



# Get Ready!

2008 PACIFIC SCHOOL GAMES  
CANBERRA

30 November - 6 December

12 months to go to the 2008 Pacific School Games in Canberra



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## MEET THE AMBASSADORS

We chose these famous sports people as our Ambassadors for their sporting achievements, Good Sports attitude, connection to Canberra and beginnings at a PSG or other school sport championship ...



## What is the Pacific School Games?



It's an international sport event for primary and high school students aged ten to nineteen.

The first PSG was a practice for the 1982 Brisbane Commonwealth Games. Since then it has been held in various Australian capital cities as the Australian school sport flagship event. This is the eighth PSG but the first for Canberra.

The sports in the 2008 PSG will be Basketball, Diving, Hockey, Swimming and Track & Field.

Competitors, including students with disabilities, will come from all Australian states and territories and countries in the Asia Pacific region plus other invited nations.

- 1 John Jakeman**  
Former Brumbies Runner
- 2 Petria Thomas OAM**  
Olympic Swimming Medallist
- 3 Deahne McIntyre OAM**  
Paralympic Track Medallist
- 4 Sally McCreedy OAM**  
Olympic softball Medallist
- 5 Adrian Faccioni**  
Aust Junior Decathlon record holder
- 6 Chris Nunn OAM**  
Commonwealth Games decathlete; Paralympic Coach
- 7 Adam Pine OAM**  
Olympic Swimming Medallist
- 8 Peta Gallagher**  
Olympian in Hockey

THE 2008 PSG MANAGEMENT CAN ARRANGE FOR AN AMBASSADOR TO VISIT YOUR SCHOOL TO TALK TO YOUR CLASS OR ASSEMBLY, OFFICIALLY OPEN YOUR SPORT EVENT OR PRESENT SPORTING AWARDS. CHECK OUT THE 2008 PSG WEBSITE FOR DETAILED AMBASSADOR PROFILES.

### Activity

DRAW A PICTURE OF ONE OF THE AMBASSADORS PLAYING THEIR SPORT.



# Can ACT students compete?

The ACT will have a team at the 2008 PSG with competitors in all of the five sports. During 2008, School Sport ACT will select its representatives with a different selection process for each sport.

Ask your PE or sports teacher, or team coach, what you need to do to qualify or contact School Sport ACT:

- E [ssact@bigpond.com](mailto:ssact@bigpond.com)
- P 6205 9174.

Students had a ball at the 2005 Pacific School Games in Melbourne.

## NEWS around the schools

- Higgins Primary School students ushered guests at our official launch in March
- Students from Higgins Primary School, St Thomas Aquinas Primary School at Charnwood, and Melba High School assisted with ideas for the 2008 PSG Mascot
- Fraser Primary School, Melba High School and Copland College Students helped out at the Ambassadors Launch in July

- There will be over 7,000 visitors in Canberra for the 2008 PSG
- Around 1,000 Canberra school students will be the stars at the Opening Ceremony on 30 November 2008

## INTERNATIONAL CONNECTIONS

The following countries are interested in coming to Canberra:

- |                                |                  |
|--------------------------------|------------------|
| Cook Islands                   | Norfolk Island   |
| Ecuador                        | Pakistan         |
| Federated States of Micronesia | Palau            |
| Fiji                           | Papua New Guinea |
| French Polynesia               | Philippines      |
| Guam                           | Samoa            |
| Hong Kong                      | Singapore        |
| Macau                          | Solomon Islands  |
| New Caledonia                  | Tonga            |
| New Zealand                    | Vanuatu          |
| Niue                           | Vietnam          |
|                                | Wales            |

**Activity** RESEARCH ONE OF THE COUNTRIES COMING TO THE 2008 PSG TO FIND OUT WHAT ITS MAIN SPORT IS. WHAT SOCIAL, GEOGRAPHICAL AND HISTORICAL FEATURES MADE IT POPULAR?

## Activity

WRITE AND TELL US WHAT YOU LIKE ABOUT YOUR SPORT OR SEND US A SPORTING SNAP OF YOURSELF AND YOUR SCHOOL TEAM.

## Activity Prizes

Complete one of the activities in *Get Ready!* and send to the 2008 PSG Editor. Best entries will be published in *Get Ready!* or on the 2008 PSG website and receive prize packs with exclusive Bottles of Australia® 2008 PSG drink bottles, Kea caps, Go Natural food bars and gift cards to spend at Westfield Belconnen.

### Editor:

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✉ PO Box 4743 Higgins ACT 2615

We welcome your feedback or ideas for *Get Ready!*

## Famous PSG Competitors

Cathy Freeman • Ian Thorpe • Kyle Vander Kuyp  
CHECK OUT OUR WEBSITE FOR MORE!



## COMPETITION

### Song for the 2008 PSG ENTER NOW!

Are you musical? Put pen to paper and record your ideas for a 2008 PSG song – it could be the one chosen to be played at the Opening Ceremony in front of thousands! Competition details on the 2008 PSG website

### COME TO THE 2008 PSG ONE YEAR TO GO SHOW!

- autograph signing by 2008 PSG Ambassadors
- music and dance performances • give-aways

Hosted by Prime TV's Natalie Forrest - 5.45pm  
Friday 30 November Westfield Belconnen

The 2008 Pacific School Games is being carried out with the assistance of funds made available by the ACT Government.

[www.pacificschoolgames.edu.au](http://www.pacificschoolgames.edu.au)

## Your Sport

To avoid injuries ...

- attend training regularly
- warm up by stretching and slow jogging
- cool down after strenuous activity
- eat healthy food
- drink water before, during and after activity (especially in hot weather)
- wear correct footwear and gear (eg a mouthguard for contact sports)
- learn correct techniques for your sport from your coach

Information courtesy of Sports Medicine Australia – visit [www.smartplay.com.au](http://www.smartplay.com.au)



Hawker College student, Nichola Weatherly, performed at the official launch.