

Staying connected through innovation

Transcript of Timeout Talks 2 conducted on 5th May 2020

Welcome, everyone, and thank you for tuning into our second Timeout Talk talk. It's part of the United for Sports Webinar series, which is a wonderful collaboration between Sport New South Wales, the Australian College of Physical Education and the New South Wales Office for Sport.

During this pandemic, it's a means of which we can keep the sector connected, engaged and keep them informed during these troubling times. The webinar series will be delivered on a weekly basis, so you can just check out a Sport New South Wales website for all the next talks.

My name's Kerry Turner, hello, everyone. I'm your host tonight. And my trusty support person is Michael McKnight. That's been talking to you already. Hello, Michael, wave to everyone. Michael's a partnership manager at ACPE and he's got the big job tonight of keeping the eye on the chat feed.

And we encourage all of you to use this feed throughout the night. And when you do, please write your name and where you're from and who you'd like to pose a question to. We may not get to all of them tonight, pretty sure we won't, but we want to make sure that we answer those and they can be posted on at the Timeout Talks Resource Library at the Office of Sport.

So let's dive in. Tonight's webinar is called Staying Connected Through Innovation.

Now, we've all been talking about the Corona virus and its horrible impacts and how it's turned the world on its head. And we know that the impacts have been quite profound for sport in particular at the professional level, way down to grassroots level. We know these impacts we're feeling them and what we don't know just yet is the damage, but to coin a sporting phrase, we can only play what's in front of us and we can only control the controllables. So with our normal routines being as disrupted as they have been, staying connected to your participants and your members in new ways is vital and something we can all control. So a silver lining of this pandemic surely is the emergence of innovation and adaptation. And I'm so proud of tonight's seminar because it's a good news story. It's a celebration, actually, of sports' ability to be nimble and adapt in order to survive and connect with members during this difficult time. And the panelists that we have tonight are our speakers are just classic examples of that. Pure grit and determination and resourcefulness that is needed when we're all under fire. And I'm really, really proud to have them speaking tonight and I thank them up front. They're giving us [00:02:39]xxxxxxx [0.0s] examples of training programs, how to adapt participation programs and events in the virtual world.

So without further ado, let me introduce the panel. First of all a big hello to Phil Morgan, Hi Phil.

Hi everyone.

It's Professor Phil, actually.

He's a professor and co-director, and this is a tongue twister, of the Priority Research Center in Physical Activity Nutrition at the University of Newcastle. He has led so many major amazing research projects I would be here all night talking about it, but the one I want to draw attention to is the national and international award winning Daughters and Dads Active and Empowered Program. Yes, it's dear to my heart because it's the centerpiece of the New South Wales government's Her Sport Her Way strategy as we are scaling that program up across New South Wales. Phil's super fit.

He's a really active people person kind of guy, father of three daughters. And I'm sure like me, he can't wait to get back in the world with his actually people in it. So thank you for joining us, Phil.

No problem.

Our second presenter is the wonderful Kirin Lindop. Hi Kirin.

How are you going Kerry.

Kirin is CEO of Athletics New South Wales. Congratulations on that appointment.

And a longtime colleague and friend of mine, Kirin's worked in the sport sector at the state government level, local government level, and has had a number of jobs in the professional sporting world, including a stint at Cronulla Sharks where she was head of stadium and high performance.

And she was there during that classic heady era of 2016 when the sharks won the premierships. She survived the 'Up up' Cronulla anthem that went on for the ages and then went over to Cricket New South Wales to head up match and operations and experience in infrastructure there before she became the CEO of athletics. She's also super fit, one to watch. Don't go running with Kirin, she'll teach you a lesson or two. She still loves a game of football with her mates and has recently bought a tinny, so I think she's going to be into fishing soon. Is that right Kirin?

Thanks correct.

Okay and our final presenter tonight is wonderful Margot Harley, another female leader in the sport sector, well done Margot.

You're the CEO of Rowing in New South Wales, and like Kirin, you've held many positions in sport and particularly in professional sport, including head of marketing and brand at Cronulla Sharks and head of consumer business at South Sydney Rabbitohs and the Sydney Roosters. Margot's also a member, like Kirin, of the Sector Recovery Group on behalf of the Office of Sport we thank

you both for your tireless efforts at the moment and selfish selflessness in terms of supporting this sector to survive, adapt and thrive throughout the sector recovery plan. Margot's also super fit. She loves CrossFit and staying active. Say thank you to all our presenters for being with us tonight.

And I think we'll kick off first of all with you, Phil Morgan.

So just as a lead in, Phil, you're heading up the Daughters and Dad's Active Empowered Program, and in particular, version that's been cricketised called Daughters and Dads Cricket was launched during the Cricket World Cup. How exciting was that? And then COVID came to town, so you were four weeks into a nine week program. You and your team could have either cancelled it or not. So you took the lead and the courage and you all stepped up to the plate. So Phil I'm going to hand over to you. I want you to tell us a little about the program, what it took to convert it to an online, which is a really face to face program in its essence. So what it took to convert it to online, what were your challenges, and what were those really little nice pearls of magical moments that you didn't expect and now have been quite advantageous to the program. Over to you Phil.

Thanks very much, Kerry. And hello, everyone. Jjust noticed that image, I hope everyone can see the slides there. That was a very dubious LBW decision there. I think it was going down legside from my daughter, but anyway, thank you. I just want to acknowledge our partners Office of Sport, University of Newcastle, Cricket New South Wales and also Cricket Australia and also my team at the university [00:06:46]and also [0.2s] a lot of work on this project.

And so to adapt in the middle of this strange situation, you had to have a real can do attitude, and I had to accept that perfection was the enemy to progress. And as a professional, that was really tough. So you know what? This wasn't us designing and delivering an online cricket version. We adapted our program within a week to try and keep the momentum with the families. And it was a real test, and to be honest, initially we were quite stumped for ideas. And I thought, you know what? How's that for an idea? An online program. But you know what, Kerry? I don't like online cricket.

Oh, no, I love it. I don't like online cricket. C'mon everyone. Oh, no, I love it.

So one of the dangers of online is when people are amused. I can't hear laughing and singing there, which I'm sure you were. But we had to keep positive. But very quickly, people think, hang on why Daughters and Dad's Cricket. What's this about? I don't really have time to go through this very strong rationale, but if I was to tell you that 90 per cent of junior participants in Australia are boys and there are a huge number of girls who are just not being engaged by the game of cricket for a whole range of reasons. They need extra support. What about if you have someone who can model performance, who can be a one-on-one coach, who can be involved in a program with innovative pedagogical strategies that emphasises social emotional skills, persistence, resilience

and how we address gender in our girls, and this might be a springboard to participation in cricket. And I'm wondering if other people from sports there could see how this might have some relevance to their sport. So let us know through the chat. So we wanted to improve girls enjoyment, motivation and lead to participation in cricket. But we had some secondary outcomes: improve girls wellbeing, improve the father-daughter relationship, improve their parenting and coaching skills. And this was just out pre-pilot, 35 families. We had a pilot in Sydney, a pilot in Newcastle just to test our activities. Next slide there, Kerry. So the before and after - the before what it looked like, we had firstly a power play, a dads' only session you see in the top left. And in that picture there, really interestingly, there's a grandfather, there's an uncle, there's a best mate supporting a dad who'd had a stroke, there was a step dad and their biological dad. These are father figures. After that power play session, there were nine 90 minute sessions where the daughters and dads came in. They did 30 minutes of education sessions where they're working together through a whole range of ways to engage in cricket, to develop their social emotional skills and provided a great opportunity, as you can see from that bottom picture for one-on-one time having meaningful conversation with your dad, where you're looking eye to eye. And just a quick question to people. What do you think that little girl on the right is thinking where she's having a conversation with a dad in [00:09:52] **the business of life?** [0.5s] Just have a think about what their thoughts would be.

You know what, I actually know what she was thinking.

And what was that Phil?

Well, she was actually, if you just click it there, Kerry, she's thinking 'I wonder if this innovative program could be delivered online, whilst maintaining effectiveness in the midst of an unprecedented global pandemic'. So she was aware of the ability to move with the times and next slide Kerry, we had practical sessions as well. So this was pre-COVID we're three sessions in where the dads worked on their batting, bowling, rough and tumble play, lots of opportunities where they're working on their technique. And with that extra time and care from one coac, gee their skills developed. Don't tell me girls need to grip and rip with a ball, let's straighten them up. Let's teach them how to hit cover driives and we had a home handbook to engage them in the program. So what do we do? You can flip the next slide, Kerry. And this is where we adapted within a week where we went into Zoom's sessions. And so it was great to see the dads come up with different virtual backgrounds. I've got number one sportsground now, but from all around the world. And what were the challenges? Well, clearly in the online world, enrolment. So we had about 50 per cent of participants take up the offer to do the Zoom, but others were struggling with life and many things were on. And we also promised that we would deliver the face to face later in the year when sport may start up again. We used all the really familiar aspects of chat and virtual backgrounds and actions and music and thumbs up to try and increase engagement, which we got better at. Some of the advantages of this approach was it's easy to attend, isn't it? There's not much traffic from the lounge room to the study. So you can get there really quickly and it was easy to deliver as well. So we kept up the momentum and the advantage was that in

this lockdown situation, it gave the families, in particular these girls, one-on-one time with dad when they're stuck as families, but they looked forward to it. And you could continue these connections through sport, but also in Zoom in these sessions, you could watch each other's face-to-face reactions, which you don't actually get in a group setting. You can see them reacting and smiling and laughing and through the chat and their thumbs up and hands up, you could see their live thoughts when they're actually talking and giving ideas and sharing those. And also, and I'm sure we've got people on here, there are people in group settings who won't put their hand up and contribute to the discussion because they're just a bit shy or it's not their style. With Zoom, we had those who were a little quieter all of a sudden have their voice validated through the chat, through putting their hands up. And so we were really quite surprised at how well it was received. And there was some magic moments.

Do you know, we didn't tell the dads and daughters to be wearing their shirts, but they just turned up into the studies wearing their daughters and dads cricket shirts. When the dads were doing a Howzat quiz and we had 'Eye of the tiger' in the background, they're bopping along was a magic moment. But I think there were magic moments when at the end of one of the final Zoom's session, we had some of the girls in tears because they didn't want it to end. So finally Kerry the last slide, was just demonstrating how we wanted to continue some of them practising their practical activities. and I think gives you insights around that. The home tasks were ways to engage in the games or during research or watching clips and finding out through the skipper was of various sides. But we emailed them a PDF and you can see there were we had rough and tumble fielding cricket skills and they could simply click on the hyperlink and it would go to a video of the activities that they could select to do. So this was a great way for them to have that choice.

Phil, I think that's amazing that you were able to turn that around in a week and just shows that the online delivery was backed with your resources that links people to the physical activity component, which brought what has traditionally been a face-to-face program to an online that can be delivered practically later, I think. Well done. Phil, I'm still really amazed at how quickly your team were able to do that. And congratulations wholeheartedly from me. And just to wrap up, Phil, I know you are the king of face to face.

I've seen you present so many times. You're now the online guy, have you got any like hot tips you'd like to share with any presenters out there that may be struggling a bit or that you've discovered in this platform.

I would just say one in the theory sessions be thinking students [00:14:30] said, and [0.2s] how can I get the people to be thinking not just listening, and we can use questioning and ways to engage. For those sports we're trying to get the people to do practical activities at home, at the moment there is just saturation of different drills and skills and things to do. So one of the things we wanted to do was to make it simple and easy. A one stop shop. All the activities there. And as an academic, there's theories that guide a lot of our behaviours. I'm sorry, everyone, but self-

determination theory for motivation is key and the principles that are autonomy, relatedness and confidence. So autonomy, don't do all these activities. Pick the ones you want to do. Relatedness, do it with dad. Find a family member to give you social support. And competence, don't tell them to go out the back and see if they can do 20 juggles with a soccer ball if they can't even do one. Have progressively developed activities where they can still engage and be gamified. And it's fun and motivating in and of itself.

Thanks, Phil. I'm sure you've won some hearts and minds just there, and then if anyone has any questions for Phil, pop in the chat now. And thanks for your contribution. I'll see you in the question and answers. So we'll move on now to you Kirin Lindop. Before we go there mate, so we're in sport land now and the virus totally disrupted sport in a way that's never been seen before.

As a CEO, those early days must have been awful. I know I caught up with you 10 days in on the screen. And yeah, I was really taken by the impact it's had as a leader. So do you want to describe what that was like in that first instance?

Yeah. Thanks, Karen. Thanks so much for having me. It's great to be able to to come on to the webinar and tell our story. The first couple of days, I think it was Friday the 13th of March, where we woke up to the NBA being cancelled, the Grand Prix was cancelled in Melbourne, we had our national championships cancel, which is the selection trials [00:16:28]or [0.0s] postponed for the Olympics. And some unbelievable things we never thought possible started to unravel in front of us sport. The sport as a whole

[00:16:40]Or on Appletree. [0.5s] and it was really shocking to see it unravel, and also the plug was basically pulled on our business as we knew it. It was trying to keep up with the ever changing information every day. We worried about our staff, how we're going to get through, how we're going to survive when our revenue stream is being [00:17:01]pulled, in [1.5s] constant messaging through our clubs and our stakeholders so yeah, pretty traumatic the first couple of weeks.

Which makes this presentation even more remarkable, Kirin, because whilst all that was going on around your team and all the crisis that was occurring, this little pocket of innovation was wonderful. I've got a quick clip, Kirin, if you want me to show it. It just describes what the virtual series is all about. So we're gonna go to a quick clip, everyone. It might lag a little, but you'll get the gist. Here we go.

Running stuff well has gone virtual. Run, walk, jog or roll through the two.5 kilometre and one 4 kilometre events in your local area before the 8th of May. It's easy to get involved in four steps. Step one: sign up for Strava to track your activity. Step two: register for each run online at runsw.com.au. Step 3: complete your activity, get out there, have a go. Step 4: upload proof of your activity on the results page. Sign up now at runsw.com.au.

So Kirin, that's just a little taste of what it was all about.

So, you know, all of that was happening and your support was so quick to launch into this virtual participation program. So I'll hand over to you now just to walk us through what Run NSW Strava Club and the run series is all about.

And maybe if you can talk a little bit about the benefits and what are the surprising things that came out of it, because you had a crack and you went for it and you adapted in this really tricky environment.

Yeah, thanks again. How cool is that little snippet? So thanks to Phil from the Office of Sport helping us, being a voice over for that little snippet and some of our incredible staff, as he said, putting that clip together.

So we knew we were really lucky in a lot of ways that running was core and, you know, walking was actually core to one of the activities that we're allowed to do through this time. We'd spoken [00:19:12] to your [0.0s] staff about the Strava platform in the months leading up to COVID as another form to engage, but basically as soon as the plug was pulled on us in regards to delivering in real time, one of our staff, James, whose incredibly courageous and the thought leader behind this just said we need to remain relevant, we need to stay connected and we need to stay engaged to our participants and members and hence the Strava club was created. And day after day in those first couple of weeks, it was just a blowout of people signing up. So it [00:20:01] was [xxxxx] [0.5s] and reinforcement or positive reinforcement of Strava club as a platform was the way to go. We started to see some great engagement and I guess organic content coming out, which provides some real stories for our social media platforms. And then at the same time, in parallel with a [00:20:25] couple of our staff, [0.3s] James and Daniel creating, we were basically really lucky that we had a platform, our concision platform, that allowed us to head down the path of a virtual series. So we almost had all the tools and we had all the capability [00:20:40] of being smart. [0.3s] We had the passion internally. We had a team around us and it was almost like the perfect storm to [00:20:46] get. [0.0s] It feels really right. Let's create a virtual series. We had no idea how it was going to go. All we could do is actually keep talking to each other, keep kind of checking in, making sure that all our messaging was complying with the social distancing rules. We created a couple of physical courses and then three virtual courses and away we went and we're only three weeks in, but the engagement, the stories, the connection between our Run NSW brand, which is our recreational running brand, and our Athletics NSW brand is unbelievable. The story is just so rich. Internally, it's kept us really engaged. It's a great news story. It's really refreshing to see a different imagery as you see. We've got 10 unreal fantastic ambassadors that have helped us promote our series and every day is just more and more content that's coming out. So it's been fantastic to this point.

Yeah, I'm sorry. Right.

Sorry Kirin I cut you off.

That's alright. We can list the benefits for our organisation, for our staff, for the participants. It's been an incredible list of really [00:22:10]valuable [0.0s] things that come out of it for the participants are all part of a community and they were connected to us. It's great for our brand as well in our engagement and our relationship with our members and participants. We've got some new people in our market now and our networks that we've never seen before, so that's a fantastic outcome. And people were keeping fit at the same time. This is unbelievable and could set themselves goals. We've got a virtual medal. This is actually a series that they can complete and we've got a virtual medal, which is really cool. That's coming out also. For us we're having commercial discussions. Who'd have thought during this time that we're actually able to have commercial discussions, which is really enriching one of our existing commercial partners where we have actually flipped, and rather than we're running a virtual event for them, again which is fantastic to be able to deliver on our requirements to our commercial partner in a different way. And then internally the staff, like I said, and I think all of us will agree internally that it's actually enabled growth in our staff. It's been really refreshing. It's been confidence building. Incredibly rewarding for so many different reasons.

It's such a great story. And for those that are listening today, Kirin, as a CEO is actually only working three days a week as well because of the conditions around us, so I think it's a remarkable case study of the resilience within your sport, Kirin. And just that goodwill to adapt and I don't know what a virtual medal looks like. It could be interesting so it that doesn't collect dust on the shelf, does it?

It's just a little PDF that comes flying into your inbox and looks really cool.

So well done Kirin and athletics.

So thank you and we'll come back to you in the Q&A session, so on to you now Margot. The onset of COVID played havoc as we know with hosting events across the country. So keeping your athletes and participants engaged through this pandemic has been a struggle for everyone. But Rowing's been on the front foot and that's been by delivering virtual regattas during this time.

So, Margot, can you just give a bit of an overview of what the National Virtual Regatta series has been and what you've been doing in Rowing New South Wales in terms of Strava? And just explain a little bit about how that came about and we'll get on to Georgie Rowe in a minute.

Sure. Thanks, Kerry, and thanks for having me and thanks everyone for joining. So unfortunately, our national championship regatta, which was scheduled for the end of March, needed to be cancelled due to COVID-19. One thing that came about from this was the cancellation of the traditional interstate regatta, which occurs on the Sunday of the national championships. And that's a state v state, our sort of version of state of origin, where our elite athletes compete against each other from a number of different crew boats. So following that sort of initial shock of

nationals not going ahead, discussion turned to how can we keep people engaged and give them something to work towards.

So the idea of transferring the interstate regatta to the ergometer or the erg as we call it, was born. So the interstate regatta is a product that is owned by all the states and territories of Australia. So it really needed a group effort to decide that this was the thing to do. You can go to the next slide.

So just to the next slide, if there is one.

I don't think there is, sorry.

No worries. I did send through something, but that's okay. So essentially what it turned out to be was a two week competition and individuals were asked to log their metres and then the states would be assessed against how many meters can we clock as a state and then as an individual.

So basically, it was open to everyone. School athletes, club athletes, the elites and Masters. So we have about 22,000 rowers that are known to our sport. The big difference for us and the real pivot for us is that usually this is an elite competition, but we were opening this up to everybody. And it wasn't about how fast you could go, which is what it normally is in a boat, it was just about participating. So that was the big change for us. So a couple of really great things came out of that. Mainly the fact that we had a 20 per cent uptake from people that have never been involved in our sport before, so brand new to our sport which is something that doesn't tend to happen with rowing because rowing has a certain perception in the community of being a private school sport and an elite sport. But also we were able to assist two of our high performance athletes to set nine world records. Yes, so Eric Horry, he's a five time world champion in the PR1 category for rowing. So he has the use of his arms only, so to row a 2000-metre race in general, just with your arms if anyone's tried that is pretty tough. He's a two-time Olympian also going to Tokyo. So he set five world records throughout this competition, everything from a one minute through to a marathon row, which took him three hours and 13 minutes. Now, if anyone sat an erg for that long and has the full use of their body, that's pretty tough just like that. So his feats were amazing. Georgie Rowe, who's also lucky enough to be from New South Wales as well. we're very lucky to have her, she was actually discovered at the Australian Indoor Rowing Championships two years ago. She's an ex surf boat rower. She's now on the Australian team and is also going to Tokyo. She also broke four world records, including a half marathon and the full marathon. So there is a clip, I don't know if you've got that.

I couldn't get it on. Sorry, Margot.

I do have it. But essentially what I was showing is that, so she's the holder of these four records and a fifth. So Channel Seven actually did a small story on Georgie and showed that the two ends of this competition and what was so great about it is you had Georgie Rowe seeing world records

and had Eric Horry setting records. Then you also had a 94-year-old rower from Queensland called Vince. Him and his 90-year-old wife, Betty were getting on the erg every day. He rows 10k a day. And the thing that really brought it home for me, and the reason why this competition worked was that it wasn't about who won, it was about the fact that these individuals who were stuck at home and like all of us, weren't able to get out potentially and exercise how we normally did could feel like they were part of something that usually is just for a very small amount. So on that note, I have to say that New South Wales was not successful in winning either the metres per state or territory or the most metres per participant, but for me, that's not actually what it was about. So while it was an online competition and we did have to pivot, we got rid of our normal expectation around having to win something and understand that this is a way for us to increase the spectrum of our sport.

So it's absolutely fantastic that such an elite event could have had community connection to it. So those stories of everyone else that could have a go at the same time, that wouldn't have happened had it not been a virtual competition.

Exactly. And the biggest things that we learnt and as I said, I'll send around the slides that don't seem to have made it to everyone is that we had over 2,500 participants, 14 more records as I said, approximately 20 per cent of the participants were new to our sport of rowing. And the biggest thing is it really helped us to redefine our sport. Indoor rowing has been bubbling underneath the surface for a number of years. And as traditional rowers, a lot of us turn our heads to it and don't like to participate because we associate it with too much pain from years of racing, but it's really brought a new market to our sport, one that we wouldn't have been able to engage with if COVID-19 hadn't happened. So it's definitely something that all the states in Rowing Australia will be working towards running again next year. And what it's also done is given all of the states and territories, including New South Wales, the confidence to try new things. Two of our states are holding virtual regattas. I've been inspired by what Kirin's been doing at Athletics, and we're also in the process of creating some Strava challenges that may not necessarily be around the ergometer, but ways to keep people engaged until we are able to get back on the water. So there's great opportunity in these times, and that's really the approach that we've taken is what's the best that we can do with the current situation that we've been dealt.

Thanks so much, Margot, and can people go onto Rowing New South Wales website to engage with the Strava products?

Yes, so we've got a tile on our home page where they can follow our club on Strava and see some of the amazing kilometres that our elite athletes are currently doing as they train towards Tokyo.

Great. Well, on behalf of everyone that you can't hear, I'm doing a big clap to all my speakers, because we're now going to move into questions and answers with speakers.

So it's now over to [00:33:46] simply [0.0s] co-host Michael. How's it been going with the questions there Michael, and have you got anything specific that you can ask any of our speakers.

Yeah. Thanks, Kerry, and yeah again, congratulations and well done for the three panelists here tonight. The implementation of those programs would certainly add value to our community during this time. Thank you for [00:34:09] your brand [0.1s] for using the chat to introduce yourselves and put forth some questions for our panel. As Kerry mentioned earlier, if we don't get to your questions this evening, they'll be added to the resource library and [00:34:20] shipped [0.0s] tomorrow via Sport New South Wales, as well as a recording of the session here this evening. So we'll probably start off. There's a few questions to take on, but I'm wary of the time -- we've got about ten minutes. So we'll start off with a question from Nick Watkins, and this is open to all panelists to put an answer forward, so I'm sure you can all speak to this.

So COVID-19 has resulted in people needing to react quickly and use innovation to stay relevant and keep delivering value. Obviously, one of the challenges with this is the limited time to test these ideas. So what advice do you have for finding the balance between implementing something quickly and making sure it's presentable and tested for its members? Kirin?

Do you want me to go? I'm happy to. I would encourage sports to follow their gut instinct. We all know our sports and we know what we're capable of. There are obviously challenges with different staff arrangements, but wrap your team around your idea. Talk it through. And yes, it's frightening because you've never done it before, but the more collaboration within whether it's within your own organisation or outside. Just be [00:35:42] creative, [0.0s] follow your gut instincts and go for it.

Fantastic. Do you want to add anything to that Phil?

I would just say one of the things I alluded to about perfection being the enemy of progress, I think the general public is far more forgiving of a bit of poorer quality in terms of worrying about delivery online, and oh no, the background's not quite right, and it's not perfect because, you know, there's so much disruption at the moment, they're just happy for anything. So the core engagement principles that everyone who has been successful when we're back face to face can still apply. And so if you're delivering things online or practical activities, making the fun, using humor, thinking of ways of connecting people and still being able to engage, they still all apply. So it's kind of being bold and backing yourself and understanding people are not expecting perfection in these really difficult times.

Just add to that, following on from what Phil and Kirin have said, that even if you do take an extra day or two to think it through or to survey a few people that, you know, within your community, that's okay, too. Sometimes less is more, and you can build up a program from nothing. And if you have the vision of what you want to do over, say, a two week period or a four week period, you can do that. And also, there is a lot out there at the moment which we've all touched on before. So it's

also understanding that it doesn't necessarily have to come out right now. We don't know how long we're going to be unusual position. So if you feel like an extra week could make a program really hit where you want it to hit, then there's no harm in taking that extra week because this isn't a short term situation that we're in, and caution sometimes can be a good thing.

Great, thank you for the insight everyone, it's fantastic and the silver lining, obviously, is in the long term. There's no reason why we can't continue implementation of these programs, obviously. We had another question coming from [00:38:06] Wyatt [0.0s] which I'm sure will resonate for all of you, so what ideas and thoughts do the panel have around using innovation to connect with people from a more vulnerable background during this time and ensuring the programs are inclusive.

Does anyone have any thoughts around that one, perhaps?

I'll go. I guess my advice would be anything's possible and again, be confident that with a little bit of education there's so much adaption and flexibility and agility at the moment that it's almost like any of the barriers that exist, let's just work a way round it with a different platform, a delivery or a different way of doing things. So, yeah, it's just thinking outside the square again, engagement, collaboration and being courageous.

Fantastic!

I think just a flag in terms of some of the flexibility and adaptability, that another program that I have led is Healthy Dads, Healthy Kids, dads and sons and daughters and focus on nutrition as well, and we've just finished a very successful trial with Hispanic families in the US, a very disadvantaged background. And we just received a grant to do Healthy Dad, Healthy Kids in Scottish prisons with incarcerated fathers. And we had a [00:39:32] grading [0.0s] with daughters and dads, just missed the deadline that we've got a partnership to do it in Samoa and Tonga and also with Indigenous families so there can be the core components will be the same, but targeting and tailoring the message for different cultural groups is very much on our agenda.

Fantastic. That's great [00:39:51] bet. [0.0s] Thank you for that. Then another question's come through, and this one for you, Kiriin, and the team in Athletics New South Wales. So obviously you've touched on how your staff have kind of come through this and enjoyed the new opportunities and programs.

And in the past, you delivered some innovative programs in recent years, such as the Resilient Athlete Seminar, and I walk, I run, I drum. Are there any plans to stage these all in elements via the web delivery in the near future as well?

We've already, so the other thing that we have done is put a lot of our coaching courses online. And we also had an athlete return to play seminar early in the week.

So we're almost listening to our members and our clubs and our participants and just being flexible and adapting and going with the flow. So we've actually broken the barrier now to delivery with exactly this platform. So there's no reason why we can't package anything up and deliver it based on need and launch, and if it's a rich content there's no worries anymore. So yeah, open to try anything.

Fantastic. Well, that's all the questions from the chat Kerry, but I guess in future, if you do have any questions, just direct them through to the team at Sport New South Wales and we can address those in the resource library, but we look forward to seeing everyone on Thursday.

Thanks, Michael. There's the next Timeout Talk which is on Thursday. Very exciting conversation around physical literacy, some great panelists there, so that's this Thursday. Love to see you all there again.

And there'll be more talks posted.

So just keep your eye on the Sport New South Wales website for that. It's been a wonderful discussion. It's such a positive platform to talk about innovation and adaptation.

[00:41:52] We got an. [0.3s]

[00:41:54] Need it in words [0.9s] as we press that restart button. Because even if it's just return to training those coaches out there need to think really broadly about how they're gonna be delivering that and staying safe in the community. So I'm gonna finish off now with a clip. So stay with me. I'm going to say goodbye before we go to the clip. Get your tissues out. It's the Adidas latest advert. It just reminds you of everything you've missing. But it will be coming back. It's been a joy to host tonight so be safe everyone and enjoy this last clip. Bye for now.

While the world waits. Let's remember. We will run again.

We will freeze in the stands again. And spring and sweat and fly.

And still be late for practice again. We'll meet on the mat again and be spellbound by legends.

We'll witness the haka again and be grateful. We'll watch [00:43:17]again. [0.0s] We'll beat you up some of the most. We'll compete again and create again.

And when the time comes, we will be ready.