



Believe & Achieve

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Multi Skill/Physical Development Coaches & Sports Event Management Allerdale Year 5 & 6 Gifted and Talented in PE Support Day 2

Chance Camp & Elite Sport Development continued their development programme in the Allerdale Borough to identify and support Year 5 & 6 pupils who are showing talent in PE & sport.

Forty identified pupils returned to the programme having received their feedback and testing scores from Day 1. The pupils came back enthusiastically to see what physical improvements they had made using the training zone online materials provided by Elite Sport development. They were also keen to meet and work with their next international athlete.

Day 2 took place on Sunday 20th March the excellent facilities at Netherhall Community Sports Centre to participate in the talent development day. The children rotated around 3 different delivery areas,

1. Sport Testing
2. Inspirational Talk from international Ben ?? Covering the following, What it was like to captain the volleyball team at 2012 Olympics, How he started to play the sport, The sacrifices he made- moving home, missing birthdays etc, His experiences playing the sport for different teams around the world and His experience when competing for trophies
3. Practical session on increasing your physical potential.

The sport testing was conducted using the exact same advanced timing and measurement tools to test children's, speed, power, reactions and flexibility. This ensures the data correctly measures improvement the children are making. Results showed excellent progress taking place..

The other two workshops were designed to inspire and motivate the children and parents to ensure they are doing regular self-practice to ensure maximum sporting potential can be reached.

The final event will take place again for this in Aug 2016 to ensure progress is being made. In between times children are encouraged to improve physical attributes via PE lessons, community sport clubs and Chance Camp and transfer the developments into sporting fixtures.

The long term aim is to support the children and parents on their journey to elite sport.

Feedback from pupils

"I liked the activities set but I also enjoyed listening to the talk with Ben as it gives me an insight into what I need to do and the sacrifices I need to make to become a professional sportsman"

"The tests are good because they relate to my sport. I'm a goalkeeper and the lights test helps me improve my reaction time"

"The activities set by the coach give you ideas as to what you can do at home to improve your technique and skills"

Schools in support of the event were as follows

Bolton Low Houses, Broughton Primary School, Maryport Juniors, Ewanrigg Juniors, Ashfield Junior School, Derwent Vale Primary School, Dean Primary School, Distington Primary School, Beckstone Primary School, Eaglesfield Paddle School, St Marys Primary School, Allonby Primary School, Seaton Juniors School and Fairfield Primary School..

Yours in Sport

Chris Wright