

Issue 6 • January 2008

Plymouth City Council's Sports Development Unit has been highly commended

Good team work and strong working relationships with their partners added up to an impressive score of 77% when Plymouth City Council's Sports Development Unit took the Quest challenge for the second time.

Last time the team was assessed in 2005 they scored 71%, this time the team earned 77%, which has promoted them to the highly commended category.

The Sports Development Unit are delighted that their hard work has been externally verified and have been recognised for good practice in sports development. Quest is a UK quality scheme for sport and leisure that defines industry standards in good practice and the development of a customer-focused service within a continuous improvement management framework. The team were assessed over 12 management issues including areas such as policy and strategy, marketing, health and safety management and partnerships.



Councillor Glen Jordan, Cabinet Member for Healthy Communities and Leisure, said "We are committed to creating a healthy environment in Plymouth and sports development has a significant role to play. The Sports Development Unit carry out a lot of good work and I am pleased that they have been recognised with this award."

For more information please visit their website:
www.plymouth.gov.uk/sportsdevelopment

Night to treasure for Sporting Stars

The cream of Plymouth's sporting talent were celebrated and honoured at the Plymouth Herald Sports Personalities Awards at the Pavilions on Monday 3 December 2007. The Sports Awards, now in its sixth year features eight categories with all the names nominated by readers of the Herald.



The categories and winners were:

- Royal Navy Sports Personality - Wendy Scott - Athletics
- Young Sports Personality - Dan Gosling - Football
- Amateur Sports Personality - Heather Fell - Pentathlon
- Coach of the Year - Gary Stronach - Basketball
- Team of the Year - Plymouth Raiders - Basketball
- Champagne Moment - Scott Sinclair - FA Cup Goal
- Outstanding Contribution to Sport - Harry Richardson
- Sports Personality of the Year - Tom Daley

New Year New YOU!!

The Sports Development Unit have teamed up with the Women's Running Network to get more women active in Plymouth. Women whatever their age, size or ability are being offered opportunities to run together to improve their health, fitness and confidence.



This year is the networks 10th Anniversary and they aim to set up new groups across the city initially offering 10 week training programmes. They hope runners will then have the necessary skills and confidence to go on to take part in this years Race for Life.

Why an all women's group?

Some women may feel threatened by running with men who are often more competitive. Being in a group encourages motivation and confidence with safety in numbers!

But I have never run before!

They welcome women just like you. The Women's Running Network caters for women of all running abilities including the complete beginner. Even if you are unfit and have never run before, the Women's Running Network can help you get started giving you sensible advice, support and company while you run. You will be shown how to run safely with warm-up and cool-down stretches, and will be surprised and delighted by your weekly improvement.

For more details of groups near you please call Nyrene or Charlotte on 307008 www.womensrunningnetwork.co.uk



The Swimathon 2008 event will take place between : Thursday 17 April and Sunday 20 April 2008. Venues include Central Park Leisure Pool and Marjon Swimming Pool

The Swimathon 2008 event will once again be teaming up with Marie Curie Cancer Care. Marie Curie Cancer Care provides high quality nursing, totally free, to give terminally ill people the choice of dying at home supported by their families.

Swimathon is the World's largest swimming fundraising event and 2008 will be their 22nd year. To date Swimathon has raised over £30million for charity, involving 1/2 million swimmers who have swam over 24 times around the World!

To get involved please contact Central Park Leisure Pool on 0870 300 0010 or Marjon Swimming Pool on 636876 www.swimathon.org

Step into Sport National Volunteering Programme

Does your club constantly wish for more help?

Are your existing members struggling to deal with the increasing amount of work within the Club?

Fancy accessing some help from young 16-19 year old enthusiastic skilled leaders?

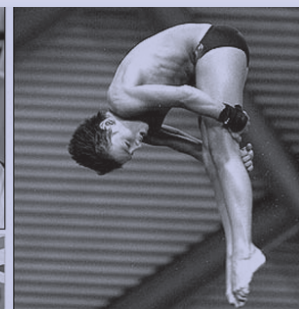
Answered yes then please read further...

Providing your Club is recognised as a suitable club, achieved, working or willing to work towards your NGB Accreditation Scheme or Plymouth City Council Accreditation Scheme, and if you are able to identify some areas of work within your club that require help you can take the first step in becoming involved by registering your interest with:

Sharon Letori, Sports Development Officer-(Clubs) at Active Devon either by email: Sharon.letori@activedevon.gov.uk or by tel: 07967 504775/01392 263674

Second Celebration for Tom Daley BBC Young Sports Personality of the Year

Plymouth's diving sensation Tom Daley has followed in the footsteps of Wayne Rooney and Jensen Button and been named the BBC Young Sports Personality of the Year.



The city schoolboy joined a long list of sporting luminaries after coming out ahead of fellow finalists, Glamorgan's highly-rated cricketer James Harris and British number one table tennis star Paul Drinkhall. The 13-year-old, who was also the youngest winner of the Herald Sports Personality 2007, said "My goal is to get to the 2008 Olympics and win a gold medal in 2012 and make my country proud." Daley will also become the youngest athlete to compete at an Olympic Games in history if, as expected, he wins selection to the GB diving squad for the 2008 Beijing Olympics. In 2007, Daley was granted special dispensation to compete above his age category and became the youngest-ever senior national men's champion, in June of this year.

Life Centre plans unveiled



Plymouth City Council is unveiling plans that will see the city's biggest ever investment in leisure facilities.

A report to the Council's Cabinet in December 2007, set out ambitious plans for a brand new multi-million pound Life Centre in Central Park, which will be the best of its kind in the region and one of the Country's leading centres of aquatic excellence. The Council has been working with its partners to develop plans for the state-of-the-art facility, which aims to be a hub of community activity that will excite and inspire local residents of all ages and abilities, as well as being a regional centre that will attract some of the South West's leading sportsmen and woman.

The proposed scheme which is valued around £44million, includes:

- ◆ 50 metre Swimming Pool
- ◆ Diving Pool

- ◆ Leisure Water
- ◆ Climbing area
- ◆ Indoor Bowling
- ◆ Sport Hall
- ◆ Fitness Suite
- ◆ Health Suite
- ◆ Multi-purpose space and dance studio
- ◆ Health Clinics
- ◆ Cafe

Provision of the above facilities are set to replace the Mayflower Leisure Centre, and Central Park Leisure Pools, both of which are in a poor state of repair and do not meet customer expectations. In addition leisure, water and ice provision currently located at Plymouth Pavilions will feature in the new scheme, allowing for part of the Pavilion site to be developed in accordance with the Millbay Area Action Plan.

With regards to the timescale, if the project is given approval by Members, detailed plans will begin to be worked up commencing early in 2008. The earliest a contractor is expected on site is the winter of 2008/2009; with completion two - two and a half years later. Ice provision is expected to come on line at a slightly later stage.

As the plans move forward we will look to engage with clubs and users throughout the developments to ensure that the scheme delivers fair access to all our communities across the city.

For further details on the project contact: liz.slater@plymouth.gov.uk 01752 307129. If the project is given the approval to proceed a website will be set up early in 2008.

Devon Youth Games 2008 returns to Plymouth

Plymouth will be the host authority for this year's Devon Youth Games on Saturday 28 June and the Sports Development Unit will be responsible for organising this annual festival celebrating grass root sports in the County.

Plymouth last hosted the event in 2002 so we are really pleased that the games are returning to Plymouth in this Olympic year.

Although details are not finalised at this stage the Sports Development Unit are hoping to bring new sports into the games for the first time and make the games even bigger and better than ever. The main site for the games will be Brickfields Recreation Ground with teams from all over Devon arriving early in the morning for a high energy opening ceremony that will start the day with a bang. Some teams will then be bussed to the

Devonshire Health and Racquets Centre and Marjons to compete in their sporting competitions and then returned to Brickfields for the closing ceremony.

More information and details on trial dates will be available soon.



Whizz-Kidz

move a life forward

Whizz-Kidz changes disabled children's lives – literally overnight. By providing customised mobility equipment, training and advice, Whizz-Kidz can give you something much more important- independence to a life of freedom at home, at school and at play and leisure: the independence to be yourself.

Many young wheelchair-users are not offered formalised wheelchair skills training however Whizz-Kidz can help you get the most from your mobility equipment by improving your wheelchair skills and confidence. Knowing how to use your equipment not only ensures that you are safe but also that you can have even more fun and independence.

Wheelchair Skills training will be coming to Devon in 2008.

For further information please contact: Sharon Letori, Whizz-Kidz South West Development Consultant 0208 133 9122/07894 512341 whizz-kidz@southwestdev.org www.whizz-kidz.org.uk

Orienteering in Devon



Permanent Courses

With the aid of a grant from the Big Lottery Fund, Devon County Council have contracted the implementation of two new permanent orienteering courses (POC) in Devon, and the updating of two more.

The courses are at:

- ◆ Central Park Plymouth
- ◆ Killerton Park
- ◆ Haldon Forest Park
- ◆ Cookworthy Forest
- ◆ Exeter Riverside Valley Park

For more information visit our website www.orienteingindevon.org.uk/



Smash n Bash

Tennis for Adults of all Standards
at
Plymstock Tennis Club
In association with Plymouth City Council's Sports Development Unit

No membership required

"Come and join our fun tennis sessions with informal coaching, run by an LTA licensed coach, in a relaxed environment with excellent club facilities"

Sessions commence -
Wednesday 27th February 2008
10:00 - 11:00

Each Block is 4 weeks - Block 1 - £12*, Block 2 - £8*, Block 3 - £4*

To book a place contact Mark (Coach) on 07966 441623
Or by E-mail: tenniscoach@blueyonder.co.uk

Places are limited so book early to avoid disappointment

*Term & Conditions apply to the 25%, 50% & 75% discount.
The more sessions you attend, the more you save.



'Disabled Triathlete Inclusive Club' for the City

Plymouth Triathlon Club has become the second club in the country to achieve the Triathlon England 'Disabled Triathlete Inclusive Club' accreditation. The club have demonstrated their ability to run fully inclusive training sessions and host fully inclusive events. Club coaches have also completed the BTF 'Coaching Disabled Triathlete's coach education module.

Please visit the website for more information www.plymouthtriclub.co.uk or contact Julian Wills, Plymouth Triathlon Club Senior Coach, on julianwills@britishtriathlon.org

Plymouth Triathlon Club are now offering junior training sessions for 8-16 year olds every Monday 7-8pm. The running/circuit training sessions are based at the Mount Batten Centre, and are aimed all levels of ability.

For more information about the junior club please contact Ray Haines, Junior Club Co-ordinator at rayhaines@blueyonder.co.uk



Holiday Activities are a Real Hit!

Last year a whopping 1,796 young people from across the city took part in the Sports Development Unit's holiday coaching schemes. Sessions took place at various facilities across the city with professional coaches from a variety of partners including, Plymstock Road Runners, Devon Schools Badminton Association, Plymouth Civil Service Netball Club, Plymouth Golf Centre, Plymouth Admirals American Football Club, Plymouth Cricket Club, Plymouth Baseball Club and Whiteford Road Tennis Club to name but a few. All gave up their time to encourage the youngsters to get active and try something new .

This year the Sports Development Unit hope to organise more fun packed sports activities during every school holiday (apart from Christmas) sessions cost from just £4.00 for half day and £6.00 for a full day and there are also concessions for Plymcard Members and a reduction for subsequent siblings.

For further information please call the Sports Development Unit on 01752 307008

Are you aged between 4-16 years?

Do you want to try a New Sport or Activity...

Activity	Age	Venue	Day	Time	Cost	Contact
Athletics	8-12 years	Sir John Hunt Community Sports College	Monday	6.15-7.45pm	£1.00	For further details please contact Dave Dane on 01752 404921
Basketball	8-12 years	Brickfields Sports Centre	Tuesday	5-6pm	Free	Brickfields Sports Centre on 01752 563320
Junior Gymnastics	7-16 years	Marjons Sports Centre	Wednesday	4-4.55pm 5-5.55pm	£35 for 10 weeks	For further details contact Marjons Sports Centre on 01752 636876
Netball	8-12 years	Brickfields Sports Centre	Wednesday	5-6pm	Free	Brickfields Sports Centre on 01752 563320
Rugby	12-16 years	Stonehouse Creek Community Centre	Wednesday	6.30-8.30pm	Free	Telephone Sue Grant on 01752 778530
Junior Badminton	7-16 years	Marjons Sports Centre	Saturday	10-11am	£35 for 10 weeks	For further details contact Marjons Sports Centre on 01752 636876
Children's Football	5-8 years 9-12 years	Marjons Sports Centre	Saturday	9.30-11am 11.30-12.30pm	£35 for 10 weeks	For further details contact Marjons Sports Centre on 01752 636876
Multi-Skills Club	5-11	Marjons Sports Centre	Sunday	11-12noon	£38.50 for 11 weeks	For further details contact Marjons Sports Centre on 01752 636876
Rugby	5-16 years	Stonehouse Creek Community Centre	Sunday	10-12noon	Free	Telephone Sue Grant on 01752 778530
Roller Hockey	4-16 years	Tamarside Sports Centre	Friday	7-8pm	£2.50	Telephone Sue Grant on 01752 778530

Sailing Opportunities for Primary School Children

Devon Schools Sailing Association are currently involved in introducing local primary school pupils and their teachers to the sport of sailing. During 2007 youngsters from West Park, Highfield and Plym View Primary Schools started regular sailing sessions using the DSSA fleet of Oppie dinghies. The youngsters are looking forward to the 2008 season, when they will also have the chance to sail in brand new Topper "Taz" sailing boats, which have been specially designed for younger sailors.

Devon Schools Sailing Association is based in Plymouth and is affiliated to the Royal Yachting Association and hold the appropriate Adventure Activities License and Plymouth City Council's Club Accreditation for Good Practice.

Parents with youngsters interested in learning to sail should ask their Head teachers to contact Devon Schools Sailing Association on 01752 311607 for details.

MARJON Sport & Leisure

More dates for your diary University College Plymouth St Mark and St John's will be running the following courses :

National Pool Lifeguard Qualification

April 7 -12,
June 2- 7

First Aid at Work (four day)

February 14,15,21,22
March 13,14,20,21

Emergency First Aid (one day)

February 25,
April 21,
June 9

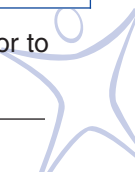
For further information please contact Anna Hughes 01752 636876

Club Development Workshops

The Sports Development Unit are organising ten Sportscoach UK and runningsport workshops to run this year that will be hosted at Windsor House, Tavistock Road.

Workshop	Date	Time	Cost
Safeguarding and Protecting Children	Monday 28 January	6.30-9.30pm	£27.50*
Safeguarding and Protecting Children	Tuesday 22 April	6.30-9.30pm	£27.50*
Safeguarding and Protecting Children	Wednesday 11 June	6.30-9.30pm	£27.50*
Safeguarding and Protecting Children	Thursday 25 September	6.30-9.30pm	£27.50*
Safeguarding and Protecting Children	Monday 15 December	6.30-9.30pm	£27.50*
<i>Enhance your existing coaching practice by learning about child protection and how to handle potential situations if you have concerns.</i>			
Equity in your Coaching	Tuesday 19 February	6.30-9.30pm	£27.50*
<i>Designed for coaches and will help you to apply and extend your existing skills to meet the needs of present and potential participants</i>			
Coaching Children and Young People	Thursday 27 March	6.30-9.30pm	£27.50*
<i>Learn how to deliver effective coaching sessions to meet the level of skill, development stage and motivation of each young player.</i>			
A Club for All	Wednesday 7 May	6.30-9.30pm	£20.00*
<i>How your club can reach all members of the community and the benefits that this can bring.</i>			
How to Coach Disabled People in Sport	Monday 20 October	6.30-8.30pm	£22.50*
<i>This workshop tackles all the frequently asked questions posed by sports teachers, coaches and participants about how to work with disabled sports people.</i>			
Funding for your Club	Wednesday 19 November	6.30-9.30pm	£20.00*
<i>This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It also helps you identify how you can promote your club more effectively.</i>			

*£5 reduction for any club with Plymouth City Council Club Accreditation for Good Practice. For more information or to book a place please contact Karen Walker, Sports Development Co-ordinator on 01752 307137.



Multi Skills Club

Plymouth Marjon Hub Club is a brand new approach to developing sport. The national pilot project is based at Marjon and consists of 3 Clubmark-accredited sports clubs working together to provide opportunities at grass roots through to elite performance.

One area where the clubs work together is in developing Fundamental Movement and Sports Skills in primary children at Multi Skills Clubs around the city.

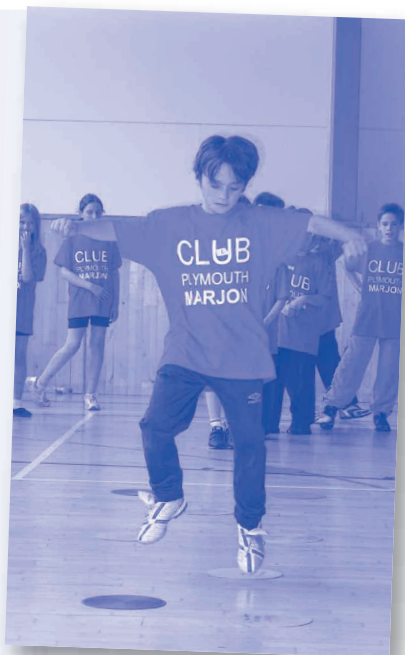
The clubs provide the opportunity for 4 to 11/12 year olds to develop the fundamentals skills required to take part in sport and physical activity (such as agility, balance, co-ordination, running, jumping, throwing and catching) in a fun and enjoyable environment.

The clubs are based at sites around the city in the following School 'Families': - Eggbuckland, Stoke Damerel, Estover, Sir John Hunt, Tamarside, Parkside and Marjon.

The clubs are led by Qualified Coaches from Sports Clubs making up the Plymouth Marjon Hub Club (sports involved are Hockey, Basketball and Netball) and make the transition into these sports far easier for children.

If you would like information about the clubs, please contact Chris Mather on 01752 636876 or pmj-hubclub@marjon.ac.uk

See www.youthsporttrust.org for more info on Multi Skills Clubs. See www.clubmark.org.uk for more information on the Clubmark accreditation scheme.



Mixed Netball League

Lipson Community College is constantly striving to increase adult participation and make new sports sessions available to people within the community.

After interest from several groups we have decided to create a Mixed Netball league.

This will run out of season to offer those who wish to carry on playing the opportunity to do so, as well as those who would like a change of sports during the summer season to have the option.

The league is in partnership with Plymouth City Council's Sports Development Unit and the Big Lottery Fund. We welcome existing netball teams as well as schools, businesses and friends to join.

The league will be run from the end of May until mid July and be held at Lipson Community college. Costs: £15 to enter a team and £7.50 a match

If you would like to enter a team or reserve a place please call Alex on 07917690126.



Activity Finder

Looking for a sports club in Plymouth, or looking for a place to take part in some active recreation.

The Active Devon activity finder enables people to find out what sports clubs and opportunities to play sport exist in Devon. Whether it is to keep fit, have fun, meet new people or further develop skills in your chosen sport.

They aim to provide a single source of activity information for players, organisers, supporters and media. Interested Clubs and organisation should contact Active Devon to register their details.

Tel: 01392 263674 Fax: 01392 264496
Email: active@devon.gov.uk

Sports Facilities Directory

People hoping to get fitter and healthier can now find out what facilities are on their doorstep at the touch of a mouse. The Directory can be found at www.plymouth.gov.uk/facilitiesdirectory

Sir Francis Drake Bowling Club starts the new year with a double celebration.

The Club is pleased to be one of the first bowls club in the city to achieve the city's Club Accreditation award. Brian Edwards the Club President said " Sir Francis Drake Bowling Club have been operating in the city for 100 years and this year will be double celebration, not only will we be one the first bowls club in the city to receive your club accreditation award but this years sees the first woman President at the club. Following the formation of a Ladies section Sir Francis Drake enjoys mixed matches against touring teams and local clubs.



Plymouth Sir Francis Drake Bowling Club Chairman Peter Marsh receiving his Club Accreditation certificate.

Five other bowls clubs have also received the accreditation, Mount Gold Bowling Club, Plymouth, Plympton Olympic Bowling Club, Plympton Bowling Club, Plymouth Area Police Bowling Club and Tothill Bowling Club have all been busy this month attending child protection courses and renewing their Clubs first aid certificates to be amongst the first bowls clubs to sign up to the scheme. Whiteford Road Tennis Club, Tamar River Sailing Club, and City of Plymouth Athletics Club have also achieved Club Accreditation for Good Practice.



Mount Gold Bowling Club representative receiving his Club Accreditation certificate.

There are now a total of 42 clubs accredited in the city with a further 10 clubs working towards the award. All clubs operating in Plymouth are invited to apply for Club Accreditation, which is an invaluable tool in developing your club and demonstrates your commitment to providing a safe and fun environment for people to take part in sport.

For an application pack or more information call the Sports Development Unit on 01752 307008, or visit www.plymouth.gov.uk/clubaccreditation

Devonport Royal Swimming Association

will be hosting The Primary Schools Boys and Girls 4x25m relays and Senior Schools Boys and Girls 4x50m relays on Monday 3 March 2008

All schools can enter a maximum of 2 boys and/or 2 girls teams. The gala will take place at Central Park Pool commencing at 6:45pm for a 7:15pm start

Entry forms can be downloaded from www.drswa.org.uk.

Please email completed entries to ledavis28@aol.com by 6pm on Friday 25 January 2008

Road Safety Mascot Joins Pupils for Walkies

Ricky the Road Safety Dog has been giving Plymouth pupils hints on how to stay safe while walking to school. Plymouth City Council's road safety team have organised two Walk to School Weeks last year - in May and October.



It aims to encourage parents and youngsters to walk to school and practice important road safety skills - as well as experience the great outdoors, get some exercise and help to reduce congestion. Many schools have also been rolling out the new Walking Passport designed in partnership with Lipson Vale Primary School. It is an incentive scheme which rewards children with a stamp for every time they use any sustainable transport that doesn't involve taking the car. When a child has collected 40 stamps they get a free bowling session, 80 stamps earn them a free swim and for 120 stamps they get a free swim and a certificate.

**For more information please contact Michael House (Senior Road Safety Officer) telephone 01752 304313
Email michael.house@plymouth.gov.uk**

If you would like to contribute a news item to this newsletter or have a resource you would like to share please email us at sportsdevelopment@plymouth.gov.uk or call us on 01752 307008 or fax us on 01752 307040.

To find out more about sports development and news and initiatives visit our website at www.plymouth.gov.uk/sportsdevelopment