



Victorian Network on Recreation and Disability Recreation ... your right, your choice

VICNORD is the voice of Victorians with a disability, advocating for access to, and support for, participation in a wide range of recreation and sport.

VICNORD is directed by a management committee made up of people with disabilities, one from each metropolitan and rural region within the State.

MARK THOMPSON Management Representative for the Grampians Region

Mark's role at VICNORD assists him to raise the aspirations of people with a disability within sport and recreation. Mark achieves this through showing people that there is life after acquiring a disability, and that opportunities in sport and recreation do exist. Mark says before he acquired his brain injury he didn't care about disabled people. His yachting accident in the Bass Strait, however, changed Mark's understanding and perceptions of people with a disability.

Mark has always been a keen sportsman, and has enjoyed the benefits of playing recreationally and competitively. He was Australian Judo Champion and was chosen to represent his country at the Olympic Games. Mark's achievements don't stop there; in his younger years, he was also an accomplished Ballroom dancer. Today Mark enjoys ocean swimming, sailing, and going to the gym. Mark's future goal is to walk again, sail ocean races and to swim the Pier to Pub again.

Mark is involved in various local and state-wide advocacy groups, as well as his role at VICNORD. Mark is passionate about helping others with a disability, and advocates strongly for an inclusive society for all people with a disability.

If you would like to involve Mark in your local network, or discuss a local issue concerning Recreation and Sport, we urge you to contact Mark on: badnews@ncable.net.au.

