

ON THE MOVE



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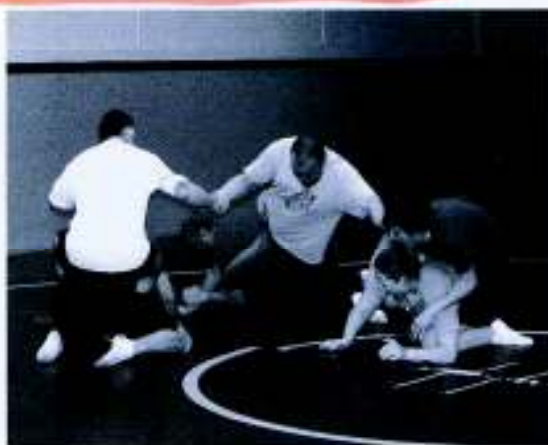
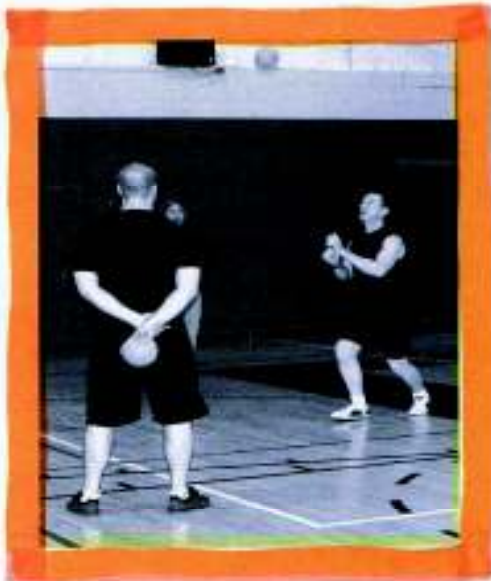
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“Kicking It” In Sessions



“Promoting...”

“Kicking It” In Sessions



...Positive...

250. Spence J, Marshall D. Who is driving the bus? School physical activity and nutrition-related policies. Alberta Centre for Well-Being: WellSpring. 2004;15:6-7.



"Get Active, Get Your Kicks!"

- To be fully "Physically Literate" one's understanding of, and ability to use, the whole body – including the feet to manipulate objects – is essential.
- **SEPAK TAKRAW (KICK VOLLEYBALL) IS NOW UNDER SASKSPORT, AND GRANTS (UP TO \$250) FROM STAS ARE AVAILABLE TO HELP YOU DEVELOP THE SPORT IN YOUR SCHOOL AND/OR COMMUNITY.**
- **FREE Sepak Takraw 101 Manuals & Rules Books** (\$40 value) will be given out at Coaching & Referee Certification Courses, sponsored by www.AlliedPrinters.com

Benefits of Sepak Takraw:

- Very **CONVENIENT & INEXPENSIVE** ... min. of 3 players/team, use your badminton poles/nets/courts, just add a set of Takraw balls, an Instructional Manual and DVD (all for under \$120).
- Develops **EYE-FOOT COORDINATION**, flexibility & agility.
- Is an excellent **SOCCER CROSS-TRAINING** sport.
- Can be played as an **INDIVIDUAL OR GROUP ACTIVITY** (circle game, much like with a hacky sack) **OR AS A TEAM SPORT.**
- Is **EASILY MODIFIED**: can be played **INDOOR OR OUTDOOR.**
- Great opportunities for **ADVANCEMENT & TRAVEL**, with annual provincial, national and international (usually in Asia) tournaments.

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