



# Sports Centre Update

## NU-Flow Streetball

A new community group has been set up to offer streetball sessions to local youngsters.

'Nu-Flow' has been launched using funding from Lowestoft Together to get kids off the streets and playing this exciting new sport in a safe and secure environment.

Sessions are turn up and play on a Sunday 2-4pm. Costs just £1 per session.



## School Achieves Charter Standard Award

**Following the review mentioned in the previous issue the school has since been awarded FA Charter Standard Secondary Development School Status.**

The award is the highest accolade that The Football Association can give to a secondary school and is testament to the hard work of both the PE department and the Community Sports Centre located on the school grounds.

The FA Charter Standard Schools programme supports schools at all levels who are keen to use football as a medium

to deliver both physical education and develop out of school hours opportunities for boys and girls of all ages and abilities. The programme has been designed to support schools to implement key strategic objectives such as:

- Primary Liaison
- Coaching & Leadership
- School to community links
- Out of school hours learning
- Raising standards in teaching and Learning

We are delighted that the FA has acknowledged the hard

work put in by everyone who contributed towards this achievement and would like to offer our thanks to all those involved

For more information on the Sports Centre or to book any of our facilities please contact Kevin on 01502 574474 (ext 147) or 01502 509928



## In This Issue:

Charter Standard Award	1
Waveney Youth FC	1
NU-Flow Streetball	1
The FA Umbro 5's	2
Healthy Living—Healthy BBQ	2
Focus On.....	2
What's Coming Up	2

## Waveney Youth FC Disability Sessions

**WYFC have been offering football sessions to disabled children in conjunction with Optua and Waveney District Council.**

The sessions allow the youngsters to experience the thrill of playing football in a safe and suitable environment. Coaches have all attended the 'coaching disabled performers'

workshop which ensures the needs of each individual can be met whilst also maintaining a fluent and fun session.

Feedback from the sessions has been fantastic as many children are able to take part in social activity that may have previously been unavailable.

For more information on the sessions or to

Get your child involved in the fun please call Shaun Swan (Disability Officer on 01502 581778



## HEALTHY BBQ

Everyone loves a BBQ! Forget thoughts of calorie busting burgers and sausages and check out our healthy alternatives!

1. **Kebabs - Think chicken, pepper, cherry tomato, courgette and mushroom.**
2. **Corn - Boil first then chargrill. Forget the butter with this taste you wont need it!**
3. **Monkfish - Very meaty fish so wont crumble and tastes delicious BBQ'd!**
4. **Jacket Potato - Wrap in foil and place directly on coals under the shelf! Simple!**
5. **Asparagus - Add the wow factor to your food! Trim the ends, toss in oil, season with fresh salt and pepper and grill for 2-3 minutes!**

## What's Coming Up?



### WYFC Summer Tournament

With over 100 teams entering last years event, this annual tournament looks set to be bigger and better this year! A weekend of youth football, the tournament is the areas biggest and best. 16-17 August 08

### Star:track

26-29 August sees the return of Star:Track athletics. Suffolk Sport will be running the event and more information can be found by contacting Gareth on 07917 233399



### Model Railway Convention

21st Sept sees The DCSC host this exciting annual event. Starting at 9am enthusiasts and newcomers alike are invited to come and view the various displays on show.



An exciting local heat here at the DCSC saw 3 teams finishing on the same amount of points. With only 2 places in the Regional finals available Ole Frank and FC Golfers both progressed on goal difference. The regional's are held in Loughton, Essex where a place at the Wembley finals is up for grabs!

## Focus on.... 2008 Olympics - Beijing

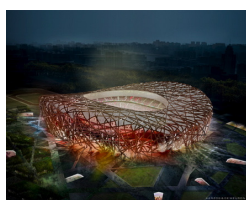
The 2008 summer Olympics will be celebrated from 8th August to 24th August, with the opening ceremony at the Beijing National Stadium in Beijing, China.

The Program for the Beijing 2008 games is quite similar to that of Athens 2004. The 08 Olympics will see the return of 28 sports, and will hold 302 events (165 men's events, 127 women's events and 10 mixed events), one event more in total than in Athens.

Overall nine new events will be held including two from BMX. Women will compete in the 3,000m steeplechase for the first time. In addition, marathon swimming events (10k) for men and women will

be added. There will also be replacements in table tennis and fencing.

The Chinese government has promoted the games to highlight China's emergence on the world stage and has newly built 12 venues, renovated 11, temporarily built eight giving a grand total of 37 venues hosting events. If the games are anywhere near as exciting as the architecture of the 2 main stadiums the world will be glued to its sofa's!



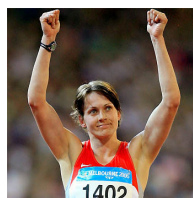
The National Stadium—Beijing

A few Brits to look out for:

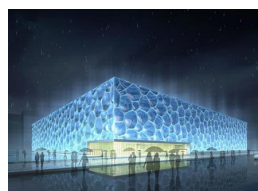
Kelly Sotherton - Heptathlon

Chris Hoy - Cycling

Shanaze Reade - BMX



Kelly Sotherton - High Hopes



The Aquatics Centre—Beijing



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