



## Your Sporting Summer

### Key messages

- The Australian Sports Commission (ASC) is dedicated to increasing sport participation across all levels in Australia, whether as a player, coach, official, or volunteer.
- Sport not only offers significant physical and mental health benefits but also plays a vital role in uniting communities.
- The 'Your Sporting Summer' campaign has been designed to inspire Australians to make the most of the warmer months by engaging in sport.
- The campaign aims to capture the spirit of community, the joy of being outdoors, and the social connections that are hallmarks of Australian summer sport.
- The ASC is committed to collaborating with sporting partners to drive this mission forward and encourage more Australians to actively participate in sport.
- Sport offers a wide range of physical and mental health benefits while also bringing communities together. It's a great way to stay social, meet new people and reconnect with friends.
- You don't have to play to get involved — your local club offers opportunities to contribute as a coach, official or volunteer.
- This summer, get involved in sport to stay active and connected in a role that suits you.
- Encourage your kids to get involved—it's not only fun but also boosts their physical, mental, and emotional wellbeing.
- Visit the ASC's [Get Involved](#) page to make the most of your summer through sport.



**Australian Government**

**Australian Sports Commission**