

## October 2016 Newsletter

### New Coach Education Courses

The Sports Development Team are pleased to announce that funding has been secured to continue to offer discounted courses for St Helens residents and anyone involved in a borough based sports club. We are now taking bookings for the Equity in Your Coaching Course where you will learn

- How to identify and deal with the barriers to participation.
- Develop your existing skills and experience to make your coaching more accessible and
- Receive a FREE copy of Equity in Your Coaching resource material.

To register and make payment via a debit card by contacting Shannon Wilson on 675400 from 1.30pm any afternoon Monday - Friday.

Title	Start Date	Price	Venue	Contact
Equity in your Coaching	28 <sup>th</sup> Nov	£12	Town Hall, WA10 1HP	<a href="mailto:shannonwilsonsportsdev@sthelens.gov.uk">shannonwilsonsportsdev@sthelens.gov.uk</a> 01744 675400
Safeguarding & Protecting Children	30 <sup>th</sup> Jan	£12	Town Hall, WA10 1HP	<a href="mailto:shannonwilsonsportsdev@sthelens.gov.uk">shannonwilsonsportsdev@sthelens.gov.uk</a> 01744 675400

### Don't miss out on funding for courses!

Our coaching bursary is open to any club based in St. Helens and will contribute up to 75% of your Level 1 also 2 course fee (up to £150). Last year, we contributed nearly £4,000 to local sports clubs. For more details and to register, please email [terrybates@sthelens.gov.uk](mailto:terrybates@sthelens.gov.uk)

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**Sports Development**

Tel: 01744 675401



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## Sports Awards 2016

Thank you to everyone for taking the time to make a nomination for the 2016 Sports Awards, the response from the sporting community in the borough has made choosing the final nominations to progress to the Merseyside assessment process a very difficult one.

In total we have received 26 nominations for the awards; these nominations were received from the following sports:

-  Athletics
-  Boxing
-  Canoeing
-  Cheerleading
-  Dragon Boating
-  Football
-  Go Karting
-  Hockey
-  Rugby Union
-  Swimming

We are pleased to announce the final nominees for each award are:

- Club Of The Year- **St Helens Canoe Club**
- Volunteer Of The Year- **Steve Leather (St Helens JFC)**
- Young Volunteer Of The Year- **Kieran Ford (St Helens Town AFC)**
- Young Sports Person Of The Year- **to be announced at Pride of St Helens Awards**
- Coach Of The Year- **Paul Smees (St. Helens Canoe Club)**
- Lifetime Achiever- **Roy Jones (St Helens District Sports Council)**

They will be invited by Merseyside Sport to the Merseyside Sports Awards Dinner to be held at Aintree Race Course on the evening of Friday 18<sup>th</sup> November 2016. This year promises to be particularly special as invitations have been extended to all Merseyside Olympians and Paralympians from the Rio Games.

**Congratulations and Good Luck!!**

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**Our new Youth Sports Programme for young people aged  
14 to 24**

Day	Time	Session	Venue	Detail	Age	Charge
Monday	4:30-5:30pm	Boxing Fitness	St Helens College	Mixed Session	16-24	FREE
Monday	7:30-9:00pm	Gym Access	St Helens Fitness 500	Mixed Session	14-24	FREE
Tuesday	6:00-9:00pm	Gym Access	The Beacon Building	Mixed Session	14-24	FREE
Tuesday	6:30-7:30pm	Fitness/ HIIT Session	Alexandra Park	Mixed Session	14-24	FREE
Wednesday	7:30-9:00pm	Fitness Session	Xercise4Less	Mixed Session	14-24	£1.00
Thursday	4:30-5:30pm	Female Boot camp	St Helens College	Female Only	16-24	FREE
Thursday	7:00-9:00pm	Break Dance	Sutton Leisure Centre	Mixed Session	14-24	FREE
Thursday	7:00-9:00pm	Roller Sports	Sutton Leisure Centre	Mixed Session	14-24	FREE
Thursday	8:00-9:00pm	5 Aside Football	Sutton Leisure Centre	Mixed Session	14-24	FREE

For further information please contact [markjennings@sthelens.gov.uk](mailto:markjennings@sthelens.gov.uk) or call **01744 675405**.

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## School Games

The first half term of the school year draws to a close and what a half term it has been for the School Games programme of competitions. A staggering 21 events have been delivered, engaging over 1100 pupils in competitive sport. The programme of competitions has been varied, and has included traditional sports such as football alongside new, inclusive competitions such as New Age Kurling. The success of these competitions has been achieved through the support of young leaders from De La Salle and Hope Academy as well as from students from Edge Hill University.

Alongside the competition programme, placement opportunities have been provided for Edge Hill University students in 38 of the borough's primary and special schools. Students are involved in delivering lunchtime and after-school clubs within the schools as well as supporting the delivery of curriculum PE ensuring schools are providing opportunities for pupils to get active throughout the day.

Schools have been awarded the School Games Mark in recognition of the work that they have done in providing PE and school sport to pupils, participating in competitive sport and providing pupils with opportunities for leadership and officiating. The following schools have been successful in achieving the bronze, silver or gold award:

Bronze	Silver	Gold
St John Vianney	St Julie's	Bleak Hill
The District	St Anne's	Mill Green
Eaves	Birchley St Mary's	St Aidan's
Sherdley	Sutton Oak	Legh Vale
Carr Mill	Rivington	St Ann's
Merton Bank	Newton-Le-Willows	Eccleston Lane Ends
Queens Park	Cowley	Allanson Street
St Mary's	Chapel End	Garswood
St Austin's		Haydock English Martyrs
Parish		
Holy Spirit		
St Theresa's		
Grange Valley		
Eccleston Mere		
Rainford CoE		

If you would like any more information, please contact Danny Bacon at St Helens Sports Development on [dannybacon@sthelens.gov.uk](mailto:dannybacon@sthelens.gov.uk)

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## Sport England Funding

Following publication of their new strategy Towards an Active Nation in May, Sport England are changing the way they invest money, including simplifying their funding programmes, the application process and their approach to evaluation.

Their seven new investment programmes are:

- **Tackling inactivity** – to help the 28 per cent of people in England who don't currently do any sport or physical activity
- **Children and young people** – to work with children from the age of five to increase children's basic competence and enjoyment in relation to sport and physical activity.
- **Volunteering** – focusing on the motivations and needs of the volunteers so that volunteering in sport attracts more people from a wider range of backgrounds.
- **Taking sport and activity into the mass market** – focusing on the sports and activities that have mass appeal and can get large numbers of people active.
- **Supporting sport's core markets (including talented athletes)** – supporting those who already have a strong affinity for sport in a more efficient and sustainable way.
- **Local delivery** – exploring new ways of working locally by investing in up to 10 specific areas to pilot new, more joined up approaches to getting people active.
- **Creating welcoming sports facilities** – with a new Community Asset Fund, and continuing our successful Strategic Facilities Fund, prioritising multi-sport facilities and, wherever possible, co-locating them with other local services.

As and when more information becomes available, Sports Development will organise free briefing sessions for clubs.

### WANTED!

Haydock ARLFC are looking to recruit a coach to take on the under 12s team.

A full DBS check will be carried out prior to start and training will be given where required up to RFL standard.

If interested, contact Steve Davies on: **07821 533 926**.

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## Gold in Dublin for Ciara Hodnett



There was boxing gold in Ireland for 14-year-old Cowley student Ciara Hodnett who kicked off her season in style in the Esker Box Cup Dublin earlier this month.

Ciara who trains at Wildcard Boxing Club in Parr was part of an 11-strong team representing the North West at Women's Warriors.

Ciara won her semifinal on the Saturday with a fantastic display of pure boxing almost stopping her opponent to gain a split decision win earning her a place in the final the next day.

Sunday's final against current and three-time all-Ireland champion Katie Rock was a 'who wants it more affair'. Having got a bye into the final the fresh Dublin girl went straight to war but was met head on by the Parr warrior in a match that went the distance and gained in intensity.

Ciara's cleaner shots and power proved enough to take the split decision and bring the gold medal home to St Helens.

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## Lucy Renshall wins Gold at Glasgow European Open



St Helens judoka Lucy Renshall has won her second European Open of the year as she took home gold at the 2016 Glasgow European Open on Saturday 15 October at the Emirates Arena.

Renshall looked in fine form at -63kg throughout the day displaying a good range of judo scoring with throws and in newaza (groundwork) to add to her gold at the 2016 Tallinn European Open and bronze at the Lisbon European Open last year.

The SKK judoka, who now trains at the British Judo Centre of Excellence, started her day with a good win over Canada's Emily Burt as she threw her for waza-ari and while also looking comfortable in defence.

Renshall yet again looked the more dominant fighter as she drove her opponent to the ground for waza-ari before securing the hold down for 15 seconds to complete the win.

Saturday's result has also moved the 20-year-old up to 50 in the world rankings, making her the second highest ranked British -63kg fighter in the world.

Renshall will next be in action at the 2016 Abu Dhabi Grand Slam from 28-30<sup>th</sup> October.

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