Groote and off-Eylandt. The U12 BFM futsal team continued to show off their impressive skills in Nhulunbuy early in the month, while BFM TO Program Leaders underwent extensive professional development courses. Our School Incentive Sports Program engaged many kids this month and we had a blast working with other service providers such as Clancy from EON Foundation and Jake from YSR assisting with nutrition education and Volleyball NT's visit. Read below for more exciting info on what we got up to last month!

Groote Eylandt U12's Participate in Arnhem Futsal Champs in Nhulunbuy

March began with an exciting trip to Gove for the Northern Territory Futsal Competition held at Nhulunbuy Primary School. Seven lucky students from Angurugu and Milyakburra (Denise Lalara (MVP), Desly Amagula, Georgia Lalara, Latrisha Lalara, Leshainie Hall, Rex Daniels and Zelda Lalara) joined Bush Fit Mob to represent Groote Eylandt in the two day long event. These students were selected based on their positive attitudes and strong efforts, both within school and whilst participating in Futsal training with Bush Fit Mob.



A Busy Month of Professional Development for BFM Staff

Our brilliant team participated in a total of 5 games, winning 3/5. However, winning was not the only goal these players worked for. Instead, having fun and including others along the way was much more important. When other teams did not have enough members to participate in their game, Bush Fit Mob players offered to step in and play to make sure those who were there could play. Also, when other futsal players had no team to join, the Bush Fit Mob team offered them a position and chance to play so they would not miss out on the exciting experience. These moments of confidence and inclusion of others is something we as Bush Fit Mob are extremely proud of and will always continue to encourage.



After the big days filled with intense games and socialising with other futsal players, the Bush Fit Mob team were able to wind down by playing ping pong and swimming in the pool located at the house we called home for the weekend. After many games of ping pong and many laughs whilst playing in the pool, everyone's bellies were filled on nights out for dinner, however, one special evening, dinner was held at home with pizza and cake to celebrate two birthdays for Rex Daniels and Adriana Mamarika.



Bush Fit Mob staff were kept busy this month not only running some awesome activities in community but continuing to develop the necessary skills to run fun and safe programs for the children and youth of Groote. This month saw BFM staff undergo two intense days of Bronze Medallion Training where staff brushed up on their First Aid and CPR skills and vital life-saving skills when in or near water, an essential skill for us on Eylandt! Staff also welcomed back Bill Adams from Charles Darwin University who assisted staff in completing their second lot of Sport and Recreation Certificate I and II modules. A lot of hard work and a job well done to our BFM TO Program Leaders this month!

What's Coming Up?

April 1-4: YOGA

April 8-11: ATHLETICS AUSTRALIA

April 15-19: EASTER BREAK

April 29-May 3: RUGBY NT



Bush Fit Mob is an Anindilyakwa Land Council funded initiative.