



The Denes High School Community Sports Centre

THIS ISSUE'S TOP 5...

NATURALLY ENERGY BOOSTING FOODS!

Exhausted, tired, weak, lack of energy and worn-out are just few of the ways we express fatigue. All of us look for a quick pick me up? Your body is screaming for energy and who hasn't turned to coffee, crisps, or something sweet for a quick energy boost only to be looking for another one in an hour. Try one of these five nutrient rich energy boosting foods instead for a lasting jolt of energy.

- Almonds
- Bananas
- Oatss
- Yogurt
- Sweet Potatoes

"Energy and persistence conquer all things"

Benjamin Franklin

FA Skills - Feb Half Term

The 16th and 17th February saw The Denes Community Sports Centre welcome the region's FA Tesco Skills team to deliver 2 days of half term fun and football coaching.

The FA Tesco Skills Programme is committed to helping young players be the best they can and get more enjoyment from our national game. But The FA Tesco Skills Programme has 2 more goals:

- To encourage more active lifestyles in young people and;
- In the long term, to produce more top-quality players to improve the future of football in England.

The FA Tesco Skills Programme exists to improve the technique, confidence and ball skills of 5-11 year-old boys and girls.

This revolutionary approach to coaching football skills is truly child-centred, is for all ability levels, and focuses on individual children's learning needs.

"We've got to give every 5-11 year old in England the opportunity to play and enjoy the game. And if they want to get better, we need to show them how"

Sir Trevor Brooking, FA Director of Football Development

Visit www.thefa.com/skills to sign up and play your part in the skills revolution.



NHS 'Know Your Limits' Campaign

The Denes Community Sports Centre is linking up with the government's **Know Your Limits** campaign to help raise awareness of how drinking alcohol can affect your health and exercise performance. We are running a campaign to help customers become more aware of the number of units in various alcoholic drinks and the health impacts of exceeding

guideline consumption limits.

We can answer your questions and also direct you to the NHS online resources. Drinks diaries are available to record your intake as is information on the alcohol content in different drinks.

For more information visit www.nhs.uk/limits



**ALCOHOL
KNOW YOUR
LIMITS**

Meet The Team...



Name: Peter Dixon

Likes: Sport, nights out and social networking

Dislikes: Coursework, hangovers and learning to drive!

Couldn't Live Without: The gym

Proudest Moments:

3 A's in English language

Barry Taylor sporting award

Bench pressing 150kg

Whats Coming Up?

The FA Umbro Fives

YOUR chance to play at Wembley Stadium. The FA Umbro Fives is The FA Cup of small sided football. April 19th sees the Denes heat kick off. Contact for details!



Caister Festival of Basketball

15th to 17th May Are the dates for your diary. The Caister festival attracts teams from all over the country who compete over this May weekend.

Suffolk FA Girls Football

Suffolk FA are offering introduction to football sessions for middle school girls to increase their awareness of football and hopefully move them on into clubs. For more information contact Helen Bass on 01449 776314

Check out the sports centre website...

www.denessportscentre.co.uk

Focus On... Track Cycling World Championships

Following on from our triumphs at the 2008 Beijing Olympics, Britain's cycling team are back in action and ready to clinch more gold medals.

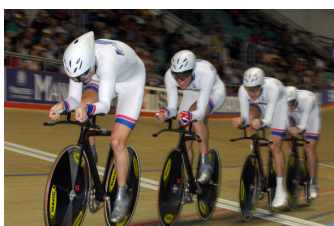
The 25th - 30th March sees the 2009 UCI Track Cycling World Championships held in Pruszców, Poland.

The likes of Britain's Bradley Wiggins and Chris Hoy (pictured top right L-R respectively) and Victoria Pendleton (Pictured bottom right) will be looking to add to the success of not only the Beijing Olympics but also the 2008 World Championships.

It was in last years events, held in Manchester, where Team GB secured Gold Medals and world champion status in 9 of the 15 events on offer.

Hoy and Pendleton will be looking to retain their individual team sprint World Champion status, whilst Team GB will also be looking to defend both the male and female team pursuit

For those who are keen to catch all the action British Eurosport will be showing extensive coverage of all events, whilst the BBC will also be showing the action.



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