

Broomball larks seek more ice companions

WITH assistance from an ACT Sport Active for Life grant the ACT Broomball Association has launched the Lunchtime Lark competition.

The competition is specifically designed to suit the busy worker, in the Phillip, Woden, Deakin areas.

Active Australia says "research tells us that being active is a key step toward improving health, well being, and quality of life".

The specifically designed lunchtime competition has modified rules and times to ensure that it is safe and can easily fit into a lunch period.

Games only run for 20 minutes allowing plenty of time for getting ready for the game — warming up and a cool down afterwards.

Better still, equipment, referees and coaches will all be provided. Participants need only organise to wear comfortable tracksuit pants and a long sleeved T-shirt.

The game of broomball, especially

mixed non-contact contests, is lots of fun. It takes a number of skills from other team sports, such as soccer, ice hockey and field hockey and combines them all into one great game.

It is similar to ice hockey with a few differences. The main two being that it involves running on the ice rather than skating on it and an air filled ball is used instead of a puck. The aim is the same, to score more goals than your opposition.

It appears at this stage that the Department of Health and Aged Care will be entering one to two teams into the lunchtime competition.

The competition will be run at the local Phillip Swimming and Ice Skating Centre. The Lunchtime Lark commences yesterday (March 8) at 12.10pm, with "come and try" games. It will run on Mondays and Tuesdays until May.

Information about the Lunchtime Lark competition can be obtained from Tracy on 6288 5211.

Players wanted for lunchtime comp.

ACT Broomball
presents a lunchtime lark
for men & women at
Phillip Ice Skating Rink
Phone Tracy 6288 5211
for further details



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