

CELEBRATING FIRST NATIONS CULTURE THROUGH SPORT AND LEADERSHIP AT PCYC NSW'S NATIONS OF ORIGIN

It's back for 2025; the highly anticipated Nations of Origin set to take Western Sydney by storm with a jam-packed week of sport, culture and community connections, from 14-17 July.

Now in its 11th year, the PCYC NSW event is expected to host more than 1,000 young people at the PCYC state-of-the-art facility in Hawkesbury for basketball, netball, gymnastics, and the football fields in Whalan for rugby league.

Teams consist of a 70-30 split of First Nations and non-First Nations youth, with 24 Aboriginal communities from across the state represented. All 188 teams are endorsed by local Elders, they're also empowered to succeed in their studies – to participate they must maintain an 80%+ school attendance rate, and have had no negative interactions with Police leading into the tournament.

16-year-old Harry Ryman has represented the Gamilaroi Nation in the rugby league for the last two years. "I really enjoyed getting out with friends and playing while learning about my culture and my land – I also made heaps of new friends – you get a lot from it."

Harry is now choosing to give back to the program and his community by coaching a Gunnedah team representing Gamilaroi. "My PCYC Manager gave me the opportunity to do it, and with how much fun I've had over the past two years I couldn't say no," said Harry.

The community impact spans beyond the four-day event, with six-months of preparation beforehand fostering education, leadership, discipline, and cultural pride through the guidance of Elders and PCYC employees.

PCYC NSW CEO Ben Hobby said "As the competition follows the celebration of NAIDOC Week, it is especially significant to honour the history, culture, and achievements of young people, continuing our reconciliation journey that will benefit the rising generation."

PCYC Programs Manager, Cassandra Ewens said “Nations of Origin does not only positively impact participants, but it also strengthens community bonds through collaboration and shared cultural pride. The future goal would be to make it an Australia-wide program so that more young people can get involved.”

Members of the media are encouraged to attend Nations of Origin to witness its life-changing impact on young people first-hand.

Tournament Schedule (not for publication):

Monday 14th July.

Netball and Gymnastics. - PCYC Hawkesbury, 16 Stewart St, South Windsor, NSW.

10am-4pm

Tuesday 15th July & Wednesday 16th July.

Rugby League. - Whalan Reserve, Catlin Close, Whalan, NSW.

8am-4pm

Thursday 17th July.

Basketball - PCYC Hawkesbury, 16 Stewart St, South Windsor, NSW

8am-4pm

To RSVP, request an interview, local case study, or further imagery/assets to support your story - please contact PR & Communications Specialist, Amber Griffin.

ambergriffin@pcycnsw.org.au

0493 167 652

Read more about Harry Ryman's Nations of Origin story [HERE](#) >

<https://www.pycnsw.org.au/news/its-more-than-a-game-communities-united-through-pcyc-nsws-nations-of-origin/>

WATCH > <https://www.youtube.com/watch?v=T66NqWIVyTs>

About PCYC NSW

PCYC is a leading Australian youth charity dedicated to empowering young people and building stronger, healthier communities. Established in 1937, PCYC provides a wide range of youth programs, including sports, recreation, education, and personal development opportunities, with a focus on creating safe spaces where young people can thrive.