

November 2016 Newsletter

CONGRATULATIONS!



St Helens enjoyed a successful evening at the Rio-inspired Merseyside Sporting Champions Dinner 2016, scooping four out of the ten awards on offer.

Steve Leather, Chairman and First Team Manager of FC St Helens, was awarded '**Volunteer of the Year**' for his devotion to being the 'heart and soul' of FC St Helens.

St Helens Sports Development's 'Couch to 5k' initiative, which has seen over 1,000 inactive local people get involved in physical activity, won '**Community Project of the Year**.'

St Helens Canoe Club was crowned '**Club of the Year**' for its focus on attracting young people into paddle sport.

While former chairman of the St. Helens District Sports Council, Roy Jones, picked up the '**Lifetime Achiever**' award in recognition of dedicating 46 years, and thousands of voluntary hours, to sport.

Rio 2016 Para-cycling Gold medallist Lora Fachie (née Turnham), who presented Roy with his award said: "It was fantastic to see so much sporting success in Merseyside this year, from grassroots to international level, and to see everyone to get the recognition they deserve. I was honoured to present Roy Jones with his Lifetime Achiever Award, as he truly deserved it and overall I really enjoyed helping everyone from St. Helens celebrate their success."

St Helens Council's cabinet member for Public Health and Wellbeing, Councillor Jeanie Bell, who was present at the awards, said: "It was an honour for me to be in the same room as so many people who contribute so much of their time for the benefit of the community. There are so many fantastic sports clubs and projects here in St Helens which are run by some truly amazing and inspiring people who deserve all the plaudits they get."

Follow us for more information click the links
or contact



Sports Development

Tel: 01744 675400



Email: sportsdevelopment@sthelens.gov.uk

Website: Sports Development

New Coach Education Courses

The Sports Development Team is pleased to announce the first course for the 2017 Coach Education programme. With funding secured for the next 6 months we will continue to offer discounted courses for St Helens residents and anyone involved in a borough based sports club.

Bookings are now being taken for Safeguarding & Protecting Children, this workshop is a 'Minimum Standards for Active Coaches' requirement for many governing bodies of sport and you will gain the knowledge to;

- Identify and recognise good coaching practice and the implications for your coaching
- Explore your values and feelings in relation to child abuse, and recognise their potential impact on your response
- Recognise and respond to possible signs of child abuse
- Take appropriate action if concerns about a child arise.

To register and make payment via debit card please contact Shannon Wilson on 01744 675400 from 1.30pm any afternoon Tuesday - Friday.

Title	Start Date	Price	Venue	Contact
Safeguarding & Protecting Children	30 th Jan	£12	Town Hall, WA10 1HP	shannonwilsonsportsdev@sthelens.gov.uk 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

Welcome to the team Dani!

Dani McGifford joins the Sports Development team having graduated from Edge Hill University earlier this year in Physical Education and School Sport. She will be working alongside Danny Bacon and Dianne Murphy as a School Games Assistant for the next year, helping to get more school children throughout the borough leading healthy active lifestyles.

To speak to Dani regarding the School Games, her contact number is **01744 675400**.

Latest Sport England Funding

Sport England has announced their Active Nation Funding and their Community Asset Fund. They are looking for sports clubs and community organisations with great ideas to create, or improve, opportunities to play sport or just get active. For example:

- Are you a sports club that wants to expand or improve the sporting experience you offer your customers?
 - People who simply have a great idea for a project, like making physical improvements to a building or open space, that's clearly needed in the local community.

Next month Sport England are to launch a programme to test this new way of making sporting spaces work better for local communities with a £7.5 million investment being made available. You may need help to develop a proposal, or to consult your community on what they would like to see happen. You may need help to get partners behind it and see what other funding or support might be available, or maybe you already have a very clear idea of what you want to do.

It is anticipated a range of awards from £5,000 up to £150,000 will be made and more detailed information will be on the application process which is to be published in January 2017 with the first awards from April 2017 onwards.

Further information is available on <https://www.sportengland.org/funding/>



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Liverpool County Football Association
“Floodlit League”



**Not able to play 11v11 on a weekend?
Why not get involved in our midweek floodlit league on a Friday
night, 6-9pm?**

We are looking for teams to enter our Floodlit Leagues that will be taking place at
Ruskin Drive Sports Ground

A maximum of 10 teams can enter each division of our 11 a side leagues!

This is ideal for:

Groups looking to set up a team but not ready to commit to a full weekend season

Teams who have folded but are looking to re-establish themselves

Clubs looking to recruit new players/teams

Local business' who would like to enter a work team

Individuals who can no longer play weekend football due to work/family
commitments

Or any groups of friends who would like to play 11v11

NO league fees! NO pitch fees. NO league meetings. NO admin hassle.

Just turn up, pay your match fee and play, everything else is taken care of for you.

To register your interest and receive a team registration form please contact **Tony
Smith** at Anthony.Smith@liverpoolfa.com or call **0151 523 4488**

SAVE THE DATE

YOUTH SPORTS GOLF DAY 2017



Here's an advanced reminder to *Save The Date* for the Sports Development Youth Sports and Steve Prescott Foundation Annual Golf Day. This year's event will take place on **Friday 26th May** and once again use the fantastic course and facilities provided by Houghwood Golf Club.

Last year over 90 golfers attended the day raising over £6000 in support of the Sports Development Youth Sports Programme and the Steve Prescott Foundation.

Further details about the Golf Day will be published in the New Year from Event Organiser Mark Jennings who remarked " The Youth Sports Programme is entirely reliant on external grant aid and fund raising has over the last 3 years we have engaged with over 30,000 young people and I would personally like to thank all our teams, sponsors and supporters who made the event so memorable and I look forward to seeing everyone again next year"

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St Helens Karate Club

Thinking of taking up a new challenge or perhaps picking up on something you started years ago? Why not join St Helens Karate?

The club is the longest standing club in the KUGB, the largest and most successful single style association in Great Britain and is still going strong. Headed up by Chief Instructor Sensei Ian Roberts, the club, which practices the art of Shotokan Karate, has produced many National, Regional, European and World Champions.

Based within the Activity room at Sutton Leisure Centre, Elton Head Road, the club trains every Tuesday and Thursday and caters for all age groups.

Little Tigers which is for children aged 5 to 8 Years is a Karate Fit Class and runs from 5.45pm to 6.30pm.

The art of Shotokan Karate is very focused and can be very tiring for the younger generation, therefore Little Tigers offers the perfect combination of Karate Fit, keeping youngsters active, whilst learning an element of Karate before moving up to the main class (6.30pm to 8pm) which is a mixture of ages and abilities from aged 8 to adult, from beginners to dan grades.

Karate has a whole host of benefits in addition to learning a skill. It improves physical fitness and mental health, for the younger students it helps gain respect for adults, creates confidence, develops body and mind co-ordination, encourages focus, control and respect and aids concentration. We operate a pay as you go system, no joining fee and family discounts are available.

For more details please call **07930 174 977** or pop along to a class to see for yourself.



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

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 or call **01744 675405.**

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It's Time to Swim Further Than Ever Before!

School Swimathon is setting a challenge to pupils the length and breadth of the country to develop their swimming ability and swim further than they have ever swum before.



The Swimathon Foundation and the ASA are helping pupils across the country to 'Swim their Best' for School Swimathon 2017, so register today and challenge your pupils to swim further than ever before whilst improving their technique in the water.

Each class will receive a free wall chart to record swims and each child will also receive a limited edition School Swimathon swim cap, achievement badge and certificate to celebrate their achievement.

Has your school got what it takes to 'Swim their Best'?

If you want to register your school, do it online here at <http://www.schoolswimathon.org/>

GOLD, SILVER and BRONZE FOR KIARA



St Cuthbert's Y10 student Kiara Wilson-Smith represented her Club and North West Region at the English Trampolining Championships in Coventry at the weekend.

She achieved the full colour range - gold, silver and bronze:

- Bronze in the double mini trampoline
- Silver in trampoline
- Gold in the team event - she was representing the northwest there and had to learn a routine at the last minute!

CONGRATULATIONS KIARA!