



### **Would you like to be a Fat Farmers Team Coordinator ?**

If you are interested in sport/physical activity and like connecting with others, you are welcome to join us ! No special qualifications are needed, just enthusiasm ! If you have been a footy or netball player or coach previously, you would have a good background to take this on.

### **What does a Team Coordinator do ?**

- Inspires and recruits other community members (farmers and non-farmers) to be active.
- Organise and promotes regular training activities together via text, email or facebook.
- Identifies resources that would support the group to be active eg equipment, training space, fitness instructor.
- Identifies local fitness events eg Fun Runs that your team can be involved in and use team allowance to buy.
- Participate in promoting Fat Farmers via social media eg Twitter, Facebook, email or texts.
- Participates in teleconference (x2/year) with other Team Coordinators around the state to share ideas
- Liaises with the Executive Officer of Fat Farmers re local and statewide events and supporting your team.
- Liaise with community groups as needed/available re local fitness and health events

### **What can Fat Farmers offer you and your team ?**

- Each team receives an annual allowance they can use to buy equipment, subsidising the cost of a fitness instructor etc
- We provide insurance for volunteers running local groups. (Paid instructors must have their own)
- You can connect with network of teams across SA all working to get/stay fit. We help to present a healthy image of Agriculture and socialise after events.
- We have a brand which others recognise and support- you are often recognised at events in our Fat Farmers shirts !
- We are active on social media and other channels, helping you to promote your group and the events you will participate in.
- A friendly, supportive team who have all been through the stages of forming and supporting teams

### **How do I get started ?**

- Contact Sally (Executive Officer) regarding your interest on 0410 473 167 or [info@fatfarmers.com](mailto:info@fatfarmers.com)
- Talk with your friends, neighbours about whether they are interested in getting together to exercise (Hint : a BBQ is a good drawcard for this chat and its NOT compulsory to be a farmer to join us !)
- Decide on a time, activity and place where you will meet. Consider : local fitness options available, fitness level of your group, personal preferences for exercise, seasonal workload fluctuations, cost, whether you will encourage wider family involvement eg kids at some/all activities, bad weather alternatives if too hot/wet to exercise, local and Adelaide events you might train towards participating in eg City-Bay
- Concerned about fitness levels ? If it's been a while since you/your team have exercised, ask people to do the [Pre-exercise Screening Questionnaire](#) with a GP to get the all-clear.