



CATS IN THE **COMMUNITY**

SEASON 20152012–2016 Program



WELCOME

The Geelong Cats has developed an extensive community development program focused on young people. We work with key partners to empower young people to make good choices. We identify key social issues and create long-term partnerships, to ensure the development and delivery of proactive programs that benefit young people and their health. Our community framework provides a platform for the club to remain an effective community partner and provide lasting value to our community.

The Cats in the Community model has two tiers: the Cats Community Foundation Programs and the Cats Community Engagement Programs.

Our Cats Community Foundation programs are:

Cyber Cats - To deliver a practical, industry endorsed program, to empower young people with the ability to make good, brave and balanced decisions when participating in the online world or online activities.

Just Think - To raise awareness and provide education to young people and the wider community about the impact of alcohol misuse. To offer a practical, industry endorsed schools program to empower young people with knowledge about alcohol and allow them to make safe and educated choices.

BioCATS - To provide an engaging and stimulating program in partnership with BioLAB that educates young people on the importance of a healthy lifestyle including nutrition, hydration and physical activity through a range of maths/science practical and interactive experiences.

Closing the Gap - To work with local Aboriginal community members to promote Healthy Lifestyle Choices and encourage cultural connection with the aim of empowering Aboriginal young people from the Barwon South West. To provide a public platform to raise awareness of the Close the Gap messages to the wider community, as part of the Cats' Reconciliation Action Plan commitment.

The Cats are proud partners of the Ladder Geelong and Read the Play programs.

Through our Cats Community Engagement programs, the Geelong Cats also play a role in schools across the Barwon South West region, junior football clubs, Auskick centres and community groups as well as responding to community needs via a determined assistance program.

Happy reading!

Sarah Albon General Manager — Community Development



CLUB VALUES

Our Club values are the strong beliefs and consistent behaviours of people in our organisation. They describe the way in which directors, staff and players of the Club behave, interact and work together and determine the culture of the Club. Our values are held in high regard and protected by every member of the on-field and off-field team. The six values are:

Respectful, Precision, Adventurous, Conviction, United, Commercial & considered, Integrity

CLUB MISSION

To be the greatest team of all; a club people can be proud of because of how we play the game, live our values, conduct business and engage with the community

COMMUNITY CHAMPION AWARD

The Club acknowledges a player's outstanding community commitment by awarding the Cats Community Champion Award. The annual award is determined by the Club's community development department in consultation with the players and Clubs executive management team and announced at the Club's 'Carji' Greeves Medal Night.

Cats Community Champion Award winners are:

2004 – Kent Kingsley

2005 – Kent Kingsley

2006 – Cameron Mooney

2007 - Tom Lonergan

2008 - David Wojcinski, James Kelly, Tom Harley,

2009 - Mathew Stokes

2010 – Travis Varcoe & Nathan Djerrkura

2011 - Joel Selwood

2012 - Harry Taylor

2013 – Mathew Stokes

2014 - Mathew Stokes



COMMUNITY FOUNDATION

Empowering young people to make good choices

COMMUNITY ENGAGEMENT

Investing in community & grassroots footbal























CATS COMMUNITY FOUNDATION PROGRAMS

Youth is an important time for establishing positive health habits and acceptable social behaviours. It is a time when young people are undergoing rapid emotional, physical and intellectual changes, and when they begin the transition from childhood to adolescence to independent adulthood

Educating young people about the importance of a healthy lifestyle for their mind, body and spirit can inspire positive behaviour and affect change in the future of young people in our community

The development of the Cats Community Foundation marks a significant new dimension for the Club who has a proud history of giving back to community that has supported the Cats throughout its 150 year history.

The Foundation supports the Club's commitment to meaningfully invest into strengthening and supporting our community, by focusing our efforts on empowering young people and enhancing their health and wellbeing.

The Cats have four Cats Foundation Programs:

- Cyber Cats
- ▶ Just Think
- Closing the Gap
- ► BioCATS

We also work in partnership with the Ladder Geelong to tackle youth homelessness and Read the Play to improve mental health support for young people.

Further information and how to donate to our ATO approved programs can be found at www.geelongcats.com.au or email communityfoundation@geelongcats.com.au

The Issue - One student in every four in Australian schools is affected by bullying - Kids who are bullied are three times more likely to show depressive symptoms - Bullying is one of the most common reasons young people seek help from youth health help services. - The amount of time young people are spending online has increased from 3 hours /week (2006) to 13 hours/week (2013). (source www.abs.gov.au; www.amf.org.au)

CYBER CATS

OUR OBJECTIVE

To deliver a practical, industry endorsed program, to empower young people with the ability to make good, brave and balanced decisions when participating in the online world.

WHAT IS IT?

Cyber Cats is a program aimed at addressing online safety with young people. The program is offered to year 7 students in the Geelong region and is run out of our Deakin Cats Community Centre. With social media and technology changing constantly, the program aims to continually adapt to the current trends as they emerge.

In developing the Cyber Cats program, the focus has been on young people to:

- 1) Build their resilience
- 2) Teach them about respectful relationships
- 3) Make sure they seek help if something goes wrong
- Understand about privacy settings and their own digital footprint
- 5) Highlighting the role of the bystander in online bullying

Cyber Cats is a program which arms our young people with these tools. The more support we can give kids to navigate the online world, the better equipped they are at living in it.

WHY DO IT?

The community's growing concerns to protect our kids from harm online was amplified for the Cats after a young person close to the club took her own life after being bullied online. Members of the playing group turned to the club to see if anything could be done to try and stop this happening again. In 2012, in partnership with headspace Geelong, Cyber Cats - the pilot program was offered to four Geelong

secondary schools and was run over a number of short weekly sessions. Cyber Cats is has now a full day program being offered to all secondary schools in the Geelong region. The club also engages parents to enable them to support their young people through the Cyber Stomp event which provides an opportunity for students and parents to come together to "Stomp out" bullying at Simonds Stadium.

WHAT'S NEXT?

- Cyber Cats full day program delivered to all 24 secondary schools across the Geelong region
- ► Annual Cyber Stomp event to graduates of the 2014 program to be held at Simonds Stadium
- The production of a student directed cyber safety DVD for each school, with a copy for every participating student and the school
- An extension program going into schools to further spread the messages of online safety
- A parent education component to ensure parents are equipped to support their young people online.

WHO'S INVOLVED?

- ► Telstra (major sponsor)
- ► Headspace Geelong (lead partner)
- ► Barwon Medicare Local
- Victoria Police
- ▶ BATForce
- State Government of Victoria
- ▶ Deakin University
- ► ACMA

THE PLAYERS:

Corey Enright (ambassador)

George Horlin-Smith, Jared Rivers, Josh Walker, Jackson Thurlow, Jake Kolodjashnis, Rhys Stanley, Cam Delaney, Corey Gregson.

The Issue - 40% of young Australians (aged 12 to 17) have had a full serving of alcohol - The most common drug people seek treatment for is Alcohol (46%). - Issues relating to alcohol abuse are costing out country \$15.3billion each year, which is nearly twice the amount spent on illicit drug abuse. - 1 in 5 Australian over the age of 14 drink at levels that put them at risk of alcohol-related harm over their lifetime. (source: www.adf.org.au)

JUST THINK

OBJECTIVE

To raise awareness and provide education to young people and the wider community about the impact of alcohol misuse. To offer a practical, industry endorsed schools program to empower young people with knowledge about alcohol and allow them to make safe and educated choices.

WHAT IS IT?

Just Think is all about safe drinking behaviours. The campaign aims to educate the community about responsible drinking and for people to "Just Think" before things get out of hand. There is a focus on young people in football and netball clubs as well as secondary schools across the Geelong region.

WHY DO IT?

The Just Think campaign originated in 2008 after Cats players Tom Harley, David Wojcinski and James Kelly watched a story on 60 minutes featuring James Macready Bryan, a young Cats fan who was assaulted in Melbourne on his birthday. From the increase in alcohol related violence the Just Think Campaign was born.

WHAT'S NEXT?

- ▶ Preseason football/netball club forums for under 18 and senior players across three leagues in Geelong to take the role of Just Think ambassador into their local clubs and promote the message: Drink responsibly, look after your mates, have a good night.
- A full day schools program to be offered to year 9 students
- Partnering with local leagues to implement the "Just Think" round for all local games, linking with our own Just Think round

- Raising awareness of the Just Think messages through a Just Think match day for the Cats and across the three local football and netball competition
- ➤ The continuation of the "Just Think" message in the "Read the Play" sessions with local under 15 netball and under 16 football
- Just Think campaign will continue to promote healthy choices around drinking and highlight the consequences of alcohol fuelled incidents and the effects on young people and their loved ones.

WHO'S INVOLVED?

- Victoria Police
- ▶ Barwon Youth
- Barwon Health
- ▶ Deakin University
- ▶ Leisure Networks
- ► Good Sports Program (Australian Drug Foundation)
- ▶ BATForce
- ► Kempe Read the Play
- AFI Barwon and GDFI

THE PLAYERS:

Ambassadors: James Kelly, Mitch Duncan and Jimmy Bartel, supported by Lincoln McCarthy and Jordan Murdoch

The Issue 15C Fired - Aboriginal Australians can expect to live 10-17 years less than non-Aboriginal Australians - Aboriginal people experience higher rates of preventable diseases such as kidney, heart disease and diabetes. - Babies born to Aboriginal mothers die at more than twice the rate of other Australian babies - Nearly one third of Aboriginal children between 2 and 14 years of age are estimated to be overweight or obese. By the time children are aged 15 or over, about 66 per cent are overweight or obese. - Culture plays a significant protective role in the health and wellbeing of Aboriginal people along with the social determinants of health

CLOSE THE GAP

OBJECTIVE:

To work with local Aboriginal community members to promote healthy lifestyle choices and encourage cultural connection with the aim of empowering Aboriginal young people from the Barwon South West. To provide a public platform to raise awareness of the Close the Gap messages to the wider community, as part of the Cats' Reconciliation Action Plan commitment

WHAT IS IT?

During 2014, the Cats held their first "Gathering" with 36 Aboriginal young people from across the Barwon South West coming together for a four day camp. Our seven Aboriginal players, together with many local partners worked the young people on activities centred on healthy lifestyles, leadership and identity. The program was overseen by an advisory group made up of local Aboriginal community members. The camp finished up at our Close the Gap match day which was full of activity including a big screen showing of camp highlights, our players wearing our indigenous jumper, performances from local artists Mick Ryan and Mark Holden and the 'Deadly Dancers".

WHY DO IT?

Due to years of dispossession, racism and discrimination
Aboriginal Australians have some of the lowest levels of education.

highest levels of unemployment and the poorest health outcomes. In 2008 Commonwealth and State and Territory governments committed to improve the health and wellbeing of Aboriginal and Torres Strait Islander Australians and to reduce the life expectancy gap. This is known as the 'Close the Health Gap' initiative.

The Geelong Cats developed their first Reconciliation Action Plan (RAP) in 2013 and since then has committed to contributing to "Close the Gap". This commitment has seen the Cats support the delivery of health promoting messages to positively impact health outcomes for local Aboriginal people.

Geelong Cats have worked in partnership with the communities of Gove and Groote Eylandt since 2007. Our fourteen trips to date have seen more than fifty players, staff and club associates visit the East Arnhem Land area, sharing very positive experiences.

WHAT'S NEXT?

- To work with local Aboriginal and Torres Strait Islander people to develop the 2015 'Gathering'
- Offer the Gathering to local Aboriginal young people
- ➤ Deliver the Close the Gap match day at a nominated home game in 2015
- To raise awareness of the health gap between Aboriginal and non-Aboriginal Australians.

WHO'S INVOLVED?

- Members of the local Aboriginal communities across the Barwon South West region of Victoria.
- Aboriginal Advisory Group
- DEECD Koori Education support officers
- ▶ Barwon Youth
- Barwon Medicare Local
- Deakin University Institute of Koori Education
- Narana Creations
- ► Kempe Read the Play

THE PLAYERS:

Mathew Stokes, Steven Motlop, Bradley Hartman, Zac Bates, Nakia Cockatoo.

Please note: Throughout this document, the term Aboriginal is used to refer to both Aboriginal and Torres Strait Islander people. Indigenous is retained when it is part of the title of a report, program or quotation

The Issue - One in four Australian children are overweight or obese. - Once children become obese they are more likely to stay obese into adulthood and have an increased risk of developing both short and longterm health conditions, such as type 2 diabetes and cardiovascular disease - On average young people aged between 5 and 17 spend more time on screen based activities than physical activity every day. The gap between the two increases as children get older (http://www.aihw.gov.au)

BIOCATS

OBJECTIVE

To provide an engaging and stimulating program in partnership with BioLAB that educates young people on the importance of a healthy lifestyle including nutrition, hydration and physical activity through a range of maths/science practical and interactive experiences.

WHAT IS IT?

BioCATS is an educational program for students in year 5 and 6, developed by the Geelong Cats and BioLAB: The Victorian BioScience Education Centre. The program is offered as an engaging full day session from the Deakin Cats Community Centre to schools across Victoria.

Students are engaged in hands on activities which focus on skills analysis, nutrition, physiology, material technology and the analysis of data. They gather real time GPS data on their speed in comparison to their favourite Cats players. BioCATS is an inquiry based program that is developed to engage, inspire and challenge students, making it enjoyable, and students physically active.

The program aims to encourage students to be physically active, eat well and look after their bodies while creating a passion for maths and science in everyday life. The day is spilt into two, with a behind the scenes tour of the club, physical challenges and team based activities going on throughout the day.

WHY DO IT?

Only a generation ago, children and young people would have the opportunity to be active most of the day. Western countries have been accused of "cotton wooling" our young people in the name of safety, resulting in an increasing number of young people who are inactive. Coupled with young people spending more time in front of screens and less time being physically, this inactivity together with poor eating habits is causing over 25% of young people to

be overweight or obese. The Geelong Cats believes we can play a role in re-educating families about the importance of getting active.

The BioCats program aims to educate young people about the importance of healthy eating, physical activity and appropriate hydration. The increase in overweight children is disturbing with obesity leading to not only physical health problems but mental health problems with bullying and low self-esteem as part of the problem.

WHAT'S NEXT?

- ► 35 schools across Victoria to participate in BioCATS
- ► Engage 2000 grade five and six students in the BioCATS program
- Special indigenous BioCATS activation to be delivered
- ► BioCATS to be offered to rural schools as an outreach program

WHO'S INVOLVED?

- ▶ BioLAB
- ▶ Deakin University
- ► SEDA

THE PLAYERS

Jed Bews and Harry Taylor



The Issue

- One in four young people between the ages of 15-24 will experience a mental health problem in any 12-month period.
- 75% of mental illnesses first occur in people aged 15-24, yet only one in four young people with mental health problems receive professional help.

OBJECTIVE

To support the Read the Play program which uses the strength of peer networks to address the health and wellbeing of young people focusing on mental health, drugs and alcohol

WHAT IS IT?

Read the Play is a mental health literacy program designed for under 16 football clubs and under 15 netball clubs within the three leagues in Geelong and the Bellarine Peninsula with coverage of over 2000 young people.

The program is delivered by mental health workers, in conjunction with the local club's player wellbeing officer. The format of the program is interactive and designed to engage young people through a series of team games.

WHY DO IT?

The Geelong Cats has had involvement in the Read the Play program since its inception in 2007 through the provision of player ambassadors Tom Harley, Brad Ottens and currently Nathan Vardy. Club Patron Frank Costa is also a Read the Play ambassador.

By these sporting role models lending their name and voice it has helped raise the level of awareness around the youth issues in our community. "When young people are in good health they are more likely to achieve better educational outcomes, make a successful transition to full-time work, develop healthy adult lifestyles, experience fewer challenges forming families and parenting their own children, and are more actively engaged citizens (Muir et al. 2009). Young people who are unable to make the transition to adulthood smoothly can face significant difficulties and barriers in both the short and long term. Youth is a critical period for the reinforcement of positive health and social behaviours, as behaviours at this age are strong predictors of behaviours in later life (Muiret al. 2009)."

This program is coordinated by Read the Play Inc.

PROGRAM PARTNERS

Please refer to the Read the Play website for more information.

www.readtheplay.org.au

THE PLAYERS

Nathan Vardy (ambassador), Billie Smedts, Mark Blicavs, Hamish McIntosh



The Issue

- On any given night in Australia 105,000 people are homeless. That's more than the capacity of the MCG! Nearly half of these people are under the age of 25.
- An estimated 6,117 (Homelessness Australia) young Victorians between the ages of 12 and 24 have nowhere to call home, which has a significant impact on a young person's ability to finish their education, find a job and earn an income.
- Between 2006 and 2011 homelessness in the Geelong region increased by 24%

OBJECTIVE

The Geelong Cats and Ladder have a commitment to work together to tackle youth homelessness. The partnership commenced in 2012 and 2015 marks its fourth year.

WHAT IS IT?

By leveraging a natural affiliation with the AFL industry, its players and networks, Ladder provides programs that aim to break the cycle of homelessness for young people aged 16-25. Through the AFL Players' Association, every player contributes \$25 per senior game to the Ladder program, which is matched by the AFL totalling \$320,000 per year.

The Cats are proud to be in a partnership with Ladder to deliver a meaningful health and wellbeing program with young people in the Geelong region.

WHY DO IT?

Unfortunately not having a permanent and safe place to call home is only one component of homelessness. Ladder is committed to providing sustainable, long-term solutions in partnership with other experts in the homelessness sector. To this end, AFL players also provide hands-on assistance through mentoring, encouraging healthy living and developing life skills. By improving life skills, supporting education, employment and training activities and linking young people to their communities, Ladder's programs and individual services have been specifically designed to grow their talents, skills and capacities and help them articulate their future goals.

PROGRAM PARTNERS

Please refer to the Ladder website for more information www.ladder.org.au

THE PLAYERS

Steve Johnson (Ambassador), Josh Cowan, Cameron Guthrie, Darcy Lang, Josh Caddy



COMMUNITY ENGAGEMENT

To invest in community and grassroots football

The second tier of the Cats in the Community strategy is community engagement, and as the title suggests, this is about the Club's place in and relationships with the local community. This tier is about relationships with the community that operates on the principle of partnership and ethically sound community investment.

There are four community engagement programs:

- School Cats
- Footy Cats
- Cats Partnerships
- Cats Assist

SCHOOL CATS

The School Cats program involves Geelong Cats players visiting all schools (approximately 130 schools with potential reach of 30,000 students) each year in the Geelong, Bellarine Peninsula, Surf Coast, Colac and Western Districts of Victoria. The players conduct clinics or speak to the students about life as an AFL footballer, nutrition, exercise, leadership and team work. These visits are coordinated in conjunction with the AFL.

In 2015 the Cats will launch the Healthy Cats Recipe Book. Each player has provided their favourite healthy meal and these have been assessed using the Healthy Eating Advisory Service 'Traffic Light' guidelines. Each school in the Barwon South West region will be given a number of recipe books as well as each BioCATS participant.

The Geelong Cats guidebook 'We Are Geelong' is a handy resource that is over 60 pages full of Club history, statistical information, facts and unique figures about the Geelong Cats. Each school and library will be provided with this resource for their library.

FOOTY CATS

In conjunction with AFL Victoria, the Geelong Cats players visit every junior club and Auskick centre in our region. The club also hosts the annual Auskick Super Clinic. The program involves 5,500 local junior footballers from 35 junior clubs and 3,000 local Auskick footballers from 38 Auskick Centres.

Each junior club receives a team-signed Geelong Cats Guernsey to assist with their fundraising.

There are five Footy Cats programs:

- Junior club visits
- Auskick Centre visits
- Auskick Super Clinic
- Local Club Training
- AFL Community Camp

Beginning in 2004 the Club has participated in a Community Camp held in a regional area in Australia on behalf of the AFL.

The program is about taking our elite level clubs, players and coaches to the community to help grow our game in regional Australia. The Club has visited:

2015 - Surf Coast, Bellarine Peninsula and Mortlake

2014 - Colac/Otway

2013 — Cobram/Barooga

2012 – Portland

2011 - Port Fairy

2010 – Western Sydney

2009 - Surf Coast (Torquay/Lorne)

2008 - Gold Coast

2007 - Swan Hill

2006 – Warrnambool

2005 – Horsham

2004 - Gold Coast



PARTNERSHIPS

The Club is committed to bringing joy to those who need it most. The players make regular visits to the Geelong Hospital Childrens Ward and Andrew Love Cancer Centre as well as the Royal Children's Hospital and Starlight Express Room. The Club also partners with organisations that deliver to people with disabilities or are disadvantaged through Gateways Support Services, Cottage by the Sea and Give Where You Live.

From time to time the Club receives very special requests that fit outside the general request category. These requests come from organisations such as the Starlight Children's Foundation, Barwon Health Foundation and at times directly to the Club. Our aim is to bring joy to the lives of seriously ill and dying members and fans. We call these our Cats Wishes. Each 'wish' is individually tailored.

OUR PARTNERS

- ▶ Barwon Health Foundation
- ► Starlight Children's Foundation
- Cottage by the Sea
- Gateways Support Services
- ► Give Where You Live

The Geelong Cats are partners of the Cotton On Foundation's Run Geelong event which raises much needed funds for the Geelong Hospital. Our captain Joel Selwood is the face of Run Geelong.

CATS COMMUNITY EDUCATION SESSIONS

These sessions are tailored to the requests received from our local community and so far have attracted aspiring athletes, school students, junior coaches and local sporting club representatives to hear from internal and external football experts.

In 2015 the Club will offer six Cats Community Education Sessions from the Deakin Cats Community Centre. Topics will include:

- Strength and conditioning, training principals and nutrition.
- Balancing school, sports and social commitments
- ► Development for junior footballers
- Parent and athlete session discussing pathways and challenges of success at the elite level
- Technological advancements in sport, study options and career pathways
- Session for new immigrants to understand the history and importance that Australian Football plays as a vehicle that encourages community inclusion and strengthening within the wider Australian community.

THE BROOK COMMUNITY PARTNERSHIPS PROGRAM

The Brook on Sneydes is the Geelong Cats' hospitality venue located in Point Cook. As part of our support to the Wyndham community, the Geelong Cats has formed The Brook Community Partnership Program to assist local not-for-profit organisations to benefit and support the local community. This initiative supports the Club's values of respect and unity. To date The Brook has donated over \$300,000 to the local community.

For more information head to: www.thebrook.com.au/brook/website/community



CATS ASSIST

Cats Assist responds to community requests and community needs as they arise. These requests and needs are not likely to be programmatic in nature and may often be unpredictable and unplanned. They may be responses to circumstances and events that affect the whole community such as bushfires or floods, or they may be individual requests for help, support, encouragement or connection with the club and its players.

Often community assistance is sought in times of adversity, but we also see a strategic role for advocacy. Community advocacy is about taking the opportunity to influence the agenda, bring attention to an issue or add the Club's / players voice to the debate. At times a great cause will knock on our door outside of our community development and community engagement programs. The Club takes the opportunity to influence the agenda when we can. With due consideration the Club may choose to 'advocate' for selected worthy causes

AMBASSADORS

Daniel Menzel – Barwon Health Foundation

Jimmy Bartel – Cottage by the Sea

Tom Lonergan – Geelong Hospital Appeal

Joel Selwood – Run Geelong

Harry Taylor – Gateways Support Services & Gambler's Help

Brian Cook - Wombat's Wish

HOME OF THE CATS TOURS

Fans have the chance to experience first-hand the rich history and stories of the past on the 'Home of the Geelong Cats tour'. The Tours provide an opportunity to view both public and behind-thescenes areas Simonds Stadium - the home of the Geelong Cats.

The small-group exclusive tours of the stadium include the high performance centre and gymnasium in the Premiership Stand as well as the Club's memorabilia collection and our premiership cups.

Tours are both an educational and historical event with interesting trivia, personal accounts and stories and facts and figures. Tours are hosted by past Geelong greats and Club historians. All tours are free of charge.

DEAKIN CATS COMMUNITY CENTRE

The Deakin Cats Community Centre is a state of the art, 800 square metre facility located on the ground floor of the Players Stand at the southern end of Simonds Stadium. The Centre hosts a large percentage of the Geelong Cats Foundation Programs as well as being available to our Community Access Partners (third party users).

The key features include:

- Deakin Cats Connect Lab
- Meeting room
- Multi-purpose area
- Memorabilia gallery showcasing our multimillion dollar collection of objects and images
- ► Office space and kitchenette

The Centre is available to community organisations that have a focus on improving health and wellbeing.

In its first 17 months of operation the Deakin Cats Community Centre proudly hosted over 28,000 people in community, education and learning experiences in its purpose built rooms.

For further information or to enquire about a booking please contact 5225 2469 or communitycentre@ geelongcats.com.au

