

### **Medway Council Sports Development Team Adult Participation report Increasing Adult participation in sport**

#### **Back to Badminton**

Focusing on those who have played in the past or want a new challenge.

10 weeks of structured sessions looking to give the players the skill, knowledge and confidence to move into playing club badminton or at least socially with family and friends. Maximum of 16 participants per week on a book able basis. The sessions are payable in order to add value to the sessions and cover some costs. Further funding is coming from England Badminton (around £500) and should hopefully ensure that these sessions are sustainable in the future.

It is the idea that 4 of these 10 week block courses will happen every year providing a continuous stream of new players entering teams, leagues and playing socially in Medway. The first block starts mid October with other dates to be decided for 2010.

Numbers expected – 64 over the year (4 courses)

#### **Employees Badminton**

Works on the same basis as the back to badminton project but is aimed solely at the Councils own staff (including teachers). The staff will be able to join the Councils Sports and Social club Badminton club who meet every week to play socially.

16 new participants each block (8 weeks avg)

#### **Exercise in the community**

This will work in three strands. Completely new classes through the Council run gyms, classes that are already running through self-employed instructors and exercise for the older population. All classes will take part in community settings such as village/community halls or youth clubs.

The new classes will look to enter the newly identified suitable community halls. These sessions will provide a taster of some of the most popular classes within the Leisure centres and aim to make the participants confident enough to eventually go to the centres to participate in their classes.

The classes that already exist in the community will get help with the marketing of their classes as they have space to develop. The instructor will receive no extra payment but will be responsible for reporting figures of attendances monthly.

Approaching elderly groups that already meet on a regular basis has not yet happened but the plan is to take exercise to these groups. In the form of chair aerobics and gentle exercise to music.

The classes are to be launched early in the New Year to tie in with the Leisure Centres campaigns to sell gym memberships.

60 new people expected after the first 3 months.

#### **Back to squash**

This is aiming to launch in November to try and raise the numbers of participants using the squash courts in Medway.

Taster sessions and open payable sessions will be run with full coaching available. The aim is to move the more competitive people into the Black Lion Squash Club and the recreational/social players to have ladders of their own to play in.

### **Youth Squash**

Aimed at college and University students. A number of coaching sessions will take place in order to give everyone the basics in the sport. Once the players are more confident and are able to sustain rallies etc they can move into full games. Recreational leagues and ladders will be formed for these players to participate in.

### **Youth Club work**

Working in youth clubs to target the 16-19 brackets. Giving the young people the skills and knowledge base to be able to run their own sessions within their youth club.

### **Business games**

A group of 7/8 events in which business' from around Medway will compete against each other. Sports from Football to Table Tennis to team building days such as the 'Superstars' event.

250 people taking part of the 7/8 events.

### **999 games**

64 people from 8 different organisations will compete in a superstars style challenge day. Events will include Archery, Gym challenges and football skills.

Various projects involving Medways Youth Clubs

To assist in delivering sports programmes for the 16+ sections in youth clubs. Events will include football tournaments as well as coached sessions such as basketball and badminton.

Two main youth clubs aiming towards 100 16-19 year olds in each event.

### **Other initiatives to be implemented in 2010**

- Community Basketball with Medway Park Crusaders
- Indoor cricket league to be developed with Sherwood Cricket Club – Tony Rossiter to lead.
- Medway Park FOCUS sports – to be launched at the opening of Medway Park around March/April. This will take place in the shape of various sport roadshows. Each sport using Medway Park as a home/base will be asked to provide open sessions, demonstrations and free games adults and the family.

### **Peter Tickle – Officer report**

#### **Medway Mile Sports Zone**

Local clubs came down and provided free taster sessions for the public. Unfortunately due to heavy rainfall in the morning of the even, several sports clubs pulled out however the clubs that did turn up found it be a hugely successful day.

Medway Touch and Ultimate Frisbee 35 participants

Medway's Rowing Club 78 participants  
Howard Table Tennis Centre  
Bridgewood Archery Club 142 participants

### **Back 2 Netball**

Netball classes for beginners in school playgrounds. Low response could be down to limited advertising, saturation of netball in Medway. On Mondays, the school failing to open their gates for the first 3 weeks hindered developing the session. An attempt will now be made to advertise at the school gate to parents.

Mondays - 1  
Thursdays - 6

### **Rounders Taster Sessions**

3 sessions in different green spaces in Medway. Working with England Rounders, we have now secured a coaching bursary for one of the participants to become a qualified coach to help develop rounds in the area. A further taster session is to be arranged with the view to setting up a weekly rounders group.

17 participants over 3 sessions

### **Running Club**

Proposed Council based running club. Will run a beginner, intermediate and advanced groups throughout the week. Awaiting relevant qualifications before setting up.

### **Leadership in Running Course**

24 October. Runners from Medway and Maidstone, the Sports Development Team provisionally booked on along with Nikki Baileu who intends to help set up a ladies running group in Gillingham. The remainder of the spaces will be open to the public. Awaiting confirmation from Black Lion and England Athletics.

### **Medway Netball League Taster Sessions**

Taster sessions based at Rainham School for Girls. Run by the Netball League.  
Tuesdays 25 participants weekly - Thursdays starting September 17

### **Medway Maritime Hospital Running Club**

Active workplace group set up for NHS employees at Medway Maritime Hospital. 2 nights a week. Numbers tbc

### **Staff Football Tournament**

Staff 5-a-side football tournament. Free entry for all employees of Medway council. Teams are allowed a squad of 8 with a maximum of 5 playing at any 1 time. For the mixed tournament a ratio of 2:3 either way is required.

Mens 12 teams entered - Mixed 7 teams entered – up to 152 participants

### **Tennis**

Richard Beckham/ Frindsbury - Adult classes on Sundays due to launch with website.  
Sally Kinnes/ Maidstone Road League – League started with 6 and set to run till September 30<sup>th</sup>

### **Touch and Ultimate Frisbee (Wednesdays)**

Touch rugby and Frisbee sessions set up by Trevor Jeffries. These sessions have now finished and a meeting has been arranged to plan an indoor winter session

14 adults weekly

### **Outdoor Fitness Class**

In planning, meeting arranged with Steve Elcome and G I Jane

### **Gun Wharf Aerobics**

In planning

### **Medway 5-a-side Championships**

September 28

### **Kicks Monday Night League**

Starting in October

### **Back 2 Golf**

Meeting arranged with Lee Mills

### **Sport Relief Mile**

In planning

### **Adult Participation grants for Clubmark clubs**

5 out of 10 clubs have started sessions; officers are working with remaining clubs to ensure projects run within this financial year

### **Tornadoes Korfball Club**

They have held 5, 2 hour open training sessions for people looking to get a feel for what Korfball is all about. They have also held an open tournament, which encouraged players from the team to bring along friends and family to play and get involved with the club.

They have had 41 new people participate in the sessions and from this 4 have signed to the club to play in the coming season. With these 4 adults come 2 new junior players also.

### **Walderslade Judo Club**

Have held the first of their 3 planned 'open days', which was advertised to all the larger local businesses in Medway. From this they had an initial 6 adults participating with 1 returning to participate on a regular basis.

Sessions for parents of the junior members were held in which 4 participated.

They intend to hold another 2 'open days' before April and have already invested some of the grant in further publicity through newspapers and quarterly local magazines.

### **Jumpers Trampoline Club**

Have paid for 8 parents at the club to become qualified to officiate at events. Along with this they have 1 more trained coach to help at training sessions and events.

The family sessions have been a success and have seen growing numbers of adults regularly attending the adult's only sessions. The family sessions from where these adults have come from have been extended to carry on into the New Year. So far 120 participants recorded

### **Rugby club**

Tag rugby league was run throughout the summer looking to get the parents of junior players active and involved in some kind of rugby. They are now looking to develop this into an indoor league for the winter months. Participants 50

## Appendix D

Touch on Tour was run at a different venue each week throughout the summer to reach all areas of Medway. People from these sessions were encouraged to join the touch league and will be informed of the intended winter league.

### **Medway and Maidstone Athletics Club**

A new Monday night jogging club has been set up, starting from the Black Lion and lasting around 45 minutes. This has only just started but has already been a success. 7 –10 attendees pre week

### **SSP project 16-19**

Both School sport partnerships are starting this scheme September 2009 until March 2010