

# Sporting Sparsholt

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## ND Fitness trip to Calshot

On Monday 27th March, the National Diploma in Sport & Fitness students headed to Calshot Activities Centre in Fawley for a three day residential activities course. On arrival, the students were split into three groups and given their timetable of activities for the week. Activities included climbing, abseiling and half a day on the notorious high-ropes

course. There was a nervous time for those students with a fear of heights, but everyone of them overcame their demons to participate in the activities. Other activities included archery, snowblading and shooting. Without doubt the most popular activity of the week was indoor track cycling on the Olympic sized velodrome. The first session was all about

getting to grips with the bikes, but by the second session students were flying at high speeds around the banked curbs in the time-trial races. Unfortunately the eventual victor in the competition was not one of the students! It was second year Course Tutor Andy Cornick who beat Course Manager Scott Cairley in the grand final pursuit match.



Tower building

## Ordnance Survey Outdoor Show at the NEC

This year was the first year that Sparsholt had a stand at the NEC. It gave us the opportunity to network with other colleges and businesses in the outdoor industry. It was also an ideal chance to advertise the courses that we run at the college.

Adrian Durrant one of our

ex-students was taking part in the Peak UK Freestyle Challenge.

Adie was up against



members of the GB Kayaking squad and although not finishing in the top ten, he finished a very respectable 20th. The students who went up to the show on the Friday all had a great day.

## Under 19 Rugby Finals

From the start Sparsholt chased down the kick creating pressure on the opposition causing the first mistake, there were many to follow. Sparsholt took the first opportunity to put points on the board through a try from the winger Mark Borner, also known as "Speedy".

Sparsholt were dominating all over the park. The forwards were hitting every ruck and maul with force not giving Stanbridge a chance. This gave our scrum half Ashley Waite the



opportunity to feed his brother Ryan with great ball every time allowing Sparsholt to attack up the field and keep the score ticking up. The training the backs had done prior to the game paid off with a tightly organised move, which saw

"Speedy" cross the line for his second try.

In other areas of the game Nick Carroll and Tommy Horn were causing major problems for the Stanbridge lineout. The Rugby Academy work carried out with the front row of Mike Williams, Tommy Horn and Oli Grant and second row Nick Carroll really paid benefits with a shortened lineout taking all their own ball and the lions' share of the oppositions.

Just before the break, "Speedy" got another try through Oli Grant. A break from the back of a ruck saw Oli facing his opposition prop, but after some quick footwork he sidestepped him and drew in the Stanbridge winger and released a flat pass straight into "Speedy's" hands from which he sprinted half the pitch and scored under the uprights.

In the last 10 minutes Stanbridge rallied well and were camped in the Sparsholt's 22 for the majority of the time, and despite a spirited defence Sparsholt could not stop a driving maul from crossing the line for the solitary Stanbridge try. Final Score: Sparsholt College **25** — Stanbridge Earls **5**

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## James — 1st Year Outdoor Student



Students in the New Forest

My name's James, I am on the National Diploma in Sports and Outdoor Education.

The first time I found out about this course was while at school. I saw it in a prospectus and went along to an open day the college was offering. After a short tour of the places used in the course and a chat with the instructors, I thought that the course was for me.

The course is really good fun and we gain experience in sports like kayaking, climbing,

mountain biking, canoeing and many others that would help a lot in the industry. We're able to get BCU Kayaking awards and awards in sailing and canoeing amongst others. One of the good things about doing this course is that you get to do something you enjoy on most days of the week with people that are into the same stuff as you are. Can't get much better than that, can it?

For the course, it is recommended that we get work experience

throughout the summer if we would like to, the lecturers and tutors do all that they can to help with this and help to make up a CV. At the end of the course the college helps you to get work experience with PGL which might even be abroad if you're lucky!

The lecturers and tutors on the course are pretty laid back and friendly, but still make sure you're getting the most out of the course and reaching your potential practically and in theory lessons.

“The lecturers are very easy to talk to and very approachable, and can solve most problems.”

## 1st Year Fitness Student's View

My name is Natalie and I'm in my first year on the National Diploma studying Sport Development and Fitness. The course offers many different topics, all different, interesting, and most importantly, linked to sport. The course has given me the opportunity to try a variety of sports including rugby, basketball, badminton,

golf, track-cycling and many others. My favourite lessons are Premier Fitness Instructor, Community Sports Leaders Award and Principles of Coaching. Everything we do is also related to practical aspects so it suits everyone and the things we learn are quickly put into practice and we even get a chance to become the teacher ourselves! We

have also been on field trips. The first was a day of fitness testing at Chichester University and, in March, we spent three days at Calshot Activity Centre which was great fun. Next year I am looking forward to returning to Calshot in September and completing my NPLQ Lifeguard certificate.



Sparsholt football team

## First Diploma in Sport Student View

The FDSS course is a great way to progress to a higher course.

It's a mixed variety of activities; theory and practical. On this course we have had the chance to help organise a cross country event that was held at the college

The lecturers are very easy to talk to and very

approachable, and can solve most problems.

We have played lots of



different sports both on site and locally in

Winchester.

We are looking forward to going camping in the New Forest for one of our units.

Sparsholt College has many activities out of college hours involving rugby, football, kayaking, climbing and many more.....(but we can't think of them all).

## 2nd year Outdoor — Bryony O’Farrell

After having thoroughly enjoyed the first year of the NDSOE course, I was not quite sure what to expect from the second year. However, I was pleasantly surprised to find that the range of units were both interesting and relevant to my future career plans. The subjects go into more depth on areas which are required by more senior jobs, for example, Business in Sport, which is useful for those wanting to go into managerial positions in the industry. We also learned more about how outdoor pursuits affect the environment and how we, as instructors, can help to protect it for the benefit



of everyone. The practical side of the course focuses primarily on developing leadership skills, and involves students leading sessions in the various activities, which can be nerve-wracking, but provides a great opportunity to practice and perfect the

techniques. One unit I have particularly enjoyed so far is Alternative Pursuits, in which we are able to participate in Power Boating at Southampton Water

Activities Centre – what a fantastic experience! Another major element of the second year is planning and preparing for our work experience, which takes place at the end of the Spring term. A lot of support is given by lecturers in writing CVs, attending job interviews and other key factors attributed to successfully gaining a job in the outdoor industry. Overall, I would say the second year of the OE course helps students to develop and mature into responsible, competent and successful outdoor instructors.



Kayaking at Woodmill

## 2nd Year Fitness — Laura Watts and Charlotte Davies

During my time of the ND in Sport and Fitness Course, we have got involved in a range of sporting activities including football, rugby, and hockey, where we were lucky enough to be trained by a Welsh international star. We have also tried many indoor sports such as Badminton and Squash.

In my first year I took part in four weeks work experience. This was very enjoyable and gave me some very valuable experience in the fitness industry, with many members of my course finding long term work placements from this.

As well as doing exercise in the gym and learning about all aspects of the body and

how exercise effects it, we have been given the chance to take part in a number of valuable courses. These courses include:

- YMCA Assistant Fitness Instructor – this course introduced us to basic gym knowledge and enabled us to be able to assist a qualified fitness instructor.
- First aid course – during this session we learnt basic C.P.R and first aid.
- Football Association level 1 – throughout this course we were taught basic coaching skills and techniques for football coaching specifically however the skills learnt were still very helpful for other sports.

• Premier level 2 – this is an advance on YMCA which means we will be now qualified to take a client on our own through a fitness session in a gym.

N.P.L.Q – this is a life guarding course which means that I am able to life guard a swimming pool in any country now.

I have learnt a lot of valuable information from this course which I will be able to use in a whole range of jobs. I have really enjoyed my time at Sparsholt studying sport and have made some really good friends. I would recommend Sparsholt sports department to anyone looking to take up a career in the sport/fitness industry.

“The practical side of the course focuses primarily on developing leadership skills, and involves students leading sessions in the various activities”



Instruction in the free weights room



## Apprenticeships

This course is based for the first 6 months at the College with the second 6 months in a work placement with either a Fitness Provider or a leading Outdoor Education Centre. Whilst on the outdoor course you will learn leadership skills in kayaking, canoeing, climbing, mountain biking, sailing, archery and a range of team building activities. Whilst on the fitness course you will learn about nutrition, training programmes, expected behavior within the industry, exercise knowledge and first aid.

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You will have the opportunity to gain a variety of qualifications whilst on this course. For information about the Modern Apprenticeships contact Sarah Dusek. She will be able to provide you with more details of the range of qualifications that you could obtain and be able to explain the work placement options. She is available on 01962 797437

Visit our website:

[www.sparsholt.ac.uk](http://www.sparsholt.ac.uk)

## Course Managers

Within the department, each course has its own manager who timetables and coordinates the course. The head of department, Stuart Barlow, oversees all the courses and ensures the smooth running of the department.



Mountain Biking on Farley Mount

Nigel Wright is Assistant Manager in the department.



while Philippa Wheble is the course manager for the First Diploma in sport..



Scott Cairley is course manager for the National Diploma in Sport and Fitness,



Last but not least Lawrence Blair is course manager for the National Diploma Outdoor Ed.

