

Gosling Sports Park,  
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## Gosling Sports Park Sports Development Report

### Gymnastics

**Gymnastics development training program:** Is still progressing very well and has resulted in Gosling extended their training program, increasing training hours and increasing/improving the overall level within the club. We have also started a mini development training program which caters for 3-5year olds and offers a higher level of coaching with a specialist program designed for the participants age and ability. Our club has doubles in size since January which is a great achievement.

Thanks to the funding we received from the Community development fund we have been able to register our club plus the individuals with British Gymnastics and have started to train and work towards competitions. We had a visit by the eastern Gymnastics Association at the end of March who came to analyse our club, coaches and training program and have given us great feedback and ask us to join their organisation.

### Extended Schools funding

In partnership with the Extended Opportunities funding scheme Gosling have helped introduce between 70-80 children to sports activities at Gosling. Thanks to this funding and Goslings restructured price structure many children have access to courses, activities and taster sessions at Gosling sports park. The majority of these children had never used the facilities at Gosling before so this project has introduced them to a new environments, coaching and pathways to continue after the funding has run out. From these booking many participants have also been spotted as quite gifted and have joined squad training groups at Gosling.

### North Herts College Gosling Tennis Academy

Gosling Tennis IHPC and North Herts College created a partnership in 2010, centred around the two organisations progressing forward together and generating increased educational opportunities for both Students and Tennis players. One such scheme, the - Tennis Academy - has been in operation this academic year and will be again next academic year. Targeting those aged 16years+ whose rating is not under the 6.2 threshold required to gain entry onto the AASE programme, this scheme allows students to study full-time on a Btec programme at North Herts College, combined with an intensive part-time Tennis training programme, including squad sessions, coach mentoring and physical conditioning. The scheme is ideal for promising players between the ratings of 6.2 - 9.2; players with a natural ability who want to fulfil their potential in Tennis; or players who used to perform at an elite level but dropped out of the game and want to return. For more information, please contact Christine Hildreth via email:

[christine.hildreth@goslingsports.co.uk](mailto:christine.hildreth@goslingsports.co.uk)

### Disability Tennis Programme

The new and expansive Disability Tennis programme at Gosling is flourishing, generating much interest, participation and enjoyment. The 2 Learning Difficulties sessions have run at well over 90% occupancy since the beginning and the Visually Impaired course - unique to the region - has fast attracted a healthy number of eager, regular participants with the assistance and partnership of Hertfordshire Children, Schools and Families VI unit. Stronger link with Knightsfield School for the Deaf have now been established with their students attending Gosling for taster sessions to promote the Deaf Tennis course. One course which is in need of more participants is the Wheelchair Tennis course. If anyone aged between 5-16years is interested in having a free trial, please contact James Edgerley on 01707 384339 or via email: [jedgerley@goslingsports.co.uk](mailto:jedgerley@goslingsports.co.uk)



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### **Moon light football in partnership with Child UK, Gosling and the Council**

The moonlight football project is still going strong at Gosling and continues to grow. This is a fantastic projects that enables teenagers and participants the opportunity to be part of something enjoyable and worth while, rather than walking the streets at night. As a result of this the project has been extended to run throughout the year.

### **New community links**

A Healthy Lifestyle project in partnership with 6 local schools, Welwyn and Hatfield Borough Council, Welwyn and Hatfield PCT, Gosling Tennis and Sports Development departments and other clubs links who train or hire facilities at Gosling ran its spring term and will finish mid-summer term. Through funding from the Borough Council and PCT, Gosling established 6 new links with local schools in priority areas of Welwyn and Hatfield and are currently running taster sports sessions as part of the schools PE sessions. This is a great opportunity to filter school children on to courses at Gosling as well as identify new talent and establish better community links. Activities included in the program are:

- Dance
- Gymnastics
- Athletics
- Tennis
- Boxercise
- Karate
- Tag Rugby
- Health eating educational talk

### **Camp Gosling**

Gosling continues to run its multi sports camps and taster sssions as part of our camp Gosling holiday program. This program continues to grow due to demand and now cover the widest range of sports and activities that has ever been on offer at Gosling.

**Goslings Sports academy (10years plus) multi coaching program** has exceeded target numbers and is slowly becoming one of the most popular activities which runs as part of our Camp Gosling program. We have found this age group really hard to target in the past but found that by re developed our program has really made a difference and offers a great specialised program to suite the older age group.

### **Jungle Mania**

February half term was yet another busy period for Jungle Mania. To maximise usage we introduced new booking bands and a stamp system. We are now able to accommodated far more bookings over a shorter period of time therefore maximising usage and ensuring everyone has assess to our facilities. Due to the demand we had to introduce a new staffing rota to try and deal with the busyness within the area and maintain customer standards. This new staffing rota has worked really well and enabled us to monitor the fame a lot easier and maintain health & safety.

