

Recreation Road Sports Centre Newsletter



Issue Two - Winter/Spring 2010

Introduction

WELCOME to the 2nd edition of the Recreation Road Sports Centre Newsletter. We hope you all had a very good Christmas and New Year. In this edition we look ahead to the February Half Term and Easter Holidays as well as other events taking place over the next term and our 'FOCUS ON...' section looks at the Norwich Lowriders

Review of 2009

2009 was a very successful year at Recreation Road Sports Centre with new groups starting at the Centre such as Karate, Cheerleading, Trampolining and hosting Avenue School's after school club.

The regular groups continued to enjoy using the Sports Centre for training and sessions with members of a street dance group performing at local events throughout the city and Norwich Lowriders Wheelchair Basketball Club reaching the National Finals in Nottingham in their first season. (see Focus on... for more information on the Norwich Lowriders)

Overall, 2009 was a brilliant year and this year, we hope the groups build on their success and have an even better 2010.

New in 2010

2010 sees the start of some new camps and re-launching of previous sessions.

On Sunday 31st January 2010, we are re-starting the regular **Family Sessions** where you can come along with your family and try new sports and just play the sports you want. The sessions will be running on Sundays between 1pm to 5pm. You can book 1 hour slots at £10 per family (max of 5 people per family). Please note that all bookings must be made by the Wednesday prior to the preferred weekend of hire

and is subject to availability. For more information, please call the Sports Centre or go on the website. (www.recreationroadsportscentre.org.uk)

Also, new for 2010 is the new **Sport Camps** which take place in the school holidays. The new sports camps are run by the sports centres resident coaches, Dean Rosembert and Jack Marsden. There will be more emphasis on teamwork and learning than previous camps providing a fun, enjoyable and educational environment.

Sports on offer will range from Badminton, Football, Tag Rugby, Basketball, Orienteering, Dodgeball and many more. Everyone will receive a Sports Camp t-shirt and a certificate with trophies being presented to team winners, most improved players, team work and those with the best attitude.

The camp is open to children from year 2 to year 6 (Ages 6-11) and the first camp is on Wednesday 17th February 2010 and costs £17 per child for the day. Please contact the Sports Centre for an application form or go on the website and download it.

Events

From this year on, Recreation Road Sports Centre are running a number of events at the Sports Centre which tie in with National and International Events and Initiatives. The aim of these events will be mainly to raise money for charity and school sports equipment as well as giving the groups who use

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the sports centre the chance to promote themselves.

The first event is being run in conjunction with **SPORT RELIEF 2010** and Recreation Road will be hosting a Question of Sport style quiz. Please check online or ask at your school for more information from February onwards or call in at the Sports Centre itself.

Also for **Sport Relief** this year, Tim Marshall, the Sports Centre's Leisure Assistant, is doing a two day challenge. This is to cycle, on a stationary bike in the gym, the straight line distance from Norwich to Paris which totals 265 miles. The challenge will involve 2 days of 10 hours cycling and is taking place on March 17th and March 18th at Splash Fitness Centre in Sheringham, North Norfolk. Please show your support and sponsor Tim to help raise money for Sport Relief. Call in at the Sports Centre or donate online at www.justgiving.com/timmypaddymarshall12

February Half Term and Easter 2010

The Half Term and Easter programmes for camps at the Sports Centre have already been finalised with the following courses taking place:

FEBRUARY 2010

Monday 15 February

Earlham Basketball Camp 10am-3pm

Tuesday 16th February

Earlham Basketball Camp 10am-3pm

Wednesday 17th February

Recreation Road Sports Camp 10am-3pm

Thursday 18th February

EA Tennis Camp 9.30am-2pm

Friday 19th February

EA Tennis Camp 9.30am-2pm

EASTER 2010

Tuesday 6th April

Earlham Basketball Camp 10am-3pm

Wednesday 7th April

Earlham Basketball Camp 10am-3pm

Thursday 8th April

EA Tennis Camp 9.30am-2pm

Friday 9th April

EA Tennis Camp 9.30am-2pm

Monday 12th April

Recreation Road Sports Camp 10am-3pm

Tuesday 13th April

Recreation Road Sports Camp 10am-3pm

Wednesday 14th April

Recreation Road Sports Camp 10am-3pm

Thursday 15th April

EA Tennis Camp 9.30am-2pm

Friday 16th April

EA Tennis Camp 9.30am-2pm

All camps are subject to change, please check the website or call Tim at Recreation Road Sports Centre on 01603-504527 or 07507013326 for all the up to date information.

FOCUS ON...

NORWICH LOWRIDERS:

Norwich Lowriders are a Junior Wheelchair Basketball Club that train at Recreation Road Sports Centre on Saturday mornings.

The club started regular sessions in 2006 with the support of Supersports Kidz Club, and is open to aged 7-17 year old children who have a physical disability. The sessions are run by qualified coaches and the club pride themselves on running safe, fun sessions which are aimed at a level which is inclusive to all abilities.

In the 2008/09 Season, the Norwich Lowriders, made their debut in the GBWBA Junior League, where they finished 2nd in the Southern League, going on to finish 8th at the National Finals.

This season, they have continued their success and have entered two teams into the league at U15 and U19's. The U15 currently sit 2nd in their league with the U19's placed 4th.

Anyone interested in joining or sponsoring Norwich Lowriders, please contact Lisa Waterfield on 07766778528.

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