

	Work Area	Synopsis	Participation
Back to Sport	Back to Netball	Series of Netball free taster sessions and Pay to Play sessions in the townships of Medway on weekday nights. Players can remain at this or feed in to the Medway League.	To set up 2-3 Back to Netball sessions across Medway. 15-20 Participants per session
	Back to Golf	Group coaching sessions based at Deangate Ridge and Chatham Centre Golf. Push local ranges to achieve club mark.	Support existing sessions and create new ones. 6-12 Participants initially at each session.
	Rounder's	Rounders Taster sessions with the view to setting up a league system.	40-60 Participants over a series of 4 taster sessions. A 6 team league to run in September
	Rusty Rackets	A back to tennis session set up at Maidstone Road, Greenacre School & Findsbury Tennis Club. Adult group coaching and games on weekday nights	10-30 participants regularly participating in tennis sessions
General Fitness	Medway Running Club	Street Running Club based in Chatham, Rochester or Gillingham. Look to subsidise leadership course to develop local run leaders.	15-20 participants per club in the initial 3-6 months. 20-30 thereafter
	Pre Season Boost	Football fitness sessions based in green spaces	20-25 Participants to attend July and August based sessions. Feed Participants into Green Gym
	Green Gym (BMF)	Circuit style training sessions run in the green spaces of Medway	15-20 Participants regularly attending
Championships and Mass Participation	Council Championships	Quarterly Sports Competitions, changing the sport each time.	4 Competitions Netball (40-60) Football (mixed) (60-80) Korfball (40-50) Touch Rugby (50-70) Athletics
	Medway Championships	Series of Sports Competitions with open entry to residents of Medway. Clubs and Leagues can advertise at each competition	6 Competitions Badminton, (64) Football (males & females), (70) Netball, (56) Rugby (touch or tag), (40-50+) Rounder's, (36+) Hockey, (30-40+)
	University Games	End of year sports competitions run for university teams to enter	60-100 Participants per event.
	Medway Netball League	Already set up and running. Senior league system running Monday-Thursday, Sept-March	To increase intake of new teams through marketing. 2-4 new teams for 09-10 season
	Kicks	Support and help promote existing leagues.	To have at least 3 nights of the week running at capacity for leagues and or training sessions.
	Maidstone Road Tennis League	Tennis league set up externally that I plan to offer marketing support to	Successful set up of a league system for Medway outside of the club setting. 6-12 Participants initially
	Ultimate Frisbee	Club being set up by Trevor Jeffries.	10-15 Participants
	Touch Rugby	Club set up by Trevor Jeffries	20-25 Participants

Appendix B

	Sport Relief Mile	Comic Relief's sporting fundraiser to run on the same route as the Medway Mile. Previously run in 09 by university in Medway.	800-1000 Participants Sports clubs to get involved by doing other fundraising challenges during the event.
	Town & Gown 10k	Muscular Dystrophy 10k run.	500-750 runners participating in a 1 off event with signposting to running clubs and pre race training plans
	Medway Mile	Fun Run supporting the lead into the 2012 Olympics. Clubs get the opportunity to show case themselves to a large captive audience	10-15 Clubs offering free high quality have a go sessions for all participants of the Medway Mile.
Active Workplace	Council Yoga	Yoga sessions run in a meeting room at lunch times for council employees on a weekly or fortnightly basis	10-15 Participants per session
	Council Jogging Club	To run alongside the Run in England jogging club but starting from the council offices	10-15 runners initially
	Council Badminton	Assisting 'Time Out' expand the group.	20-30 playing at the weekly sessions
	Council Football	Friday football day. Lunch time 5 aside games held a Kicks	10-30 playing regularly on Fridays
Website	Medway Gets Active	Website encouraging people to get active and signposting them to a variety of sports.	To maintain an up to date information point for anyone interested in taking part in physical activity in Medway.
Marketing	General Advertising Campaigns, Club Support & Signposting	Support and marketing for clubs and leagues that already exist in the Medway area	To support all the above and any other existing leagues and clubs in Medway
Ideas and Development Plans	Family Cycling	Using Capstone Park as a venue to increase family cycling.	
	Rolling Base Gym	Using Concept 2 rowing machines in a project similar to Barnet Councils Transport Team, in an attempt to bring the gym to the workplaces of Medway.	100 Participants
	No Car Day	Car free day. Could run with environmental services. Pilot within the council where employees are asked to leave their car at home and either walk or cycle to work.	