

Recreation Road Sports Centre Newsletter



Issue one - autumn 2009

Introduction

WELCOME to the first edition of the Recreation Road Sports Centre Newsletter. This is a new newsletter giving you news and information about your local sports centre and keeping you up to date with what's going on and when. We hope you find this information useful and we look forward to seeing you at the sports centre in the near future.

Review of Summer 2009

The summer has finally come to an end and it was a fun-filled summer at the Sports Centre with a variety of sports camps throughout the seven week break, all of which were very successful.

Camps included:

- Earham Basketball Camps
- Dance Camp
- Multi-Sports Camps
- Kick-Off Soccer Camps
- Avenue After-School
- Family Fun Sessions
- Karate Open Day
- Supersports Kidz Activity Days

Recreation Road Sports Centre Fitness Festival 2009

On Sunday September 13th, 2009, Recreation Road Sports Centre held its first Fitness Festival. The aim of the day was to raise money for the British Heart Foundation and for sports equipment for the three local schools, Recreation Road Infants School, Avenue Junior School and Parkside Special School.

The day consisted of a 5k fun run, which started at the sports centre field and went as far as Eaton Park and back, Heigham Park Rangers v Horsford, fun games and skills from City of Norwich Athletics Club coaches, a Kung Fu demonstration as well as stalls

from the local Green Grocers and the British Heart Foundation.

I would like to say a big thank you to everyone who helped make the day such a fantastic success, and we hope to see more people at next year's Fitness Festival.

Sitting Volleyball

On Saturday 10th October, Recreation Road Sports Centre is holding a Sitting Volleyball Taster Session with an aim to set up regular sessions.

The Taster Sessions are as followed:

- 1pm – 2pm – Juniors (U16's)
- 2pm – 3pm – Adults

For more information on Sitting Volleyball go to the England Volleyball Website at www.Englandvolleyball.org or to book a place on the taster session, contact the Sports Centre on 01603-458382

Circuit Training – Coming Soon this Autumn

Circuit Training is an excellent way to improve mobility, strength and stamina and this September/October, a new class is starting at Recreation Road Sports Centre on Tuesday evenings, 8pm-9pm. Sessions will be charged a £3.00 a session and will run continuously. To register your interest and find out more information, please call the sports centre on 01603-458382.

**Check out the website for more information at:
www.recreationroadsportscentre.org.uk**

FOCUS ON... THE GREEN CANARIES WHEELCHAIR BASKETBALL CLUB:

The name The Green Canaries was formed in March 2007. As an experienced wheelchair basketball player for many of years playing in The Great Britain Wheelchair Basketball Leagues and travelling to London just to train every week, I came up with an idea to form an Adult/Junior Club in Norwich.

At first, we played at the UEA for 6months, but it was difficult with regards to transporting the sportchairs and having no storage, so we moved to Recreation Sports Centre. This turned out to be a very positive decision and we have been running ever since. Now with the Sports Centre's Leisure Assistant, Tim has given the club support throughout and his skills to help the club develop and increase the interest.

We currently have 20 members but slowly increasing with the love of basketball. We are here to provide the local community a place to train every week and enjoy the participation that brings to all. The goal of the club is the participate in a league and with the committed players we have, we are hoping to the joining the GBWBA National League in the near future

Yours In Basketball

David Green

The Green Canaries Wheelchair Basketball Club is the only wheelchair basketball club that is independent with a mixed range of ages and disabled and able-bodied players. The club trains at Recreation Road Sports Centre every Saturday, 3.30pm-5.30pm. For more information, contact David Green on 01603-479833 or e-mail:david.green77@ntlworld.com

Autumn Half Term

With Half Term fast approaching, the sports centre has already finalised its Half Term Programme. Half Term is Monday 26th October to Friday 30th October, with the following courses taking place:

Monday 26th October

Earlham Basketball Camp – 10am-3pm
Capoeria - 4pm-8pm

Tuesday 27th October

Earlham Basketball Camp – 10am-3pm
Wednesday 28th October
Multi Sports Camp – 10am-3pm
Karate Open Day – 3pm-5pm
Kick Off Soccer Camp – 10am-3pm

Thursday 29th October

EA Tennis – 9am-2pm

Friday 30th October

EA Tennis – 9am-2pm

Kick Off Soccer Camp – 10am-3pm

Check the website or ring the Sports Centre for more information on how to book on any of the half term courses.

Christmas Drop 'n' Shop Sessions

It will soon be Christmas again and there's probably nothing worse than dragging the children around the shops, especially when you may be trying to get something for them. Recreation Road Sports Centre will be running Drop 'n' Shop sessions every Sunday from November 8th up until the last Sunday before Christmas on December 20th 2009. Check the website for more details.

Contacts

For any more information on what goes on at Recreation Road Sports Centre, please contact Tim Marshall at the Sports Centre on (01603) 458382, mobile 07799144325 or E-mail: tmarshall9@orange.esinet.org.uk

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www.recreationroadsportscentre.org.uk**