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Useful web links

www.norfolk.gov.uk

www.activenorfolk.org

www.communitysportsfoundation.org.uk

www.sportengland.org

<http://pledge2012.com/>

www.sportmakers.co.uk

www.goldchallenge.org

<http://inspiredfacilities.sportengland.org/>

www.cash-4-clubs.com

Contact us

t: 01603 212123

e: sport@norwich.gov.uk

www.norwich.gov.uk

Welcome!

In this issue we focus on the 2012 Olympic Games and the fantastic opportunities available for your club.

Olympic Torch celebration

We're very excited that Norwich has been chosen as one of the destination cities for the Olympic Torch Relay. The Torch will arrive in Norwich on Wednesday 4 July and there will be a special celebration event in Chapelfield Gardens that evening. On Thursday 5 July the Torch will leave Norwich to continue its journey to London where the final flame will be lit on 27 July 2012 to mark the start of the 2012 Games.

The city will be incredibly busy with thousands of people expected to line the route and be present at the evening celebration cheering the torchbearers as they proudly bring the Olympic Flame to the city. The route will be packed full of inspirational activities created by arts organisations, sports clubs and communities which will work together to design and form human pyramids, giant puppets, flags, massive bunting and lots more!

This is an event for everyone to get involved in and we would love to hear your ideas of how you might take part. There may be existing projects that you could join in with, such as collaborations between arts and sports organisations, or we may be able to match you up with another group, help you access funding, or develop ideas.

There are a number of ways your group could be involved, such as:

- performing a gymnastic or dance display
- running a 'come and try' session for your sport in an open space near the route
- adopting a country, dressing up, and waving flags
- arranging for your club to line the route wearing your team colours or kit
- having a street party.

Contact

For all the latest information about the Olympic Torch Relay, what's happening in Norwich and how you can get involved click here to visit the [events pages](#).

For more information contact Caroline Lagden in the events team:

e: carolinelagden@norwich.gov.uk

t: 01603 212521

or Suzanne Parkinson

e: suzanneparkinson@norwich.gov.uk

t: 01603 212130.

2012 pledge

To celebrate the London Olympics and Paralympics, Norfolk Pledge 2012 is asking members of the public to participate in a county-wide legacy project to get active and healthy in the run up to the games.

It requires people to make a personal commitment which can be anything from running 5k, doing activities with the family, taking up a new sport, quitting smoking or becoming a sports coach. All pledges received will form part of Norfolk's giant 2012 flag.

The flag will be unveiled at Norwich City's Football Club's pitch in early June. It will then go on display around the county in the lead up to the Olympic and Paralympics Games in July 2012.

To make your pledge online please visit pledge2012.com/

Be a sporting hero by becoming a Sport Maker!

Whether it's planning the route, booking the facility or encouraging people to take part – sport doesn't just happen, it needs people to make it happen. By signing up to be one of 40,000 Sport Makers you won't only gain the skills, knowledge and opportunities you need to get more people playing sport, you'll also become part of the official London 2012 Olympic and Paralympics' sports legacy.

Sport Makers are, quite simply, people who make sport happen. They may organise sport informally for themselves and their friends, colleagues or neighbours by doing the following:

- organising a friendly badminton session to help work colleagues get to know each other
- rounding up half a dozen friends for a regular five-a-side football kick about
- encouraging friends to do a local run in the park once a week.

By becoming a Sport Maker you'll be helping to deliver the official London 2012 Olympic and Paralympics' Games sporting legacy by encouraging more people to play more sport.

Registering to become a Sport Maker is simple and the programme is open

to everyone aged 16 and over. Once registered you'll need to attend a workshop. Then after you've attended, it's over to you! The programme runs until September 2013 and the only commitment required is for you to complete at least 10 hours of activity. To sign up to the programme please visit www.sportmakers.co.uk

If Sport Makers isn't for you then why not try the Gold Challenge!

On 1 April 2012 Gold Challenge will be hosting a key test event for 20,000 people in the Olympic Stadium, giving you the chance to take part in a 100m race or appear in the Golden Challenge Parade!

There are two great ways you can take on the Gold Challenge:

2012 km challenge – in a team or on your own you complete an aggregate distance of 2012 km by one or more of the following sports:

Running – swimming – cycling – walking – rowing – canoeing – sailing – windsurfing – horse-riding.

This challenge is great for teams or individuals who want to push themselves. There are three possible levels to adopt, depending on how adventurous you're feeling:

- 2012 km
- 201.2 km
- 20.12 km

To keep track of your own or your teams' progress there's an online tool to track how far you've gone and the distance you have left.

To register for the 2012 km challenge please visit the [Gold Challenge website](#).

Olympic Sport Challenge – take on Olympic and Paralympics' sports by trying something new or pushing the boundaries in the sport you love. There are 30 Olympic sports to choose from and the online Gold Challenge Sports Finder and Norwich city sports directory and staff will be available to help find venues local to you. To register please visit the [Gold Challenge website](#).

Gold Challenge is free to enter and is open to everyone aged seven and older. By taking part your name will be put in a ballot and on 1 April 2012 your friends and family could be watching you take part in a 100m sprint race or in the Gold Challenge Stadium Parade alongside Team GB legends and celebrity charity ambassadors. There are lots of other ways of winning a chance to take part too, such as being one of the highest fundraisers.

Clubs preparation for 2012

As you're aware the Olympics is fast approaching! In anticipation for the up-surge and excitement generated by the 2012 Olympics, have you thought about the increased interest in sport that the run up to the event may generate for your club?

Are you looking to take on any volunteers or coaches? For a selection of the latest coaching courses available, visit [Active Norfolk's website](#)

Funding available – Sportivate (April 2011 to March 2015)

For clubs that aren't aware of the Sportivate funding... this is a nationwide campaign funded through the National Lottery that aims to capture the enjoyment of sport. It provides the chance for teenagers and young adults to participate in six weeks of coaching or lead sessions.

Funding is available to cover a variety of aspects of project delivery including venue hire, coach and volunteer costs. If you're interested in working with Active Norfolk to run some Sportivate sessions for young people aged 14 to 25, please contact: Katie Tierney on 01603 731569 or email katie.tierney@activenorfolk.org for more information.

Sport England – inspired facilities

Inspired facilities is focused on making it easier for local community and volunteer groups to improve and refurbish sports clubs or transform non-sporting venues into modern grassroots sport facilities.

Clubs, community and voluntary sector groups will be able to apply for grants of £25,000 to £150,000 where there is a proven local need for a facility to be modernised, extended or modified to open up new sporting opportunities.

Sport England will invest £50m of National Lottery funding in up to 1,000 local sports facilities. With a total of four rounds to the funding, round one is now closed with round two opening on 1 February 2012. The final round will take place in 2013. For more information visit the [Inspired Facilities website](#).

Cash 4 Clubs

The Cash 4 Clubs scheme has given out sports grants to many deserving causes and is committed to finding more sports clubs to help in the future. With awards of £250, £500 and £1000 available, Cash 4 Clubs is giving away grants that can help your club. For more information visit the [Cash 4 Clubs website](#).

Sports directory

We're in the process of putting together our new sports directory in time for the games next year. If you'd like to add any more comments about the look of the new guide or you know of any new sports clubs that have evolved or weren't mentioned in the last guide, please contact Suzanne Parkinson (see bottom of the page for contact details).

Request for club information

The sports development team at Norwich City Council will be hosting its Fit City Event for colleagues at the start of the New Year. The event aims primarily to promote healthier and more active lifestyles among city council employees. If you have any flyers/membership information about your club that we could hand out on the day this would be very much appreciated. Please send any information to Suzanne Parkinson, room 45, Norwich City Council, City Hall, St Peters Street, Norwich NR2 1NH.

Future club development

If your club is in need of some new equipment or you're thinking of gaining club accreditation, don't forget the sport development team is here to guide you in the right direction!

Retirement

We'd like to let you know that as of 6 January 2012, Janet Baker, sports and equity officer, will be retiring from Norwich City Council. The team appreciates all the fantastic contributions she's made to sports development and we wish her all the very best for the future.

Finally, If you have any comments about this newsletter or suggestions for future articles please get in touch with Suzanne Parkinson:

t: 01603 212123 or

e: suzanne.parkinson@norwich.gov.uk