[Insert Club Logo]

**MEDIA RELEASE**

[Insert Date]

**Having fun is vital part of playing sport**

#HaveFun

While it’s great to be competitive and strive to win, ultimately playing sport should be fun for everyone.

This week parents are being encouraged to remember that sport is a game and while it can be competitive, winning at all costs does not reflect being a True Sport.

“Coaches and parents play an important part in helping kids enjoy sport and should do their best to make training fun and reward the efforts of everyone,” says [INSERT CLUB/TEAM NAME AND SPOKESPERSON].

“Mums and dads, you can do your part too by not putting undue pressure on your kids to be a star, by supporting them and reminding them it’s also OK to play just for fun.”

[INSERT SPOKESPERSON] said being part of a team or a club was a great way to learn life lessons such as resilience and good sportsmanship, which will serve everyone well in the rest of their lives.

[INSERT SPOKESPERSON] said the club wanted to instill positive experiences in their members around playing sport so they keep playing into their adult years.

[HE/SHE] reminded everyone that club sport does not happen without the dedicated volunteers who are wonderfully supported by our State Sporting Association which does a lot of work in making sure competitors and spectators understand how to behave on and off the field.

Sport and active recreation not only has valuable physical benefits but is great for mental, emotional, academic and social health.

The [INSERT CLUB/TEAM NAME] are a True Sport club. True Sport is a campaign that supports local sporting clubs, associations and community groups to use eight values to share the benefits of sport and recreation to our whole community because we believe the way we play together shapes the way we live together. The eight values of True Sport are: Bring your best, Have fun, Give back, Play fair, Be healthy, Include one and all, Show respect and Be safe.

Find out more about True Sport [www.dsr.wa.gov.au/truesport](http://www.dsr.wa.gov.au/truesport) or on social media @truesportwa

[INSERT CLUB CONTACT DETAILS]