



The Denes High School Community Sports Centre

THIS ISSUE'S TOP 5...

SPORTING INJURIES!

1. Muscle Pull
2. Neck Pain
3. Shoulder Impingement
4. Lower-Back Strain
5. Tennis Elbow

An odd top 5 this edition but it is important to be aware of and prevent injury to our bodies. Just as important as the warm up, stretching and cool down is the rest period between exercise. Fully allowing your muscles to recover will decrease the risk of overuse and fatigue injuries. Incorporating a stretching programme into your daily routine will also aid injury prevention.

Record Corner!

The longest time keeping a football in the air is exactly 24 hours!! Achieved by Dan Magness (UK) during an event organized by Sony PlayStation in Covent Garden, London, UK, on 30 April – 1 May 2009



Taekwondo at Denes

October 2009 sees a brand new class starting at The Denes Community Sports Centre. Taekwondo is the Korean martial art of self defence and is the national sport of Korea.

Translated Tae means to kick Kwon means to punch and Do means art. Do in Korean implies a philosophical view point, or way of approaching life. A means by which enlightenment is achieved, this is the ultimate aim of Tae Kwon Do through rigorous physical training students of the art seek to improve

themselves physically, mentally and spiritually.

Taipan W.T.F Taekwondo classes start on Wednesday 30th September from 7:15-8:45.

For further information please contact Mary on 01502 581100.



Taekwondo at the Beijing Olympics



Waveney Youth Annual Tournament

This year's two day event was hailed as a major success with teams travelling from as far as Colchester to enjoy a tremendous festival of grass roots football. The tournament is one of the largest in East Anglia and attracts over 130 teams. With over 2,000 players, parents and spectators, the

weekend really did shine bright, as did the weather for the first time in many years!

The Denes Community Sports Centre would like to thank all at Waveney Youth for their hard work in making the tournament such a success.



www.wyfc.co.uk

What Club?



- Who?** Waveney Valley Athletics Club
- What?** Athletics! Running, Jumping, Throwing.
- When?** Monday 6:30-8:00
- Contact?** Kim Desborough
01502 514259
- Web?**
www.waveneyvalley.org



What's Coming Up?

FA Skills Programme 26-27 October 2009

Visit www.thefa.com/skills and register your child on this FREE course, run by the county's top coaches.



Half Term Activity Day 28/29 Oct
2 days of multi sports activities. Costs just £8 per day for children aged 7-12.
9:30-2:30 each day.
Contact for details.

Model Railway 2009



This annual event was marked as a great success with both new and regular visitors alike. On show were many displays and years of hard work as the models were of a very high standard. We look forward to next years event - Sunday 19th September 2010.

Check out the BRAND NEW sports centre website...

www.denessportscentre.co.uk

Focus On... Super League Grand Final

Super League is the top-level professional rugby league football club competition of Europe.

The league features fourteen teams: twelve from England, one from Wales and one from France, which compete from February to October.

During the league's regular season, each team plays 27 games over 27 rounds from February to September these consist of 13 home games, 13 away games and a Magic Weekend game at a neutral venue, which this year was Murrayfield Stadium in Edinburgh. At the end of the regular season,

the top eight teams in Super League play in the play-offs, which culminates with the Grand Final.

In 2009 for the first time in its history Super League games will be played in five different countries in a single season; England, Wales, Scotland, France and Spain.

Currently at the Semi-Final stage of the competition Leeds Rhino's look the favourites to win the Grand Final, with St Helen's likely to be meeting them in Manchester.

The final is to be played on 10th October at Manchester Utd's Old Trafford ground.



www.superleague.co.uk



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