

YoreSport

*Issue 3,

September 2006*

E.&O.E

Produced by Yorebridge Sports Development Association

The Wensleydale Centre, Yorebridge, Askrigg Leyburn North Yorkshire DL8 3BJ

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Welcome to the third issue of *YoreSport*, our community newsletter that keeps you up to date with the progress and developments of the Yorebridge Sports Development Association based at Yorebridge, Askrigg.

We are a group of volunteers who have successfully secured funding to replace the old tennis courts with a brand new purpose built Multi Use Games Area (MUGA) and provide a range of sport, fitness and healthy lifestyle opportunities for everyone living, working or visiting the Upper Dales and neighbouring areas. We are about to celebrate our busy first year of operation, open a community Gym and Fitness Suite, run more training and exercise classes and you are invited to be a part of it.

If you would like to become involved or book our venue for your sports activities, we would be delighted to hear from you. Please contact our Sport and Fitness Development Co-ordinator, Richard Shuffleton for further details.

Yvonne Peacock, Chair YSDA.

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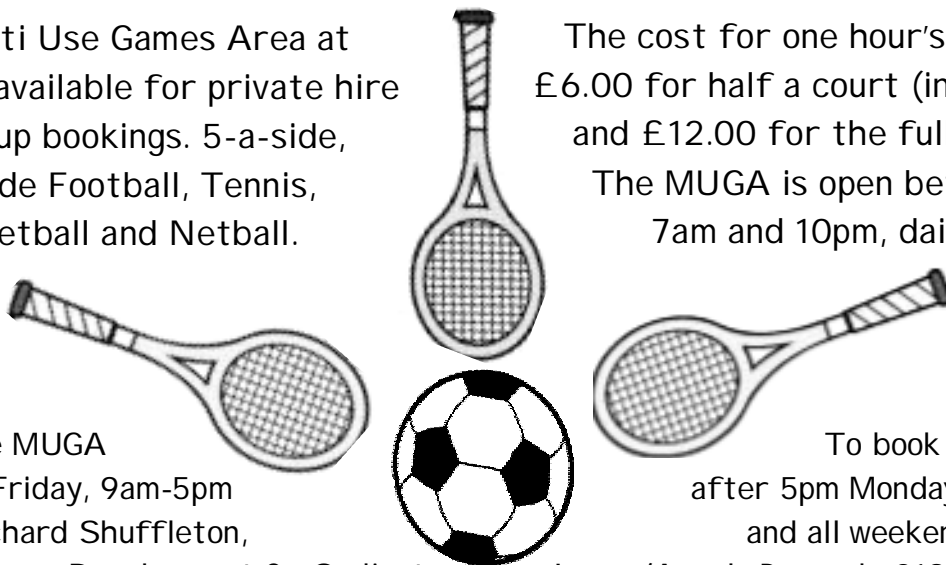
Website goes live...

for all our latest news, booking info., useful links and helpful advice visit our brand new website www.yorebridge-sport.co.uk Over the coming months we will be building a useful resource for the whole community. Don't forget you can register for our mailing list, download current vacancies and our Gym & Fitness Prize Draw Questionnaire

The Multi Use Games Area at Askrigg is available for private hire and group bookings. 5-a-side, 8-a-side Football, Tennis, Basketball and Netball.

The cost for one hour's hire is: £6.00 for half a court (inc. tennis) and £12.00 for the full court.

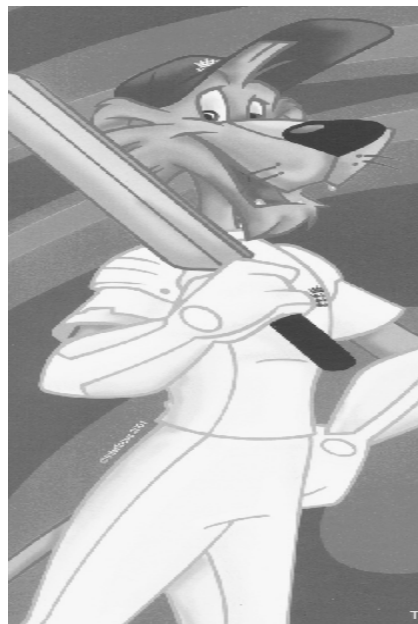
The MUGA is open between 7am and 10pm, daily.



To book the MUGA Monday to Friday, 9am-5pm contact: Richard Shuffleton, Sport & Fitness Development Co-Ordinator:
Tel/Fax: 01969 650060
Mobile: 07968 606571
Email: info@yorebridge-sport.co.uk

To book the MUGA after 5pm Monday to Friday and all weekend contact:
James/Angela Peacock: 01969 650212
Lawrence Alderson: 01969 650599
Dom Gregson: 01969 650285

Web: www.yorebridge-sport.co.uk Page 1



Activities4Kids

Here at Yorebridge Sport and Fitness we are committed to getting as many young people in area to be active as possible. Our dedicated coaches deliver regular Multi-Sports sessions after school and during the holidays. Activities include Football, Inter Cricket, Kwik Cricket, Basketball, Netball, FUNdamentals and Multi-Sports Tournaments.

We've noticed that there are some very talented individuals in the area who attend our 'Football Academy' and we are in touch with some of the professional clubs in our region and will be inviting them to see if they can spot the future Michael Dawson.

If that wasn't enough we will soon be offering dance, drama and circus skills so why not check our 'Activities4Kids' page on our website. You'll find details of all our sessions with registration and booking forms online too. We will be sending regular information home through the local school news networks.

www.yorebridge-sport.co.uk



Activities for Adults

- subject to changes, please phone or check www.yorebridge-sport.co.uk before making your journey.
- advised minimum age for participation is 16yrs, please double check with the event organisers.
- items listed with: (I) take place in our new indoor Fitness Suite; (O) take place on the MUGA.

Day	Time	Activity	I/O	Contact
Mondays	10.00-11.00am	Gentle Exercise (from October, book now)	I	Colin Bailey: 01969 650060
	6:30-8:00pm	'Evening Adults Tennis Club'	O	Richard Shuffleton: 01969 650060
	7.00-9.00pm	Line Dancing (from October, book now)	I	Colin Bailey: 01969 650060
Tuesdays	8.00-9.00pm	Askrigg Football Club	O	Mark Teesdale: 07866 356041
	6.30-7.30pm	Aerobics (from October, book now)	I	Colin Bailey: 01969 650060
	7.45-8.45pm	Step Aerobics (from October, book now)	I	Colin Bailey: 01969 650060
Wednesdays	6.30-8.00pm	Hawes Football Club	O	Di Blades: 07773 436105
Thursdays	10:00-11:30am	'Morning Adults Tennis Club'	O	Richard Shuffleton: 01969 650060
	6.30-7.30pm	Circuit Training (Indoor) (from October, book now)	I	Richard Shuffleton: 01969 650060
	7.45-8.45pm	Healthy Lifestyles Club	I	Colin Bailey: 01969 650060
Fridays	8.00-9.30pm	Over 40s Football Training	O	Dom Gregson: 01969 650285

New dates are scheduled regularly so please keep checking our website and local notice boards. We welcome new ideas for events, activities and value your feedback so we can improve our service.



STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS YSF five-a-side pub league announced..

Just before the final whistle blew on the deadline for this issue we received news that there would be a new league lining up alongside the many pub Darts, Dominoes and Pool leagues for the coming season. Teams of six players (+referee) are required to take part in the first YSF five-a-side league. Information packs will be issued in September with the first matches kicking off in October 2006. Contact us to register or for more info. *Page 2*



Gym and Fitness Club

We are pleased to announce that we will be opening a Community Gym Suite and Fitness Studio in October. This will be at the Wensleydale Centre, Yorebridge, Askrigg.

The Gym Suite will contain static equipment such as treadmills, cycling and rowing machines, weight stations and much more. The Fitness Studio will host a variety of fitness and healthy lifestyle classes including visiting therapists offering a range of alternative and holistic treatments.

"I am delighted that the hard work of the community group is being rewarded and that we are able to deliver a much needed facility for Upper Wensleydale. We look forward to working closely with Craven College to bring improved services to the area." Yvonne Peacock, YSDA Chair.

Opening times and membership details will be announced in the next few weeks, check our website www.yorebridge-sport.co.uk for the latest information.

If you are interested in working or training in the Sport and Leisure Industry then we may be able to help - see page 4 for more details.

Don't wait until the New Year to start your resolution, start early and take advantage of our opening membership offers.



Gym and Fitness Questionnaire and Prize draw

Enclosed with this edition of *YoreSport* is a Prize Draw Questionnaire which we hope you will complete and return to us before Friday 22nd September 2006. There are a number of collection boxes in local shops in which to place your completed responses. Alternatively, you can post or fax them to our main address or call in person. (If you have not received your copy, or would like more, then please get on touch or download a copy from our website, www.yorebridge-sport.co.uk).

As a thank you for completing this form, the YSDA are offering a free 2-hour Gym session (or tennis, if you'd prefer) for two, to the first name drawn at our first anniversary celebrations on Saturday 7th October, 2006.



Supported by



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Party on the Pitch 2006

On 22nd July Askrigg Football Pitch was the venue for our fourth annual marquee fund-raising dance. The event was well attended with supporters gathering to dance the night away to locally based bands *Ray and the Teenbeats* and *Sounds Familiar*. Volunteers and committee members donned their chefs aprons to do a stint on the BBQ, sell raffle tickets and help on the door.



There were record numbers on the Sunday to help clear up and get the pitch back to match standard, a huge thanks to everyone who helped and supported the event. A special thanks to Suzanne Bell who chose to support our event using the Barclays Bank Pound for Pound Scheme. Proceeds will be in the region of £2,000 which will be used to further the development work of the YSDA as project 'match funding'.

Don't forget you can be part of the fun at Party on the Pitch 2007 which takes place on Saturday 21st July. Tickets are limited so don't leave it too late!



One year on...

and we can't believe that it is a year since we were celebrating our Grand Opening. To mark the occasion we are inviting you to join us on Saturday 7th October from 4pm at our annual Junior Inter-Schools 5-a-side Tournament. Last years matches were great to watch with teams taking part from Wensleydale and Swaledale schools. Will Hawes Primary School be able to retain the champions title for the second year running?

We appreciate all the extra work parents, grandparents and carers do to support their family and friends at all our events so as a token of our thanks, refreshments will be freely available at this celebration event.





Sport and Fitness Qualifications at Askrigg

We are delighted to have teamed up with Craven College as one of our training partners to provide a range of sport and fitness courses over the coming months. Listed below are just a few of the courses available in the main programme for the Wensleydale Centre, Askrigg.

- **Sports Development Planning Made Simple**

Saturday 10am-1pm 7th October – Free, please enrol.

An information session aimed at individuals, sports clubs or community groups looking to improve their planning and development skills. There is an opportunity to progress onto the Certificate in Sports Development.

- **YMCA Assistant Fitness Instructors (Level 1)**

Please register your interest, dates to be announced.

An introduction to designing fitness programmes for individuals or groups, including use of gym equipment and exercise activities.

- **YMCA Fitness Instructors (Level 2)**

Please register your interest, dates to be announced.

The Industry recognised qualification for those interested in or looking to a career in Sport and Leisure. Whether you are working in a Gym or providing exercise and fitness training classes this qualification will help you achieve your goals.

- **Foundation Certificate in Exercise Studies**

Sundays 10am-1pm starting in October

Suitable for anyone with any level of sports ability who is interested in improving their performance, enhancing their personal development and gaining an understanding of the benefits of exercise and fitness.

For more details Tel: 01969 650060; Mob: 07711 211169

email: colinbailey@craven-college.ac.uk

www.craven-college.ac.uk (click on Community Learning)



**Yorebridge Sports
Development Association**
Company No. 5493687 England

Volunteers and Jobs

The YSDA are a team of committed volunteers who give their time to improve the opportunities available to everyone who live, work or visit the area.

We are currently looking for volunteers to work alongside our existing team. This may include volunteering in the gym, helping out at a coaching session, distributing information or being part of our fund-raising team or management committee.

You do not need to be qualified as any necessary training can be provided. No matter how little time you think you may have available it may be just what we are looking for.

From time to time we also have vacancies for our paid positions. Visit our Recruitment section on the website or contact us for more details.

Orienteering Course

Low Mill Outdoor Centre, Askrigg.

Tuesday 5th September, one day inc. lunch

For more information or to book contact

Sally on 01969 650432. Fee £50.00



Useful Contacts To Pin Up By The Phone!

For general enquiries or MUGA bookings

Richard Shuffleton,
Sport & Fitness Development Co-Ordinator.

Tel: 01969 650060. Mob: 07968 606571

Email: info@yorebridge-sport.co.uk

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