

SASRAPID REPORTER

South Australian Sport and Recreation Association for People with Integration Difficulties Inc.

July 2010

Sport. Life. Inclusion.

CYCLING SUCCESS

CONGRATULATIONS to all the cyclists who have been attending the Tuesday night program at the Superdrome. Everyone has improved "out of sight".

Thanks to Cycling SA's David Short OAM, for his "expert" Coaching and ability to enthuse the cyclists.

Special mention to Amanda Shattell the only female cyclist in the group for her determination and courage to keep improving each week.

Life's full of little Challenges. By Angela Koronios (parent)

You don't often see a whole group of people in the Adelaide Cycling Centre erupt in excited applause and the flash of cameras because a thirteen year old child has finally mastered the skill of riding a bicycle! After weeks of practice around the cycling track with his father running beside him Paul Koronios finally took his bicycle for a solo spin; Paul is autistic. It took a few of the older lads to ride beside him at first in order to keep away from the professional inclined cycling surface. Paul was really happy with himself and gave everyone a huge smile and a 'hi!' every time he completed a lap around the Superdrome. He is now going at very high speeds around the Superdrome; next little challenge is to teach him how to stop!



THANKS MO'ONIA GERRARD

SASRAPID (C5 Netball) was extremely delighted to be the recipient of a donation from Mo'onia Gerrard who was Holden Community Grant "Player of the Match" in Round 12 of the ANZ Championship.

SASRAPID and all the netballers congratulate Mo'onia on her recent efforts in the 2010 ANZ Championship (**GO THUNDERBIRDS**) and wish her and the members of the Australian Diamonds all the very best for the upcoming 2010 Commonwealth Games.

