



Sports Programs

One way for young people to stay healthy is to play sports. In addition to providing physical activity, sports also help children develop social skills and practice teamwork. All professional athletes were once amateurs. We will work to grow and strengthen amateur sport in our communities, ensuring that opportunities, incentives and recognition remain central to participating in amateur sport, whether as a player, or volunteer

Support

We support and develop amateur athletes in a range of sports, including football, athletics and cricket, irrespective of gender, abled and disabled bodied through a range of mediums including:

- **one to one coaching**
- **Group coaching**
- **Referrals to professional**
- **Sports festivals**

To name a few

Opportunity to Socialise

Both children and adults generally have more fun when exercising with a group of friends or teammates. Not only will kids enjoy getting together with their friends for practice and games, but they also will learn how to co-operate and compete fairly.

Learning Life Skills

Becoming skilled in a particular activity can promote participation and increase enjoyment. Young athletes should be encouraged to learn sport-specific skills and receive positive feedback for their efforts. Sports such as football, tennis, athletics, and cricket can provide regular physical activity for a lifetime.