

Blast Off! LaunchPad is Launched



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Thousands of kids around the country will now have access to a new series of fundamental movement programs, thanks to Gymnastics Australia, who yesterday launched the nationally certified initiative, LaunchPad, at the Australian Institute of Sport in Canberra. Gymnastics Australia CEO, Catherine Clark, joined the Federal Minister for Sport, Senator Kate Lundy, World Champion and Olympic hopeful Lauren Mitchell and two times Commonwealth Games Gold medallist, Thomas Pichler, in demonstrating to children from Giralang Primary School the fundamental movement skills to give them the competence and confidence for a lasting involvement in physical activity.

"The contribution gymnastics can make to the lives of Australian kids is simply huge. I see gymnastics as the nursery of Australian sport. It's where kids can learn to experience and love movement " said Catherine Clark, Gymnastics Australia CEO.

"This isn't solely focused just in sport, but also on brain development, education and health and then subsequent development later on in life. Children need to learn fundamental movement skills which underpin all sport and physical activity. Early mastery of these skills promotes lifelong participation in physical activity and increases the chance of sporting excellence."

Broken into three age specific programs, LaunchPad aims to provide children from 0 to 12 years old a strong foundation for future participation in sport and recreation and a lifelong desire to lead an active and healthy lifestyle as well as promoting brain and body development. Federal Minister for Sport, Senator Kate Lundy said she was excited at the unveiling of LaunchPad, an initiative that will benefit children looking to enter any sport.

"I am confident this campaign will inspire more kids to get involved in gymnastics and hopefully instil in them a love of sport that will continue through their teenage years and into adulthood."

The implementation of LaunchPad in Victoria is facilitated by Youth Participation Coordinator Alison Lyons. For more information on how your club can get involved visit www.launch-pad.org.au or contact Alison at participation@gymnasticsvictoria.org.au



Other Links

[LaunchPad website](#)

[Lauren Mitchell talks LaunchPad - The AGE](#)

