

PALS
INC
PROVIDING ALL LIVING SUPPORTS

**Cobram - Barooga
2020 / 2021**



Winners are Grinners!

The PALS Panthers take home the GOLD for the 2019 Tri-State Games; an annual weeklong event for people with disabilities.

Tri State Games provides people with a disability, the opportunity to compete against their peers in a range of sporting activities. As well as...

- Encourage and promote sport to people with a disability residing in Victoria, South Australia and New South Wales.
- Encourage participation in sport as a means of improving health, fitness and quality of life for people with a disability.
- Provide a respite option for families and carers who support people with a disability.
- Encourage people with a disability to pursue sporting interests in mainstream competition.
- Promote the sporting achievements of people with a disability to the broader community.

Providing All Living Supports (PALS) Inc. had a strong contingent of athletes travel over to Port Adelaide / Semaphore this year for the week long between the 10th & 15th of November.

2019 will be one for the record books, seeing the PALS Panthers finally pounce to the top of the podium alongside equal first place the Mount Barker Arrows SA, a formidable opponent who has dominated the games over the past 10 years with their athleticism and great sportsmanship.

PALS Panthers have participated in the games for 21 years now and no doubt 2019 will be a year to remember for two Panthers in particular, staff member Val Wakefield and PALS athlete Andy Allert who racked up their 21st year of attendance.

A host of medals across the board for the Panthers as well as some fantastic individual accolades such as Robyn Greatorex who came runners up for the overall section B Female athlete.

The Tri State games saw some 30+ teams from the three states compete over the weeklong event, kicking off competition on the Monday with events such as Basket Ball, Table Tennis, Quoits, Indoor Bowls, to name but a few.

The Tuesday events saw PALS come 3rd overall in the Swimming events, whilst the Track & Field events on Thursday saw them take home a very respectful 2nd place overall. Friday's events were focused on having fun and encouraging the athletes to try something new, such as Soccer and Tee Ball.

If you thought the days were busy, you'd be amazed to see the evening events, where all teams come together for dinner. It's when the lights go out, that the dance floor comes to life!... nobody competes like these guys and I assure you nobody parties like these guys and girls either.

This was the first year I've witnessed the tri state games said Business Services Manager Paul Quinane, and it won't be my last, I was blown away by the sportsmanship, the fun and the competitive nature of the games, but most of all by the attitude of all of the volunteers, carers and families that attended the games... it 'simply a magnificent event.

Cobram / Barooga will host the 2020 & 2021 Tri State Games and I encourage everyone to get behind the games when it comes to town, I guarantee it will make a lasting impression on you.

The PALS Panthers have now set themselves an enormous task of chasing Back to Back podiums.

The athlete's oath:

**"In the name of all athletes, I promise,
we can and we will do our best,
at the Tri-State games"
in the true spirit of friendship and
sportsmanship"**