

Sporting Sparsholt

Volume 2, Issue 1

Newsletter Date : July 2006



ND Study Tour by ND Outdoor Ed Yr 1

The Wales study tour was by far the highlight of the year; all year round we wait to go on this one week packed full of activities. We do things such as kayaking 8 miles down a river, paddling over white water rapids and down drops. There are also amazing days full of mountain biking, rock climbing and caving. Just for extra, if you feel like being a bit more adventurous, you can go and walk up the highest hill/mountain in Wales "Pen y Fan". Here you can watch the sunset while looking over miles of welsh countryside.

For me this trip was amazing. I took part and enjoyed all of the activities which were organised. My main favourite had to be the mountain biking. To be able to actually

mountain bike up and down real terrain and in such a nice area, was something to appreciate!

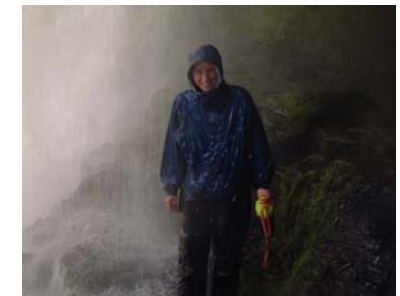
Another amazing day was the kayaking. We were so lucky to get good weather that it really made the day perfect. We took our time just paddling down the river combating the white water rapids, listening to Loz's amazing singing (even though he only knew one song). To end it off before lunch we paddled down over a drop off. Paddling along these 8 miles of river really made you understand why you spend most of the year practicing the different strokes and techniques, especially the capsize drill, as this skill got practiced a lot on this trip!

We also had a go at caving which most of us haven't done before: Most of the group were quite tentative

about doing this. As soon as we were down in the cave, sliding down naturally made slides, and floating down naturally made flumes everyone soon loosened up and started to really enjoy the day. When caving you needed the confidence to know that you will fit through the small constricting spaces and to push yourself through the punishing cold water.

We went to Llangorse climbing centre where we had the chance to climb on very interesting walls that had been dug into the ground. On this you had to climb on real rock then you met the artificial wall. We also had a chance at abseiling if we wanted to.

Overall this week was worth all the preparation and learning throughout the year. It is a really good way to end the year! Everyone enjoyed the week and came out of it with a lot more confidence about themselves and with the activities.



Sailing at SWAC by ND Outdoor Ed Yr 1

Sailing was a really good experience. We went sailing at SWAC (Southampton Water Activity Centre), where we did our RYA Level 1 in Dinghy Sailing. On the first day we went with a partner, allowing me to learn with someone else. I then built up the courage to

get in a boat on my own. This was much more fun as we actually went through the whole experience to sail a Pico single handed. Both days we went sailing it was very windy, so we got the chance to actually sail with varied wind. I think it was really fun and I would

like to go on to my Level 2, allowing me to progress further eventually becoming an Assistant Instructor. I have never sailed before making it even more exciting to go: I wish we could have gone for longer.

Overall it was really good and I want to continue with sailing.





'We had great fun in raising the money for Naomi House and hope it can go some way to help the lives of the children from the house'



ND Sport: Naomi House Fundraiser by ND Sport Yr 2

Saturday 13th May is Sparsholt College's Countryside Fair but this year we took it over.

On the day we ran two events, an 50ft Inflatable assault course and a penalty shoot out. We had one group which ran each event and their team was made up of six people.

The team which ran the inflatable assault course held a car wash earlier in the month to raise the funds to bring the inflatable to the college.

The Countryside Day was

packed and was helped by the hot weather. We were all rushed off our feet but enjoyed every minute as it was too busy not to.

The penalty shoot out was held by the library and generated a lot of interest and fierce rivalry amongst family and friends. We all took it in turns to go in goal, collect money and also to collect those stray shots that passers by were having to jump out the way of.

The inflatable assault course was situated by the

farm buildings and caught a lot of the traffic's attention (mainly due to it being 50ft and brightly coloured). This was so busy that members of the team were going on lunch breaks at 3pm!!

In all we managed to raise £321.00 for Naomi House and as a group we were really pleased with this. We had great fun in raising the money for Naomi House and hope it can go some way to help the lives of the children from the house.

ND Sport: FA Level One Coaching Course by ND Sport Yr 2

The FA level one coaching course runs for one week and involves a variety of coaching and training sessions.

The course ran from the 19th—23rd July (which also happened to be our last day at college). We participated in child protection and emergency first aid workshops as well as studying the rules of the game.

We spent Monday inside filling in our portfolios and studying the tactics of the game, but on Tuesday we spent the whole day

outside learning coaching techniques and drills.

Wednesday afternoon was spent in child protection workshops with Sue Lopez from Hampshire FA. We looked at the different ways that as a coach we can support the needs of children.

On Thursday we took part in the emergency first aid for football course. Throughout the

day we were taught a range of techniques and systems that should be used in case of emergencies.

Friday was coaching assessment day and all of our practiced sessions were observed and graded. This was the most nerve racking part of the course but we all passed.

I found the course to be enjoyable and beneficial to my future employment.

FD Expedition By FD Sport

We left Sparsholt in the pouring rain on the way to the New Forest. When we arrived the sun came out so all of us (except Martin, who jumped in every puddle) managed to stay dry. Generally we managed to follow the correct route - however- the whole group took a wrong turning but managed (due to a hint from Iain) to

realise fairly quickly and put ourselves back on the right track.

In the evening we cooked dinner and sang songs around the campfire and played some games.

We were all a bit tired the next day and Matt took a small wrong turning and ended up sat in the mud. We managed to get back on time and all enjoyed the camping in the forest.