

www.kellysports.com.au

Kelly Sports World

the mag

\$2.95
(Incl. GST)

AUTUMN '09

*it's just fun
& games*

PLUS
LOADS OF
GIVEAWAYS

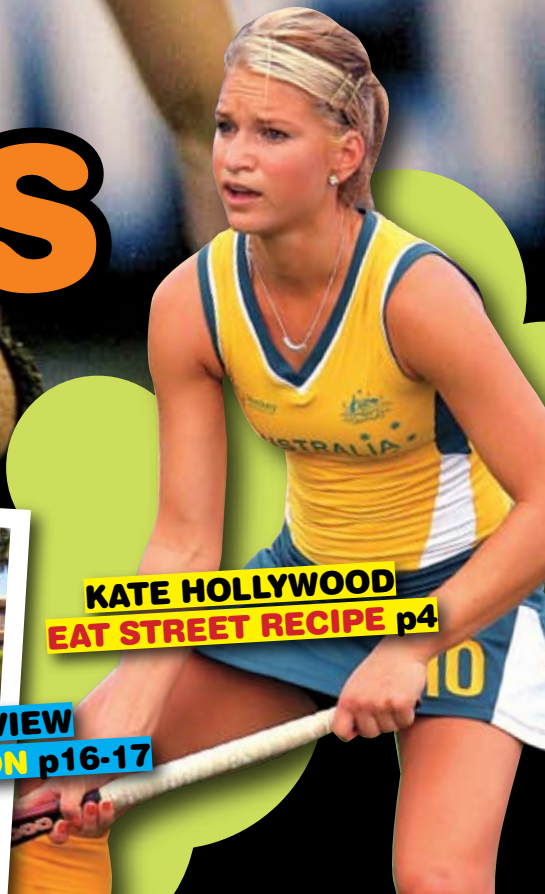
SAY HELLO TO DAISY
DALE
THOMAS

Your local Kelly Sports Office is:



HOLIDAY REVIEW
BEAUTIFUL BYRON p16-17

KATE HOLLYWOOD
EAT STREET RECIPE p4



Mum & Dad, there are pages for you, too! P15 -19

Hi Everyone!

Welcome to our 2009 autumn issue of Kelly Sports World – the mag

In this issue Kelly Sports kids talk to Collingwood high flyer Dale “Daisy” Thomas about playing footy in the AFL and we meet rising decathlon star Adam Bevis.

Mums and dads will find an interesting article about a hypnotherapist’s new CDs that are helping children worldwide.

Don’t miss our super giveaways which include an amazing High School Musical 3 prize pack and a book for mums and dads about allergy-safe food for families.

Pop into our Pinboard spread featuring photos of you guys and don’t forget to keep sending in your photos. We promise they will be published in future issues.

WIN A FOOTY!

Hi guys, with the AFL season in full swing, I’m offering you a chance to win one of five Australian rules footballs. Simply tell me the nickname of the team that won last year’s AFL Grand Final.

To win, email the words **KELLY SPORTS FOOTY GIVEAWAY** in the subject line to themag@kellysports.com.au with your name, address and phone number. Good luck!

Last issue we conducted a survey and the good news is that thousands have been sent in, so we will be revealing some very interesting results in our winter edition of the mag in June.

LACHLAN, YOU’RE A WINNER!

Congratulations to Lachlan, 9, of Traralgon who filled out our survey. You’ve won a prize pack including a brand new scooter, DVD, CD, book and sports pack.

Brandt Kelly
Founder

Kelly Sports



Kelly Sports is one of Australia’s most successful and fast-growing businesses.

With franchises currently operating across Australia and New Zealand, the Kelly Sports brand has become a trusted, recognised and respected provider of sports programs.

Kelly Sports is currently offering franchise opportunities.

START YOUR OWN FRANCHISE NOW!



Visit www.kellysports.com.au for more information

PROFILE



Dale Thomas



Rising Collingwood star Dale “Daisy” Thomas talks to Kelly Sports kids about heroes, habits and his favourite things

If you could play against any other AFL footballer in history, who would it be? – James, 9.

Playing against, or alongside, Gary Ablett Sr would have been sensational.

Which team do you dislike the most? – Harrison, 10.
I don’t really like any of the other 15 teams.

Who was your favourite player when you were growing up? – Jackie, 8.
Gary Ablett Sr.

Are you superstitious or have any pre-game rituals?
– Clay’s mum, 38.

Yes. I always put my right sock on first, followed by my right boot. I wear the same pair of jocks, have the same dinner the night before (spaghetti bolognese), and Harry O’Brien always runs out behind me.

Who’s your closest friend in the team and why do you like him? – Simone, 7.
Harry O’Brien. He’s such a great guy and his girlfriend and my girlfriend get along very well, so we regularly go out together.

Is it true that your Mum used to help you practise kicking the footy? – Jack, 12.
It is very true. I used to kick

the footy when she was doing the washing. I’d kick it through the sliding doors and she’d give me tips, and get the footy back to me.

You have a lot of nicknames – Daisy, DT, Thommo and Sparky – which do you like the best? – Jacqueline, 9.
I don’t mind, all of the above are ok. The least favourite is Sparky.

How many games of AFL do you hope to play? – Brayden, 6.
As many as I can, I’d like to play for a long time yet. It would be good to play 200 games and get life membership status at the Collingwood Football Club.



Did you know?

● A soccer ball is made of 32 leather panels held together by 642 stitches.

● It is impossible to sneeze and keep your eyes open at the same time.

● Mammals are the only animals with flaps around the ears.



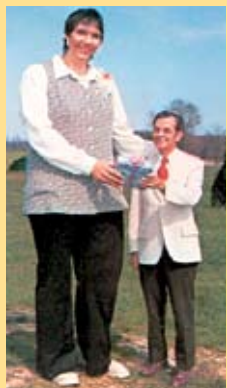
● A green diamond is the rarest diamond.



● The sun is 330,330 times larger than the earth.

● The length from your wrist to your elbow is the same as the length of your foot.

● The world's tallest woman is Sandy Allen. She is 2.35m.



Eat Street

RASPBERRY YOGHURT CAKE

Aussie Hockeyroos star Kate Hollywood dishes up a scrumptious cake recipe for Kelly Sports kids. Don't forget to ask mum or dad for help.

WHAT YOU'LL NEED:

CAKE BASE

- 1/2 cup reduced fat margarine
- 3/4 cup firmly packed brown sugar
- 2 eggs
- 1 1/4 cup wholemeal self-raising flour
- 1/2 cup low fat natural yoghurt
- 100g frozen raspberries

CREAM CHEESE FROSTING

- 80g light cream cheese
- 1/3 cup icing sugar mix
- 1 teaspoon lemon juice

1. Preheat the oven to 180/160 fan forced. Grease and line loaf tin with baking paper.
2. Using electric mixer, beat margarine and sugar in a bowl until light and fluffy. Add eggs, one at a time, beating until just combined.
3. Stir in flour, yoghurt and raspberries. Spread mixture into prepared pan.
4. Bake in moderate oven for about 50mins-1hr (on the lowest shelf). Stand for 10 minutes before turning onto wire rack to cool.

CREAM CHEESE FROSTING

1. Whisk all ingredients in a small bowl until smooth.
2. Spread loaf with frosting.
3. Eat and enjoy.

Circle the foods and drinks "Manny the molar" loves to have.



Copyright Annette Humpalik and Nathan Alexander

1. apple 2. banana 3. strawberry 4. milk 5. orange 6. cucumber 7. carrot 8. water 9. grapes

JUST JOKING

What does a cricketer and a magician have in common?

Both do hat tricks!

What did the sea say to the Little Mermaid?

Nothing, it just waved!

At what time do most people go to the dentist?

At tooth-hurty (2.30).

When is the best time to buy budgies?

When they're going cheap!

Why did the jelly bean go to school?

To become a smartie!

Why does Dracula have no friends?

Because he's a pain in the neck.

Source: www.kidsjokes.co.uk

SPOT THE DIFFERENCE

Can you find five differences in these two pictures?



Answers

- 1 Stripe on black shorts missing.
- 2 Black line on basketball missing.
- 3 Hand removed from left edge.
- 4 Woman & table missing in back left.
- 5 White drink bottle removed from red bench, back right.

Your Letters



What is your favourite pet and why?

My favourite pet is Eddie the dog. She catches balls, runs really fast and snores!

- Harry, 5.

I love my pet rat Samuel. He has a brother called Ratty and they share a house in the lounge room. We also have a cat called Teddy and a dog called Lola.

- Liliana, 6.

This is a picture of me and my best friend, Angel. She can jump really high, I can ride her

and she lives in my old cubby house.

- Teagan, 11.

I have a cat called Ruby and she doesn't like anyone except me and my mum.

- Laila, 5.



Teagan & Angel



Harry & Eddie



Ruby



Samuel & Liliana

NEXT TOPIC What do you want be when you grow up and why?

Email themaq@kellysports.com.au and tell us in 30 words or less

Site Bytes

Cool sites for Kelly Sports kids!



CROC ON!
www.australiazoo.com.au

Check out dangerous and amazing animals, learn about conservation and find out how to become a zoo keeper for a day. There's even a planner to organise your next day out to Australia Zoo.



PUZZLING STUFF
www.lovattspuzzles.com/pf4k

From the people who create the best puzzles in Oz comes this site with free online puzzles (some printable), online games and even a preview of the next edition of the kids' mag, Puzzle Fun for Kids.



JUST FOR KIDS
www.kidsites.com

Handy guide to the best sites for kids on the web. Direct links take you to sites approved by Kidsites.com for all ages and interests. From animals to space, there's something for every curious mind.

RISEING STAR

Queensland 19-year-old Adam Bevis was ranked No.1 in the world for his age in the decathlon last year and he's in full training to win Gold at the Commonwealth Games in India next year and again at the Olympics in London in 2012. Kelly Sports kids ask Adam some questions.



Adam hangs 10

What made you choose the decathlon? - Adam, 11

I chose decathlon because I enjoyed doing so many events and couldn't choose which one I wanted to focus on. The decathlon had everything in it so I found myself moving toward it.

Who is your favourite sportsman and favourite sportswoman and why?

- Sam, 11

My favourite sportsman is the current Olympic champion of the decathlon, Bryan Clay, because of his focus in the face of adversity. My favourite sportswoman is Carolina Klufft because she is such a strong all-around athlete in the heptathlon.

What's your favourite event in the decathlon and why?

- Karli, 8

My favourite event in the decathlon is the 400m because of the mental challenge to push yourself all the way to the finish line, regardless of how much it hurts.

What is your favourite food and drink to keep fit and healthy? - Byron, 8

My favourite drink to keep fit and healthy is sustagen, the little poppers are great to put in your bag as a snack. My favourite food is spaghetti and lasagna.

What sort of training do

you do and how often? - Brenton, 10

I normally train five days a week on the track doing two events a day and one session in the gym. It is usually two hard running sessions with specific events mixed in.

Have you ever been injured like break your leg or back?

- Charlotte, 6

I had an injury where I broke my cheekbone, eye socket and nose in two places because I collided with a friend's elbow after falling off a water tube. It was six weeks before I could jog again.

It's easy to win these cool prizes. Simply email us your name, mum or dad's email address and your postal address. Be sure to tell us which prize you want to win!

*Remember – one email per giveaway is all we need. See competition rules for more details.

Giveaway Bonanza

Kelly Sports

ENTER NOW!

1. HSM3 PACK

HIGH SCHOOL MUSICAL 3 PRIZE PACKS

The Wildcats are back in the third and fabulous High School Musical instalment with the release of High School Musical 3: Senior Year – Extended Edition, available on Disney DVD. Watch never before seen footage, as Troy (Zac Efron), Gabriella (Vanessa Hudgens), Sharpay (Ashley Tisdale), Chad (Corbin Bleu) and the gang are joined by a new crop of Wildcats as they prepare to graduate from High School.

Our super prize packs include a stress basketball, paper photo frame, memo pad, headscarf, sporty

wristband watch, water bottle, neoprene laptop case, USB speaker and of course the High School Musical 3: Senior Year – Extended Edition DVD!

To win, type **HIGH SCHOOL MUSICAL 3** in the subject line and email to themag@kellysports.com.au with your name, address and phone number.



2. BOOKS

SILAS AND THE WINTERBOTTOMS BY STEPHEN M. GILES

The orphan, the thief, the bookworm: a tale of mystery, adventure and reptiles! Three young cousins are summoned by their evil Uncle Silas to spend the summer with him at his grand gothic estate perched on a mysterious island surrounded by an alligator-infested swamp. Silas Winterbottom is dying. It is his intention to select an heir from among his nieces and nephew. We have five copies to give away.

To win, type **SILAS** in the subject line and email to themag@kellysports.com.au with your name, address and phone number.



3. GAMES

BOOGIE SUPERSTAR WII

Get set to boogie all about with Boogie SuperStar, which combines the hottest music hits from around the world with funky dance moves. Boogie SuperStar allows players to sing their favourite tracks, show off their coolest dance moves against pop, hip hop and techno music tracks and even perform with friends.

To win, type **BOOGIE** in the subject line and email to themag@kellysports.com.au with your name, address and phone number.



4. SPORTS PACKS

NETBALL, BASKETBALL, AUSSIE RULES FOOTY AND CRICKET SET, (COURTESY OF KELLY SPORTS)

Reckon you could be Australia's next champion sports star? If so, you'd better enter this giveaway – we're giving away five sports packs.

To win, email **SPORTS PACKS** in the subject line to themag@kellysports.com.au with your name, address and phone number.

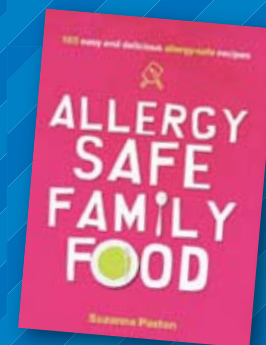


5. BOOK – FOR PARENTS

ALLERGY-SAFE FAMILY FOOD BY SUZANNA PAXTON

Food allergies are rising at an alarming rate among children and even if your child doesn't have an allergy, this book is a must for preparing food for play dates, parties or sleepovers – with 185 easy and delicious allergy-safe recipes. We have a copy to give away.

To win, type **ALLERGY-SAFE** in the subject line and email to themag@kellysports.com.au with your name, address and phone number.



COMPETITION RULES Competitions close on June 1. STRICTLY one entry per competition and no entries from outside Australia or New Zealand will be accepted. Winners will be notified by mail.
** Don't forget to ask Mum or Dad for permission to enter these competitions.

MARIA SHARAPOVA

Women's tennis top gun

Born: April 19th, 1987 in Siberia, Russia. Happy Birthday, Maria! Just turned 22.

Did you know: Maria is a three time Grand Slam champion which includes tennis titles for Wimbledon (2004), US Open (2006) and Australian Open (last year).

Maria is also a big fan of Speedminton, the new buzz in racquet sports.

It's a mix of tennis, badminton, racquet ball and squash and you can play at the beach, in the back yard or in the park with your friends.

Check it out at

www.speedminton.com.au



WIN
Hey guys, we have a Speedminton set to give away!
Email [SPEEDMINTON](mailto:SPEEDMINTON@themag@kellysports.com.au) in the subject line to themag@kellysports.com.au with your name, address and phone number.

Pinboard

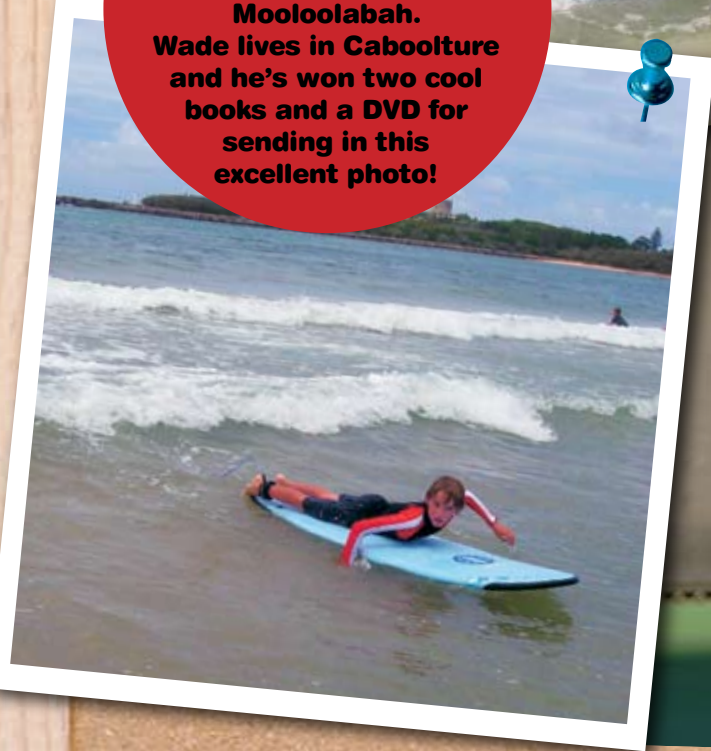
Kelly Sports Kids in action



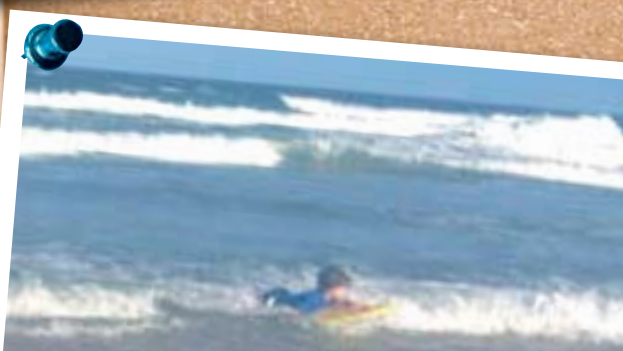
WADE'S A WINNER!

This is Wade at his second Learn to Surf lesson at Mooloolabah.

Wade lives in Caboolture and he's won two cool books and a DVD for sending in this excellent photo!



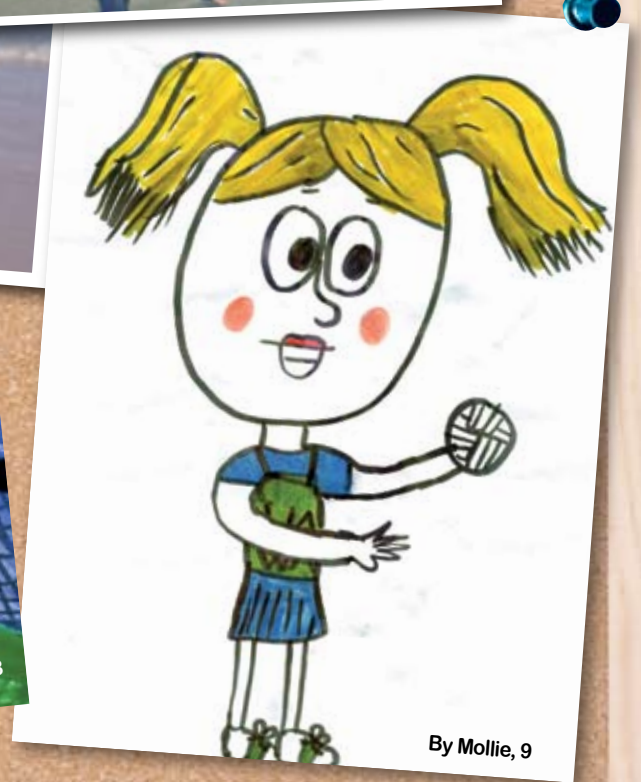
Send your photos or artwork to themag@kellysports.com.au to appear on our Pinboard pages and be in the running for a great prize!



This is a photo of me, Luke. I am 6. Body boarding is my favourite sport because it is fun and really awesome.



By Isabella, 8



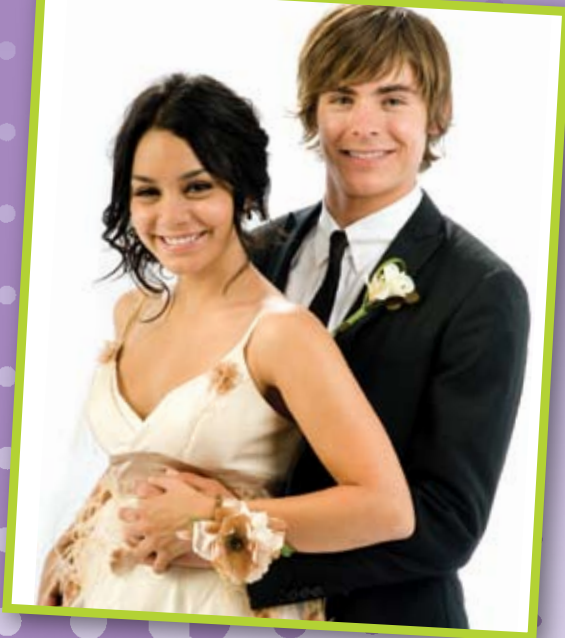
By Mollie, 9

Check out these Kelly Sports themed drawings from students at Princes St Primary School and Lindisfarne North Primary School in Tasmania – great stuff!

Ultimate Quiz

WALT DISNEY
HIGH SCHOOL MUSICAL 3
 SENIOR YEAR

Think you know Troy, Gabriella and the gang better than your BFFs? Put yourself to the test with this High School Musical quiz!



1 Who is the first character on screen in High School Musical 3?

2 During the opening basketball match, Troy wears a support on which leg?

3 What is the number on the basketball shirt of Jimmy "The Rocket Man" Zara?

4 Which High School Musical character dresses up as the Wildcats mascot?

5 What team is the Wildcats up against in the opening game of the movie?

Answers (NO CHEATING!): Q1 Troy, Q2 His left leg, Q3 41, Q4 Ryan, Q5 West High Knights.



Names: Alexei Demajo & Stewart Andrew
Where: Camberwell & Waverley/Knox, Victoria, Australia

Mighty Melburnites

When did you become involved with Kelly Sports?
 In January 2008, so just over a year.

Why did you get involved with Kelly Sports?
 We got involved in Kelly Sports as we believed it was a great opportunity to utilise our vast coaching knowledge of many different sports.

We have a long history of coaching children and really enjoy the role.

What strengths have you brought to Kelly Sports?
 We both have an extensive background in many different sports, specialising in tennis, cricket, soccer and basketball.

What do you enjoy most about Kelly Sports?

We enjoy being able to pass on our passion for sports and a healthy lifestyle to all the kids in our program.

How many children have you had involved with Kelly Sports since you took over?
 We have hundreds of kids involved over two zones, which are both growing quickly.

What will a child learn at a Kelly Sports clinic?
 During our clinics, children will acquire numerous skills in a variety of sports which will prepare them for more specific sports once they get older.

Children learn to interact on a social basis with other children and coaches.

What are your most popular programs?
 Our most popular program would



have to be our Multi-Sport program which is made up of four different sports per term. A close second would have to be our soccer program.

What are your goals for Kelly Sports?
 Our goals are to expand our zones by increasing participation throughout all our schools.

And for Kelly Sports to be the market leader in our area.

What are your favorite sports?
 Our favourite sports are tennis, soccer, basketball, cricket, pool and Aussie Rules.

“We enjoy being able to pass on our passion for sports and a healthy lifestyle to all the kids in our program.”

Kelly Sports Birthday Parties!

Take the hassle out of birthday celebrations and let Kelly Sports provide a range of sports games and activities for your child's next party.

Our managers will come to you, and provide equipment, games and staff to make a memorable event.



Visit www.kellysports.com.au to book your party!



An oasis in Byron Bay



A beachside resort right in the heart of beautiful Byron Bay, loads of attractions and an unrivalled beach culture is all you need for the ultimate east coast family adventure in New South Wales

BYRON Bay is one of those sleepy, seaside destinations that has grown significantly in the past decade, but one thing is certain – it still offers something unique for visitors when compared with other holiday hotspots along the east coast, while also providing families with the basic getaway essentials: glorious beaches, never-ending sunshine, loads of activities and great resorts.

And there's no place better to set up base than gorgeous Oasis Resort, an all year round stunner set on six acres of natural bushland that fronts Tallow Beach. The Oasis, a mere hop, skip and a jump from the town centre, is home to Mediterranean-style apartments and spectacular fully self-contained tree-top houses with balconies

FACT BOX

Where: The Oasis Resort, 24 Scott St, Byron Bay, NSW.

Website: Visit www.byronbayoasisresort.com.au

Phone: Free call 1800 336 129 or (02) 6685 7390.

from which you can absorb sweeping ocean views as you listen to the waves gently roll in.

The Oasis facilities include tennis courts, a heated swimming pool, wading pool and playroom for smaller children, surfboard,

bike and binocular hire, inhouse massage and beauty treatments for mum and dad, morning water aerobics sessions, hot spa and sauna and wonderful bushwalking opportunities.

Outside the resort, the attractions are in abundance: drive half an hour into the hinterland to ignite your senses at Crystal Castle, book in a morning or afternoon session with Cape Byron Kayaks for a paddle with the marine life (see story top right) or enjoy a Sunday afternoon listening to a live band at the family friendly Beach Hotel, formerly owned by veteran Aussie comedian "Strop" (Yep, Hoges's mate), or hit town for some great shopping at surf and ski stores, T-shirt shops and other interesting business houses.



Super-cool dolphin 'surfari's'

Byron Bay offers the ultimate dream marine experience where you can paddle amongst dolphins, stingrays, whales and even sea turtles in a fully guided adventure with Cape Byron Kayaks.

Catering for beginners as much as experienced kayakers, this experience is unforgettable as you join Alice and her team who guide you out to where pods of dolphins frolic about in the waves as you enjoy some chit-chat about the

local history of the bay, marine life and attractions in the area.

To top things off, enjoy a cuppa and Tim-Tams back on the beach after "kayak surfing" your way back to shore – it's loads of fun! The two to three hour adventure is safe, professional, loads of fun and, most importantly, an experience you and the kids will never forget.

For more information visit www.capebyronkayaks.com or phone (02) 6680 9555.

Kelly Sports Travel

For a family holiday, you can't go past Kelly Sports Travel. Let us show you some of the best options available throughout Australia and New Zealand

- » Cool destination guides
- » Great deals for flights
- » Best car hire rates
- » Competitive holiday packages
- » Top travel tips for parents

Available exclusively online at www.kellysportstravel.com.au



Heroic Hypnotics



He's hypnotised hundreds of people to improve such things as self esteem, manage stress, improve sports performances, overcome phobias, lose weight and stop smoking. But did you know that world leading clinical therapeutical hypnotist Rick Collingwood also has CDs to help solve children's problems? Kelly Sports spends some time up close and personal with the man who has sold more than 500,000 copies of his life improvement CDs

Q. How has the response been to your children's range of hypnosis CDs?

A. The response has been very good and sales are increasing as the word spreads. Sales have exceeded 6000 copies since the children's range of Hypnotic Sleep Stories was released in June 2008, which is very good considering they haven't had any direct advertising. So the sales are coming mostly from word of mouth or point of sale displays.

Q. Do you think hypnosis is a word that makes some parents

nervous? In other words, do you believe it's a misunderstood concept?

A. I would have to say yes. This is due to the general misunderstanding and mind control perception of hypnosis foisted upon the public by stage and entertainment shows. The fact is there are more than 3000 high quality clinical studies proving the many positive results that can be attained by the correct use of hypnosis. Hypnosis is extremely misunderstood and what it does in a positive way is allow access to the subconscious mind wherein

lays all of our potentials and pre-learned patterns.

Hypnosis allows a skilled therapist to change or modify what resides in the subconscious mind. On a more positive note, I would also say that the public's perception of hypnosis as a valid therapeutic tool is beginning to change and it is becoming much more accepted.

Q. What are the most popular children's CDs and why do you think that is?

A. The two most popular children's CDs are Bed Wetting and Better Schooling,

the reasons for this are obvious. There is also an ADD-ADHD CD that simply is a combination of frequencies with under-layered subliminal messages that are played to children while they are sleeping, and it is proving very effective in helping children to concentrate.

Q. Can you give us a good example of a child you have worked with?

A. There are always the bedwetting and ADD ADHD cases, and concentration issues which cause parents to become anxious and wanting their children to have the best they can give them.

And be the best they can be. In one case, a little six-year-old fellow I worked with had suddenly developed extreme Excessive Compulsive Disorder and a germ phobia.

His father was a pilot and would spend a lot of time away from home, and this was making him insecure.

His parents were at their wit's end when I saw them and it only took four treatments and I also made him a personal CD to use at night.

The problem went away. It was a better alternative than the array of medications that doctors and

SUPER SLEEP STORIES

Rick Collingwood's hypnotic sleep stories range of CDs for children includes:

- Better Schooling
- Stranger Danger & Safety
- Politeness & Manners
- Beating the Bully
- Healthy Kids & Healthy Eating
- Children's Self Confidence
- Overcoming Fears & Nightmares
- Doing It Right Now



- Feeling Left Alone
- Overcoming Trauma

Visit www.mindmotivations.com for more information.

psychiatrists had tried to no avail.

I have learned over the years that most children's issues are born of the insecurity of a broken home or a feeling of a lack of love. Having said this, hypnosis does not replace medical or psychological advice, and it is not a medical or psychological model.

I would advise any parent who may consider using hypnosis for their child to ensure that the hypnotherapist is well qualified, a member of a recognised hypnosis association, and has experience working with children. It is also a lawful requirement for any therapist working with children to have a Government-issued

registration card. A parent sitting in with the child does not remove this obligation from the therapist, and the parent should always sit in on the sessions.

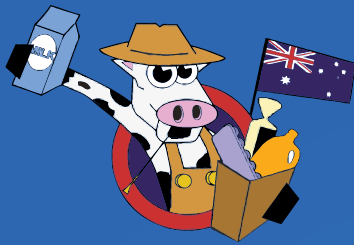
Q. So, in a nutshell, what does your form of hypnotism set out to achieve?

A. What we're actually doing is getting access to the subconscious mind where all these 'patterns' reside. Once proper hypnosis is induced, it's very easy to communicate with the subconscious mind and to have a pattern removed or adapted.

“Most children's issues are born of the insecurity of a broken home or a feeling of a lack of love.”

Editing & production: October Grey Media **Email:** info@octobergrey.com **Design:** Simone Norris **Contact:** themag@kellysports.com.au
Advertising inquiries: themag@kellysports.com.au **Cover image:** Newspix

Information correct at time of going to print. All inquiries to themag@kellysports.com.au Copyright Kelly Sports. No part of this magazine may be reproduced in any form without prior written consent of Kelly Sports.



AUSSIE FARMERS DIRECT

The Milkman's back!

**FREE
HOME
DELIVERY**

**CHEAPER THAN MAJOR
SUPERMARKET BRANDS!**

- ✓ MILK
- ✓ BREAD
- ✓ EGGS
- ✓ JUICE
- ✓ CHEESE
- ✓ CREAM
- ✓ BUTTER
- ✓ COFFEE
- ✓ WATER
- ✓ BACON
- ✓ FRUIT
- ✓ VEGIES

ALL PRODUCTS ARE
100% AUSTRALIAN OWNED
AND PRODUCED

Simply fresher!



1300 MILKMAN

Call 1300 64 55 62 or visit

www.aussiefarmers.com.au