

MEDIA RELEASE

Gold Coast Centenary Show

Beach Volley Ball

Word count: 364

Heading: **Fun and fitness is a ball**

Going to the show is a day full of rides, parades, fireworks, stage shows and the beach. The beach?

Beach Volley Ball that is - Australia's second fastest growing sport. You can find out just why it is so popular when you visit the Parklands Indoor Sports Centre at the Show.

The centre will be hosting its third Gold Coast Show, Beach Volley Ball Tournament which will include exhibition matches by some of Australia's top players.

Beach Manager, Marty Ermer, says it's a perfect opportunity for people to see just how much fun Beach Volley Ball can be.

"It's all about having fun and getting fit without even knowing it.

"This sport is for everybody, with a good starting age being around 10 years right through to people in their 70's," said Marty.

In a first for the game, every player in the tournament will receive prize money with the winners in each division taking out the top prizes.

However, not all the spoils will be going to the players.

By being there on the day and signing up as a member of Parklands Indoor Sports Centre, you will receive free coaching sessions and discounted match fees to the value of \$200.

During the day, top DJ's Murphy White and CB Brown will keep the tempo pumping with the hottest tunes from the 60s and 70s right through to the popular sounds of today.

In the evening, after a day of being a spectator courtside, you can release some of that saved up energy by hitting the dance floor.

Top live acts will feature on Friday and Saturday night from 8pm to midnight.

Dog Tags will be playing Friday night with local band, Agent 77, taking centre stage Saturday night.

The Centre boasts a fully licensed restaurant or you can simply follow your nose to the barbecue for some sizzling prawn kebabs.

All show-goers who visit the Volley Ball Tournament can win lucky door prizes or one of the many meat raffles on the day.

We've brought the beach to the Gold Coast Show where you can wet your appetite for Beach Volley Ball and enjoy the family atmosphere at Parklands Indoor Sports Centre.

<ends>