

Devizes Lions - Sports Coaching Weekend 2020

DEVIZES LIONS CLUB CHARITY TRUST FUND (Registered Charity No 1026909)



Dear Parent or Guardian

On **Saturday 4th and Sunday 5th April 2020** Devizes Lions are holding their popular Sports Coaching Weekend where children in school year groups 4, 5, 6, 7 and 8 are invited to try one of a number of sports that they might not otherwise have the opportunity to experience under the tuition of qualified coaches. There are two sessions for most sports, one on Saturday and one on Sunday, lasting between 1 and 2 hours. Those with a single session are shown below.

Devizes Lions try to accommodate First Choices but application numbers may mean another sport is allocated.

Details of the activities are shown on the back of this sheet.

Adventurous Activities	Saturday only.
Canoeing	Children must be able to swim.
Clay Shooting	Saturday only. For years 6, 7 and 8 only and who are at least 1.4m (4' 6") tall.
Gymnastics and Trampolining	Please indicate the child's current skill level on the application so that children can get the most from the sessions - Beginner (B) or Done some (D).
Riding	Saturday only. For years 4, 5 and 6 only. Please enter the child's height (cm) and weight (kg).
Poolside Diving	Sunday only. Children must be able to swim 25 metres & be happy in deep water.
Synchronised Swimming	Sunday only. Children must be able to swim 100 metres.

Please complete the application form on page 3, using a separate application form for each child. Forms should be returned, together with an **£8 contribution** (cash or a cheque payable to "Lions Club of Devizes") in a sealed envelope **to the child's school by Friday 31st January 2020.**

For Adventurous Activities; Horse Riding; Canoeing; Clay and Target Shooting there will be an additional charge of £5 payable on the day.

Details of the child's allocated activities, times and locations of all sessions will be sent to the home address provided **early in March.**

More about the activities and weekend is on the Sports Coaching web page – www.devizeslions.org.uk.

Contacts Phone: Jerry King: 01380 723830 Peter Blockley: 01380 739394
Email: sportscoaching@devizeslions.org.uk

When you have **completed and detached** the Application Form, make a note of your choices and venues in the space below and keep it as a record.

Saturday and Sunday 4th and 5th April

	Sport	Venue
Your First Choice		
Second Choice		
Third Choice		

Venues: Dauntsey's School Devizes Leisure Centre Devizes School
North Wilts Golf Club Nursteed Community School Redhorn Hill, Urchfont
Rowdeford School, Rowde The Ranges, Devizes Heddington Wick

Devizes Lions Club reserves the right to cancel any sport due to insufficient numbers or other unforeseen circumstances.

Devizes Lions welcome the support for the Sports Coaching Weekend from the Cross Manufacturing Company.





SOME BACKGROUND TO THE SPORTS

Adventurous Activities for those who enjoy an adrenaline rush. The low ropes course involves climbing around a ship-like course without falling 'overboard'. High ropes involve wearing safety harnesses as it's all pretty high, but can you think, communicate and remain coordinated at that level? Have you the courage to jump for the trapeze bar? (Challenge by choice - no one is forced to).

Archery is a great sport and can be enjoyed by everyone regardless of age, gender, ability or disability. Being able to accurately and safely shoot a bow is a skill that requires discipline, high levels of concentration and self-confidence. Experience the thrill of drawing a bow, aiming and hitting your target with coaching from Devizes Bowmen.

Athletics gives you a chance to try all athletics disciplines: hammer, javelin, discus, hurdles, jumps, sprints, long distance and relay. Learning the basic techniques required with an emphasis on fun.

Badminton is the fastest racket sport in the world, with the shuttle (the bit you bash) travelling faster than a Formula 1 racing car! It is one of the most popular sports in the world with over 250 million people playing. It's an indoor sport that's fun, sociable and keeps you very fit!

Canoeing. Have a taster and learn the basics of canoeing. Going forwards, backwards, sideways, around corners, emergency stops, staying afloat etc. and also have some fun playing games using the strokes learned. The coach has been a BCU Instructor for 30+ years and has run various courses, including for the Lions, for over 11 years. You can then join a local canoe club!

Clay Shooting is a safe sport in the right environment with qualified instructors. You will be taught how to shoot the gun safely, you will then be able to have a go at shooting the clays which are discs made from clay. You will need stout shoes or boots and warm clothes (waterproof jacket if wet). All other equipment will be supplied.

Golf is a sport where you don't have to be big, strong or fast to be successful. The traits of successful players are: patience, persistence, skilled practice and focused ability. It promotes a spirit of friendly competition and relies on honesty and courtesy. Overall, golf is a game where you can make friends and be enjoyed for a lifetime.

Gymnastics is a safe, enjoyable and challenging sport that offers opportunities for people of all ages and abilities. It has something for everyone, providing a wide range of movement experiences for participants and spectators while providing the opportunity to focus on fun, fitness, friendship and fundamentals.

Judo is one of the world's most widely practiced Olympic and Paralympic sports and showcases breath-taking throws and ground fighting techniques as competitors illustrate why they are among the best conditioned athletes in the world. Our qualified coaches will teach you coordination, balance and agility, and if you want to be the best - we will show you how.

Poolside Diving is offered to children who can swim at least 25 metres and who are confident in deep water. They will be introduced through progressive water and poolside exercises to jump and dive into the water. They will learn straight, tucked, piked, somersaulting and twisting positions in the water to gain confidence to enjoy diving.

Riding. The one hour session at the Children's Riding School is aimed for beginners. They will be meet some of our wonderful native pony breeds and gain a little understanding of a pony. They will be able to borrow riding helmets of the correct standard and will be introduced to handling the ponies and to mounting and riding in the outdoor schools.

Squash can be played all year round. It's a great workout and teaches hand-eye coordination as well as stamina. It's a game of not only fitness but of strategy, and it doesn't require a whole team of people to play. It's fun!

Sword Fencing is the fastest growing sport in the UK. In the age of chivalry, duelling was favoured as a method of settling matters of honour, because of its grace and simplicity. These remain the most attractive aspects of the sport today, developing all round fitness, flexibility of movement, stamina, mental agility, co-ordination, balance and self-confidence. It's great fun learning to duel.

Synchronised Swimming. Girls and boys who can swim 100 metres plus will learn how to put basic sculls, strokes and moves together to form a routine. Synchronised swimming is a very strenuous and skilful sport because competitors need strength and flexibility to perform the routines, as well as rhythm and flair to synchronise and interpret the music.

Table Tennis is an Olympic sport, and one of the world's fastest games. It is a "Sport for Life" and played and enjoyed by people of all ages. Come along and try it, with the help of our experienced table tennis coaches.

Target Shooting. An Olympic sport since the first modern games, shooting suits all ages. It helps develop strength, stamina, hand-eye coordination and fine motor skills. During Sports Coaching you will learn to fire an air rifle at a fixed target on a modern 25 yard range, and you will enjoy seeing your ability increasing.

Tennis. You can play tennis whatever your age. There are many places to play across the country. It's a great way to get fit and can be a great way to make friends. It's easy to get started and we provide the equipment, so come and have a go.

Trampolining. Want to try something different and stand out from the crowd? While anyone can begin and jump on a trampoline, high level trampolining requires strength, stamina and skill. It is a fantastic sport for keeping fit and good for posture and balance and is a really fun way of exercising. It is also an Olympic sport.

Volleyball is a great sport that can be enjoyed by people of all ages and skill levels. It can be played year round both indoors and outdoors and has many benefits: it burns calories and improves muscle strength and tone, hand-eye coordination, reflexes, and balance. Last but not least, volleyball teaches teamwork and communication and is a great social activity.

