



Melissa Denham, Karen Filocamo, Rob Novotny and Clarissa Jones are preparing for World Arthritis Day.

# After school's the time to get active

KEVIN CHENG

THE Rooty Hill Tennis & Squash Centre was full of tennis balls, racquets and smiles on Monday afternoon.

The success of the Active After-school Communities (AASC) program was evident when 75 students from the Australian Islamic College of Sydney and Dawson Public School hit the tennis courts.

The program promotes exercise and a healthy lifestyle, after school.

Belinda Zipevski is the AASC co-ordinator for the Blacktown area and said: "We are trying to promote links with the local community, with the use of local facilities," she said.

Australian Islamic College of Sydney has been involved in the program for the last three years, with Dawson Public School joined this year.

Marcus Lu is a teacher at the Australian Islamic College of Sydney and said this term's enrolment in the tennis program was their highest yet.

"It's important to keep the children active and to relieve their minds from study during the day," he said.



Above: Children enjoying their after school sports program. Right: duo Johnson Bell and Julien Dodin having a ball.

Pictures: CARLY EARL



The AASC program has about 3270 schools and out of school care centres participating nationally.

Each term, up to 190,000 children participate in up to 70 different sports and 20 structured physical activities after school.

## Call for volunteers

KEVIN CHENG

HAVING suffered from rheumatoid arthritis for over 20 years, Catherine Hatzigeorgalis decided to give something back to the community.

The 30 year old, from Mascot, is one of many volunteers for Arthritis NSW and is preparing for World Arthritis Day on Wednesday, October 12.

"It's very rewarding for me. I decided I really wanted to get involved," she said.

On World Arthritis Day, Mrs Hatzigeorgalis will be part of a team of volunteers hitting the streets to raise awareness of and money for the organisation.

However, many more volunteers are needed if they are to reach their target of \$30,000 to go



### HOW TO VOLUNTEER

- visit [www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)
- call 1800 011 041

towards research and education. Mrs Hatzigeorgalis raised \$5000 earlier this year by organising a zumba dance challenge.

More than 3.85 million Australians suffer from some form of arthritis and Arthritis NSW supports people of all ages living with arthritis and other musculoskeletal conditions.

Rob Novotny, Arthritis NSW marketing and fundraising manager said: "World Arthritis Day is our day to be seen and heard. We hope the activities on the day will help raise awareness of arthritis."

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