

WYRE FOREST DISTRICT COUNCIL
Sports Development – Issue 4

SPORTS NEWS

October 2011





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Welcome to the fourth edition of WFDC's Sports Development E - Newsletter! We see this publication as a means of sharing good news stories and passing on essential information from the world of sport within Wyre Forest. We aim to issue our next edition in February 2012 and we warmly welcome your input for them.

Our department comprises of:

Sports Development Officer:

Dale Evans

Community Sports Coach:

Lucy Savage

Dance Instructor:

Kelly Curtis

Dale Evans 01562 732974/ 07796 28995 or

dale.evans@wyreforestdc.gov.uk

Lucy Savage 07595 087739

lucy.savage@wyreforestdc.gov.uk

Kelly Curtis 01562 732917/ 077923 16124 or

kelly.curtis@wyreforestdc.gov.uk

www.wyreforestdc.gov.uk and follow the links for Sport.

As a team we plan and deliver a variety of physical activities to local community groups, schools and youth settings. We also have strong partnerships with the School Sports Partnership, and DC Leisure.

As a department we strive for excellence with the overarching aim of increasing the number of people participating in sport and physical activity within the district.



Monster Moves



Street Dance Course with a Halloween Twist.....

During October Half term our dance instructor Kelly Curtis will be delivering street dance sessions at Stourport Sports Club. The sessions will be on Wednesday 26th October, Thursday 27th October and Friday 28th October from 1.00-3.00pm each day.

For the total 3 sessions there is a small charge of £6 per person. All abilities are welcome to attend and are aimed at young people aged 8+.

To book your place please contact Kelly Curtis on 01562 732917 or 07813870438.



Celebration Sports Day 2011...



Around 60 people with disabilities from all over the district took part in the annual sports day organised by Wyre Forest District Council.

The event, which was held at Bewdley Leisure Centre, was to celebrate the achievements of a group of athletes who have been attending sports sessions put on by the Council's Sports Development Team.

These have taken place throughout the year at Wyre Forest Glades on Thursday mornings and regularly attracted 30 disabled athletes from the district.

Throughout the morning, participants were able to enjoy taking part in a group warm up to get ready for the sporting activities. The sporting activities, this year, included boccia, curling, javelin, basketball, penalty shoot out, target throw and 400m walk.



This year we had additional games for the participants to try such as tennis, cricket and a large connect four game and skittles.

Thankfully the weather was good to us and we were able to run the activities with limited interruption from the rain showers.



Celebration Sports Day 2011...

The valued support of volunteers and Bewdley High Schools young leaders worked together with those less able individuals to make sure that they were able to enjoy the sporting event.



Everyone who took part received a certificate and medal to reward their efforts and sportsmanship throughout the morning.



For more information please email or phone Lucy Savage.

WFDC Dance Group



Our Dance Instructor travels throughout the District to schools delivering both curriculum and extra curricular dance sessions. It became increasingly clear that the young people wanted to pursue dance outside of the school environment and further their knowledge in the area. This led to the evolvment of WFDC Dance Group.

Since we began in March 2011 the club has been a fantastic success with an average of 20 young people returning every week for the sessions. The club runs throughout term time, Wednesday's 4-5 pm at Stourport Sports Club. There is a small charge of £1.50 per week to cover venue hire.

At the moment we are focussing on Street/Break Dance styles which are particularly enjoyed by the boys in the group, who make up roughly a quarter of the numbers.

Our hopes for the next year are to take our work to dance Festivals around the district and even host our own showcase event!

If you would like more info about the Group or upcoming performances, please contact Kelly Curtis on the details at the top of the Newsletter.

Volunteers



Calling all volunteers! If you or someone you know is interested in giving some time to sport then let us know! We welcome volunteers to assist our coaches during busy periods of delivery such as school holidays and weekend work.

If this is of interest and you are keen to enhance your CV then contact Lucy Savage on 07595087739 or lucy.savage@wyreforestdc.gov.uk

WFDC Running Club



Members from Wyre Forest District Council along with friends and family, run/jog around the town of Kidderminster. The club is aimed at adults with mixed abilities to get active and raise money for charity. We meet at the Watermill Pub, Kidderminster 5.30-6.30pm every Thursday. Since the club has been set up we have entered numerous fun runs to raise money for charity.

If you are keen to get your trainers on and come join us please email;lucy.savage@wyreforestdc.gov.uk

Sports Makers



Be part of the Olympic Legacy

The Olympics and Olympic Legacy aren't just about Sport, they are also about getting involved in your community. Sport Makers has been launched across the country as part of the Olympic Legacy. Locally, its aim is to link over 600 volunteers with opportunities in sport across Herefordshire and Worcestershire.

This is your chance to volunteer in local sport in the lead up to the London 2012 Olympics and Paralympics - and beyond.

Become a Sport Maker and make a difference.

For more information visit: www.morethansport.com/sportmakers



Sportivate Programme



This year we see a new national initiative 'Sportivate'. The programme is aimed towards encouraging 14-25 year olds to take part in a sport of their choice for 6 weeks.



The programme targets people who are not currently choosing to participate in sport in their own time, or are doing so for a very limited amount of time. An important aspect of the initiative is to provide a sustainable exit route to a local sports club or a leisure membership.

Sportivate will be fully inclusive and target participants across this group, including young people who have a disability, both males and females.

For current projects please see below



Sportivate Projects



Sportivate Fencing:

Try the Olympic sport of fencing in a 6 week course specifically for beginners. The course will be for 14-25 year olds with all the equipment being provided.



Venue: Stourport Leisure Centre

Date: Starting Friday 16th September 2011

Time: 7.45pm-8.45pm

Cost: £25 for 6 week course

To book your place please contact Peter Whittle on 07795986690

Sportivate Street Dance:

6 week course for 14+ year olds to learn funky street moves delivered by fully qualified and CRB checked coaches



Venue: Haybridge High School

Date: Starting Monday 12th September 2011

Time: 3.30-4.30pm

Cost: £1 per person per session



Sportivate Projects



Sportivate Get Fit;

6 Week fitness sessions for 16-24 year olds delivered by fully qualified and CRB checked coaches, includes elements of boxercise and all over body exercises.



Venue: Wilden Primary School, Stourport on Severn

Date: Starting Wednesday 19th October 2011

Time: 7.45pm-8.45pm

Cost: £1 per session for 16-24year olds and £3 per session for over 25s.

There is no need to book, just turn up on the day.



Sportivate Girls Football:

6 weeks of girl's football coaching for young people of all abilities 14+ years delivered by level 2 and CRB checked coach.



Venue: Haybridge High School

Date: Starting Wednesday 14th September 2011

Time: 3:30 – 4:30pm

Cost: £1 per session. There is no need to book, just turn up on the day.



Sportivate Projects



Sportivate Multi-Sports:

6 week block of coaching sessions incorporating numerous sports each hour. There is no need to book, just turn up on the day. Aimed towards 16-24 year olds.



Venue: Stourport Youth House, Stourport on Severn

Date: Starting Monday 31st October 2011 – Monday 5th December 2011

Time: 6.45 – 8.45pm

Age: 16-24year olds

Activity: Multi-sports

Venue: Kidderminster Youth House, Kidderminster

Date: Starting Wednesday 2nd November – Wednesday 7th December 2011

Time: 6.30-8.30pm

Age: 16-24year olds

Activity: Multi-sports

Venue: Kidderminster Youth House, Kidderminster

Date: Starting Thursday 3rd November –Thursday 8th December 2011

Time: 7.00-9.00pm

Age: 16-24year olds

Activity: Multi-sports

Coaching Courses in the local area!

Are you a coach looking to develop your skills?
Or a club looking to expand?

The latest courses are:

20.10.11 Equity in your Coaching - Wyre Forest

This workshop will raise your awareness of equity issues and help make your sport fair, open and accessible to these three key target groups.

23.11.11 Safeguarding and Protecting Children - Wyre Forest

This course will identify and recognise good coaching practice and the implications for their coaching.



Summer of Dance



Our Dance Instructor organised and delivered street dance sessions within the Broadwaters, Horsefair and Greenhill areas. These sessions were sponsored by the BIG Lottery as part of Big Local BHG. Children aged between 8 -19years old were able to take part and learn new street dance moves.



As part of these sessions a special performance was organised for the children to show what they had learnt throughout the week to a large audience.

The final performance was shown to friends and family at Springfield Park. In addition, the WFDC Dance group that rehearses on a weekly basis came to the final performance to showcase their dances. This gave the children a great sense of achievement.



LOTTERY FUNDED



Short Mat bowls and games in the park



Due to the popularity of short mat bowls during the school term, sports development and volunteers delivered sessions at Brintons Park, Kidderminster throughout the 6 week summer holidays. In order for these sessions to run we had valued support from a member of the Kidderminster Bowling Club, Brian Young, who helped to demonstrate the correct technique and to understand a few tactics in the game to the participants.



In addition, we delivered multi-sports activities where people of all abilities were able to come and take part in numerous sports ranging from tennis to javelin.



Work Experience Case Study



Throughout the academic year the sports development team provide students with the opportunity to carry out their work experience placements. As part of this placement they are able to shadow our sports development officer as well as providing an active role in assisting our coaches in the school environment. We feel that giving a student the opportunity to experience sports development will help them achieve their future career in sport.

Work Experience Case Study



Claudia Rigsby attends Baxter college sixth form, for her A-level PE course she needed to participate in a weeks work experience shadowing the community sports coach and dance instructor with the guidance of the sports development officer.

Throughout the week Claudia had the chance to attend several courses. She was enrolled on the first aid course and gained a full qualification in emergency first aid, following that she was also able to attend the safe guarding training which gives her an awareness of how to conduct herself with children in a school or coaching environment.

Claudia was able to participate in the sports training, taking part in a variety of games and sports with the chance of leading an activity for the group at the end of the session.

Throughout her weeks work experience Claudia gained a lot of experience and was lucky enough to gain new qualifications and learning new skills which will be beneficial for her desired career in PE teaching in the future.

As a result of her experience Claudia was able to volunteer throughout the summer holidays and was a valued member to our summer staff.



Coaching Success



Our very own Community Sports Coach Lucy Savage has been awarded the Football Association Coach of the Year 2011 for Worcestershire.



She has been working for Sports Development for over 2 years delivering sports sessions to schools throughout the district. Lucy is very keen to develop girls and women's football in the region and works closely with Worcestershire FA to achieve this. During the school term, Lucy delivers football sessions to mixed ability children in the hope of increasing their skills and ultimately for them to join a local club.

Lucy is currently organising October half term project in support of the nation wide football campaign 'Kick it out'.



Summer Programme



Wyre Forest District Council organised a host of exciting activities throughout the summer. As part of this programme, children were given the opportunity to book onto sport specific courses or turn up at Sport Here and take part in sporting activities for free. These free sessions provided children (aged 8-14 years) of all abilities to take part in sporting challenges and competitions within the park environment. For more details on the sports courses please see below.

NETBALL WEEK

The first week of the summer holidays got off to a flying start with the netball course. The four day course for children aged between 8-14 years was held at Stourport Netball Dome. Throughout the week lead coach Sarah Harding took the girls through passing, attacking, defending and shooting skills.



The last day saw numerous competitions and small sided games between the girls and all received a trophy for their hard work and achievements.



For further information regarding
Netball clubs in the area:
Alphabets Netball Club
Corrina Syztbel

07810 092216



Football Course



From the success of last years football course this year has shown to be another great week of football. Throughout the week a total of 18 boys from all over the district enjoyed 3 hours of football coaching each day.



On the first day the children were able to experience a Brazilian style warm-up along with skill development and small sided competitions. The course was enjoyed by all who attended achieving a 100% overall enjoyment score.



Throughout the week, volunteers were able to support the children and ensure they all had a great time. On the last day the children were introduced to Speed, Agility and Quickness (SAQ) techniques to develop their basic skills as well as practicing their shooting techniques. Many thanks to all volunteers and helpers.



Tennis Course



The third week of the summer holidays was another week of sport at Stourport Sports Club. Children were able to practice their serve, lob and smash with our experienced and fully qualified tennis coach Jo Merrison.



Both boys and girls learnt and practiced their basic tennis skills and gradually improved throughout the week. Their skills were then used in fun competitions and matches towards the end of each coaching session.



At the end of the week we encouraged children to think about joining a local club to continue with their coaching and skill development.



Athletics Course



Throughout the four day course our experienced coach, Ron Oliver taught children from 8-14 years old athletic skills and techniques.



Thankfully the rain held off to ensure that the children had a great time practicing their skills within competitions. The head coach was able to teach the children various track and field events such as hurdles, pole vault and the hammer throw.



Each year we see a fully booked athletics course and are looking forward to another successful course next year.

If you or any one interested in athletics that would like to join a local club please contact
Stourport Sports Club on:
01299 822308



Dance Course



The dance course was again held at Stourport Sports Club from 10.00am - 1.00pm with 13 girls and 2 boys booked on. Throughout the week Kelly Curtis our dance instructor was able to teach the young dancers new street dance movements and techniques and ultimately apply these within a final performance.

As the week progressed the young dancers continued to practice their skills and gradually became more advanced in their abilities. Due to the Olympics coming to London next year the theme followed the Olympics using torches and rings to symbolise the up and coming games.

In comparison from last year the smaller numbers allowed the children that attended more space due to the sports Club facilities only having limited room.



On the last day all the children that took part were given a certificate and medal to take away to highlight their achievements and fantastic effort throughout the week.

During the week the dance instructor had assistance from a young volunteer who supported the young dancers and enhanced their learning.





'Lets Dance' is the new dance directory for the Wyre Forest 2011. The directory provides people with a valuable resource to find out local dance companies within the region. Numerous dance academies are set up offering both young people and adults a range of dance styles from contemporary to ballroom.

If you are interested in joining a local dance academy and to receive your own directory please get in contact with Kelly Curtis.



Access Gold:

Access Gold is a scheme provided by Wyre Forest Leisure Community Association Ltd, Wyre Forest Glades leisure Centre, Stourport Sports Centre and Bewdley Leisure Centre in Partnership with Wyre Forest District Council, to provide support and encouragement to the County's most talented and elite sports performers. Those who compete at either a National Level or are ranked within the top 10 of their sports national age group are eligible to use our facilities for free. To apply they need to send a covering letter to the below address, stating why they think they should be considered for the scheme.

Wyre Forest District Council, Sports Development Section, Green Street
Kidderminster, DY10 1HA

Postural Stability:

Postural Stability is an exercise course for older people delivered by Wyre Forest District Council Sports Development in partnership with NHS Worcestershire. There are 2 deliverers of P*S*i in the Wyre Forest- namely DC Leisure (Mark Wrench and Rosie Taylor) and Community Housing (Sue Gowen). Sue Gowen currently operates one course at Arch Hill Community Housing venue in Kidderminster, which runs Wednesdays 10:00am- 11:00am. DC Leisure has obtained funding for two further courses of P*S*i. The first course began on Monday 18th July and will be running at Broomy Close Community Housing Venue in Stourport- On- Severn on Mondays 2:00pm- 4:30pm. The second course is programmed to begin in October 2011.

Activity Referral:

A new Activity Referral course begins Tuesday 13th of September. It will run for 12 weeks at 2.00pm at Wyre Forest Glades Leisure Centre.

Under 16's free swimming:

The funding we received was used to supplement the costs of the Under 16's free swimming initiative, that Wyre Forest Leisure Community Association Ltd runs as Wyre Forest Glades leisure centre and Stourports Centre, in school holidays between 12 noon- 2:00pm, Monday- Friday.

Olympic Inspired Community Games



To begin the final countdown to the 2012 London Olympic and Paralympic Games, Wyre Forest District held the first Community Games.



On Sunday 11th September 2011 Wyre Forest celebrated the London 2012 games with our local community games at Stourport Sports Club.

This free fun filled day of sports demonstrations, sports coaching & live music for all the family was a great success.

Throughout the afternoon team & individual sports competitions were open to all abilities in activities such as cycling, athletics, netball and football.

As part of this special day we saw the launch of Burlish Top's 'Fitness Trail' On Sunday 11th September qualified coaches took large groups up to Burlish Top to experience the guided walk. In addition, they were also able to take part in a gentle jog around the fitness trail.

For more details on the fitness trails please contact Amy Smith on: 01562 732975

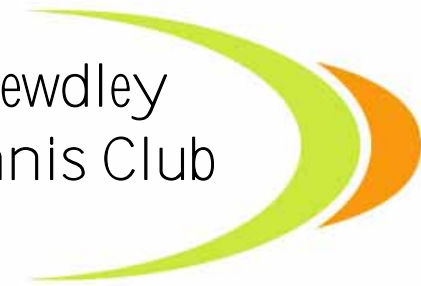
Update Club Information



The Sports Partnership Herefordshire and Worcestershire urge all sport clubs across the two Counties to update or input your club information on our club database which can be found on www.morethansport.com/clubs The Sports Partnerships club database allows us to have direct contact with your sports clubs, updating you on such things as new funding streams, local, regional and national updates, club development, events and opportunities to get involved with.

For more information or support with updating or inputting your club information please contact Jen Wilks, Club and Volunteer Development Officer on 01905 542035 or j.wilks@worc.ac.uk

Bewdley Tennis Club



In September Bewdley Tennis Club will be running a 10 week coaching course for women starting on Monday 12th September 9.30-11.30am. If you are keen to try a new sport or you played years ago then this course will be appropriate for you. The 1 hour session will be followed by 1 hour social tennis and refreshments. Each session there is a charge of £3. Both tennis racquets and balls are provided.

For further details and to book a place contact Geoff Barrie on 07838236691





Bewdley Riverside Walk

1pm - 2pm
Every Tuesday
Meet at Dog Lane car park

Stourport Riverside Walk

2pm - 3pm
Every Wednesday
Meet at Lidl car park

Spennells Valley Walk

10am-1pm
Every Thursday
Meet at Heronswood Road shops

Wolverley Walk

6pm-7pm
Every Thursday
Meet at the Lock Inn pub, Wolverley

Stourport Sports Club Track Walk

11.30am-12.30pm
Every Wednesday
Meet at Stourport Sports Club

Springfield Park Walk

10.00-12.00
Every Saturday
Meet at Springfield park car park

For more information on our local walks please contact walk leader Geoff Shaw on 07540672752



Kick Racism out of Football



The Wyre Forest District Council in conjunction with Worcestershire Football Association will be running the 'One Game, One Community weeks in action' throughout October half term.

During the week qualified football coaches with a great enthusiasm to promote the FA 'Kick Racism Out of Football' campaign will aim to develop children's skills and abilities. In addition competitive small sided tournaments will also be played with great prizes to be won at the end of each session.

Dale Evans and Lucy Savage will deliver these free coaching sessions using "the beautiful game" as a tool to raise awareness of racism in football.

The sessions will be held in numerous park across the district aimed at young people aged **9-14** year olds to come and get involved.

The sessions are:

Tuesday 25th October 2011

1.00pm - 3.00pm

St Georges Park, Kidderminster

Wednesday 26th October 2011

1.00pm - 3.00pm

Shaw hedge Road, Bewdley

Thursday 27th October 2011

1.00pm - 3.00pm

Barnfield Rd park ,Stourport

Supported by Community Housing group who will be putting on food/activities

Friday 28th October 2011

11.00pm - 3.00pm Habberley Road, Kidderminster (Tournament)

For more information contact Community Sports Coach Lucy Savage or Sports Development Officer Dale Evans for more details.



Web Contact Links



If you need further information and to find out more that is currently happening within the district please visit



www.wyreforestdc.gov.uk



<http://www.facebook.com/pages/Wyre-Forest-DistrictCouncil/121569441258907>



<http://twitter.com/#!/wyreforestdc>

For more information on any of the above items please contact The Sports Development Department on the numbers or email addresses provided at the top of the newsletter.

