

Activity Vibe



Activity Vibe is a monthly activity sheet available online at vibe.com.au for use in classrooms, homework centres and at home.

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Pick up a copy of this month's *Deadly Vibe* magazine, the special women in sport issue, and complete the following activities.

★ READING

A league of her own

Just because the national touch football team hasn't played since 2003, don't think star player Bo De La Cruz has been taking things easy. In fact, Bo has no plans to slow down. Instead, the glamorous 23-year-old has slipped into 'cruz control' while she waits for the next international series, when she can shift her career into top gear.

Since she began playing as a 12-year-old in Darwin, Bo's aim was always to win a World Cup for Australia. And now that she has achieved that goal, her focus is on staying on top for as long as possible.

After the World Cup, Bo moved to Sydney to play in the Sydney Champs competition for the Western Suburbs Magpies. Since then, she has also travelled with the NSW Indigenous rep team. Off the field, she has been busy accepting awards to add to her impressive arsenal of accolades.

And although she took a well-deserved rest from the sport after the World Cup, it's clear to see that the game's most talented and exceptional exponent still eats, breathes and sleeps touch footy.

"I did have a bit of a rest and now I just want to stay positive and keep playing well," says Bo. "To make sure I keep improving, I've been training with some of the top men's players in the world and some real masterminds of the game, people like Drummayne Dayburg-Muir, Benji Marshall and Jason Stanton.

"They are teaching me new things every day, things you wouldn't believe and probably think only boys could do, but it's a matter of having a go and really putting your mind to it."

Having a go is something Bo has always

been good at. Being a woman and making it in a male-dominated sport isn't easy. Being an Aboriginal woman means things can get even harder. Consider that Bo has not come from one of the two major touch-playing states (Queensland and NSW) and her achievements become that much more incredible. And irrespective of gender, race or geography, Bo has never let anything get in the way of achieving her dreams.

"Sometimes it can be hard when you're the only Indigenous person in a team because we tend to have different ways, especially when it comes to sport," says Bo.

"I think anyone can play a structured game, especially with touch, but Indigenous people tend to be much more individual in the way that we play, and that really comes out and takes over us.

"Sometimes we go into our own little thing and do what we want, and most of the time it comes off, but sometimes you hear those comments like, 'They don't listen' and 'They don't like to train.'"

Instead of letting it get the better of her, Bo uses the challenges she faces as an Aboriginal sportswoman as inspiration to reach greater heights. And she answered all



those comments by not only making the team for the 2003 World Cup held in Japan but also by going on to steal the show, being named the tournament's most valuable player.

"I've sort of kept me being black out of it," says Bo. "I just don't allow people to have any excuse to not pick me, and at the same time I'm not going to use my Aboriginality as an excuse if I don't make a team.

"I try to tell every other Indigenous kid out there that we have something natural, that other people have to work twice as hard to get what we have naturally, and so if we keep training and if we keep going, they're never going to catch up.

"I've never let me being a woman or me being Aboriginal stop me from doing anything and I never will."

Because of this attitude, Bo has become the quintessential role model to Indigenous youth the nation over. And she embodies the Indigenous spirit to achieve against great odds, as strongly as any of our top sports people.

Fully aware of what her achievements represent to others, Bo has taken on the opportunity to become a role model.

"Any opportunity I get, I'll go out to speak to kids," says Bo, "because the role models I grew up with – Nova Peris, Maurice Rioli and Michael McLean – were always around for us, especially Nova.

"She came to my school when I was 12 and it just sounded like she had the best life and she inspired me to play for Australia."

Her other source of inspiration has always been her family, a close-knit group with an exceptional sporting pedigree. Bo's cousin Daniel Motlop is one of the most promising stars of the AFL, playing with the Kangaroos, and his brother Shannon Motlop is a rising star in SAFL. Another cousin, Aaron



Davey, plays for the Melbourne Demons. Her father, Norm De La Cruz, represented the combined services in rugby while her

Uncle Gerry scored the first-ever try for the Canberra Raiders.

"My family love it when I'm achieving and that's a big part of what keeps me going," says Bo.

Possessing plenty of pride, competitiveness and a will to keep improving, Bo relishes the challenges that touch keeps throwing at her. "I love the thinking element that's involved," she says.

With the Oceania Cup coming up next year and the touch State of Origin series just around the corner, Bo is hoping to add a few more trophies to her collection.

Lately, she's scooped everything from a Deadly to the ATSIC Sportswoman of the Year and, most recently, the Northern Territory Sports person of the Year, which she has been nominated for five times.

"Receiving awards is a great feeling but the greatest award for me is seeing my family happy," says Bo. "You could give me a million awards, but nothing compares with that."

★ COMPREHENSION

★ At what age did Bo De La Cruz begin playing touch football? _____

★ Who has Bo De La Cruz been training with most recently? _____

★ Apart from role models such as Nova Peris, Maurice Rioli and Michael McLean, who else has been a source of inspiration for Bo De La Cruz? _____

★ What two major matches has Bo De La Cruz got coming up? _____

★ What, for Bo De La Cruz is the greatest award? _____

★ ADJECTIVES

An adjective is a describing word.

★ Find four adjectives that mean glamorous. You may like to use a thesaurus. _____

★ Write sentences that contain each of these adjectives that you have found. _____



★ ABBREVIATIONS

If a name, made up of more than one word, is shortened, the first letter of each word is used to form a shortened form of the word.

For example: NAIDOC is an abbreviation for National Aboriginal Islander Day Observance Committee.

★ Write the abbreviated forms of these names.

New South Wales _____

Australian Football League _____

Australian Institute of Sport _____

★ What are the following abbreviations for?

SAFL _____

NT _____

ATSIC _____

★ USING A COMMA

Comma's are used to separate words, phrases or clauses that occur within a sentence. These added words may add extra information but they don't change the meaning of the sentence.

★ Put commas where they are needed in the following paragraph. Check your work against the text.

Her other source of inspiration has always been her family a close-knit group with an exceptional sporting pedigree. Bo's cousin Daniel Motlop is one of the most promising young stars of the AFL playing with the North Melbourne Kangaroos and his brother Shannon Motlop is a rising star in SAFL. Another cousin Aaron Davey plays for the Melbourne Demons. Her father Norm De La Cruz represented the combined services in rugby while her Uncle Gerry scored the first-ever try for the Canberra Raiders.

★ APOSTROPHE

' - the apostrophe

The apostrophe has three main uses:

To show ownership eg. Bo's mum

To show the omission of letters eg. she's

To show plural eg. girls' skills

★ Complete the following sentences by placing the apostrophe in the correct place.

Dont think Bo De La Cruz has been taking things easy.

Bos aim was to win a World Cup for Australia.

Ive been training with some of the top mens players in the world.

The players tips have helped Bo.





WORD FIND

★ Find the words in the grid.

Words can go horizontally, vertically and diagonally in all eight directions.

G	T	Y	R	W	Z	K	S	V	W	N	P	K	C	M	L	N	M	N	H	V	F	D	Z	K	R	T	J	V	D
T	O	F	T	L	P	N	J	E	R	K	J	F	L	B	I	M	O	G	W	Z	D	E	L	L	E	V	A	R	T
Q	U	M	H	E	A	M	K	H	I	F	W	N	H	W	N	R	T	Q	H	N	F	Y	T	X	B	B	R	F	X
M	C	W	L	E	W	U	T	T	P	H	T	N	R	L	T	D	R	B	B	R	D	J	A	P	A	N	M	B	F
D	H	V	H	R	D	D	D	B	H	D	P	A	O	H	L	R	C	S	U	O	N	E	G	I	D	N	I	M	N
L	F	W	L	G	M	Q	Q	I	M	R	D	O	E	I	W	M	M	Q	V	Q	H	T	A	L	E	N	T	E	D
Z	O	Q	Q	I	B	K	G	Y	V	Y	O	R	R	L	T	M	M	A	T	T	I	T	U	D	E	K	Y	R	E
B	O	Y	W	D	D	W	Q	C	S	I	N	W	X	T	K	C	W	C	G	M	G	O	A	L	T	E	I	X	D
X	T	Y	K	E	P	T	A	C	S	T	D	R	I	V	M	A	E	B	Q	M	K	R	C	T	N	M	C	L	N
N	B	K	R	P	N	N	O	R	E	R	O	N	D	N	R	N	E	L	O	O	H	C	S	D	P	E	F	L	V
L	A	P	N	C	B	O	A	R	N	L	M	G	I	L	G	E	A	P	L	R	X	F	Y	R	P	R	S	A	M
G	L	W	F	E	P	E	R	D	E	W	Z	T	R	G	X	S	H	T	S	O	Q	S	O	T	L	T	T	N	Q
R	L	X	R	E	Y	I	N	M	V	K	N	D	M	M	T	P	O	Y	I	R	C	V	I	R	N	P	R	I	U
V	R	R	D	M	T	C	O	F	I	X	Q	W	N	D	W	E	P	G	H	O	I	O	R	E	T	T	Z	G	I
Z	A	B	W	O	M	D	I	N	T	L	M	T	H	L	N	C	I	F	T	N	N	W	M	M	L	N	M	I	N
N	Z	W	R	D	E	Q	T	V	I	N	L	M	T	J	J	I	N	Y	G	A	Q	E	L	N	T	W	X	R	T
A	P	Y	V	L	T	Z	A	Y	T	W	H	N	K	K	V	A	G	Q	L	N	V	Q	A	D	R	P	L	O	E
M	J	G	L	X	M	N	R	L	E	S	E	G	N	E	L	L	A	H	C	E	A	O	Y	Y	X	B	K	B	S
O	R	Q	K	Q	T	T	I	I	P	K	M	G	K	R	M	L	K	T	I	Z	I	U	T	W	R	C	V	A	S
W	D	E	A	D	L	Y	P	M	M	M	D	B	N	E	K	Y	V	H	G	T	B	Y	S	C	T	P	M	U	E
S	N	K	H	F	R	G	S	A	O	G	R	Q	V	I	Q	J	C	W	A	T	R	D	V	T	V	V	O	D	N
T	O	M	K	Y	N	C	N	F	C	N	R	I	U	W	S	A	K	N	G	M	Z	T	B	M	R	R	N	Z	T
R	M	R	K	N	K	L	I	I	W	D	T	E	B	E	M	I	R	P	R	E	Y	A	L	P	O	A	F	X	I
O	I	N	W	A	M	J	N	M	H	I	L	G	A	N	E	E	M	K	V	C	N	L	R	M	Z	B	L	R	A
P	N	H	H	W	N	L	X	P	S	T	B	Q	K	T	T	N	D	O	J	G	L	P	A	H	D	G	H	I	L
S	A	N	K	A	T	Y	W	O	T	E	Y	C	T	N	E	L	S	R	R	J	K	L	L	H	N	G	D	N	A
T	T	W	K	R	V	B	P	V	F	L	H	R	I	M	J	S	X	L	E	P	G	N	Z	X	N	H	G	F	M
Q	E	T	N	D	V	F	C	Z	R	C	H	Z	E	Y	K	L	T	P	A	A	Y	T	N	E	M	E	L	E	T
X	D	M	H	S	R	Y	G	B	R	N	X	J	C	V	N	B	Y	G	D	N	M	R	L	T	T	V	G	L	B
M	C	N	P	R	I	D	E	M	Q	U	N	T	R	M	E	L	M	K	K	M	D	S	V	D	V	V	L	X	B

ABORIGINAL
 ACHIEVEMENTS
 ATTITUDE
 AUSTRALIA
 AWARDS
 CANBERRA
 CHALLENGES
 COLLECTION
 COMPETITIVENESS
 DARWIN
 DEADLY
 DREAMS
 ELEMENT

ESPECIALLY
 EVERYTHING
 EXCEPTIONAL
 FAMILY
 GLAMOROUS
 GOAL
 GREATEST
 HOPING
 IMPROVING
 INDIGENOUS
 INDIVIDUAL
 INSPIRATION
 INTERNATIONAL

JAPAN
 NATION
 NOMINATED
 NORTHERN TERRITORY
 PEDIGREE
 PLAYER
 POSITIVE
 PRIDE
 PROMISING
 QUEENSLAND
 QUINTESSENTIAL
 ROLEMODEL
 SCHOOL

SCOOPED
 SPEAK
 SPORTSWOMAN
 SYDNEY
 TALENTED
 THROWING
 TOUCHFOOTBALL
 TRAVELLED
 TROPHIES
 UNCLE
 YEAR

PUZZLE SOLUTION

