



Games inspired volunteering opportunities for Hertfordshire residents



This month we are launching Hertfordshire is Ready for Winners Volunteering. The scheme which has been awarded a LOCOG Inspire Mark, is being rolled out through the Hertfordshire Volunteer Centres, who have each recruited HRFW Volunteering Coordinators to develop a bank of 2012 inspired volunteers who can be deployed in activities and at events inspired by London 2012.

HRFW Volunteering is not the only scheme to be launching in October. The Sport Makers programme, funded by the National Lottery, aims to recruit tens of thousands of new sports volunteers aged 16 and over to organise and lead community sport activities across the country. Everyone who chooses to become a Sport Maker will be invited by their county sports partnership to come to a workshop and support them to find local opportunities to increase participation in sport.

There are also more than 2,000 opportunities for 16-18 year olds to volunteer at the London 2012 Olympic and Paralympic Games currently available through the Young Games Maker scheme. Young Games Makers will be needed in the Technology Department and across a number of sports, from aquatics and athletics to wheelchair tennis and weightlifting. This is a once-in-a-lifetime opportunity for young people to get involved in the greatest show on earth – while learning new skills, gaining experience and making new friends. Applications close at the end of October so don't delay.

Further details on volunteering opportunities are available on our website: www.hertsisreadyforwinners.co.uk/volunteering.html

The Herts 2012 Team

Jon, Sophie, John, Sally and Gareth visit us online at www.hertsisreadyforwinners.co.uk or follow us on Twitter www.twitter.com/readyforwinners

Hertfordshire is Ready for Winners Volunteers *coming to a Games inspired event near you!*

Earlier in the year the Hertfordshire is Ready for Winners Partnership teamed up with the Volunteer Centres Hertfordshire to find a group of dedicated volunteering coordinators who could bridge the gap between local events and volunteers inspired by the London 2012 Olympic and Paralympic Games.

Coordinators are now in place at Volunteer Centres across Hertfordshire poised to help make next year a year of celebration. The Coordinators are armed with guidance on how to make your event Games inspired, advice on branding, promotion, extending the reach of your event, signposting to funding opportunities and also to manage events taking place in their locality so there are no conflicting events competing locally for resources.

Individuals or groups wanting to get involved in Games inspired events and activities should also register for HRFW Volunteering at their local Volunteer Centre and then Coordinators can get to work matching volunteer opportunities to Games inspired volunteers. Volunteers can be deployed in a number of activities across the county, ranging from and including:

- Community events – such as cultural festivals or local fairs/fetes

- Community events linked to the Olympic Torch Relay
- Sports events – such as Herts Youth Games
- Exhibitions
- Community projects
- Town centre tourist guides.

The HRFW Volunteering Scheme has been awarded an Inspire Mark by the London 2012 Organising Committee (LOCOG). The Inspire mark is awarded to specific projects and events which are inspired by the Games, well managed, funded from non-commercial sources, innovative and likely to achieve at least one of LOCOG's key outcomes. The scheme is an important step towards the Partnership's ambition of closer and healthier communities.



For more information about the HRFW Volunteering Scheme visit www.hertsisreadyforwinners.co.uk/volunteering.html or contact your local Volunteer Centre www.volunteeringherts.org



Our HRFW Volunteering Coordinators are waiting for your call!

We have spoken to one of our HRFW Volunteering Coordinators - Lauren Blowman is working in the Volunteer Centre Dacorum and can't wait to get stuck in.

What first inspired you to the role of the Hertfordshire is Ready for Winners Volunteering scheme Coordinator?

Having the Olympic and Paralympic Games coming to London in 2012 is literally a once in a lifetime experience, and one that I am incredibly excited about! I was attracted to this role because the opportunity of using the Games as a channel for bringing the community together through volunteering prior to, during and after Games time is fantastic.

Who would you like to hear from?

I would love to hear from anyone who is inspired by London 2012, and who would like to volunteer locally as a result. Perhaps those who were unsuccessful in applying for Games Maker roles would like to volunteer with local sports projects or cultural events instead (although I'd love to hear from those who were successful too!). For those who did not apply, but still want to volunteer, I would encourage them to get involved in this scheme, where I'll work with them to find something they will enjoy doing.

What support can you offer Games inspired volunteers or activities and events that need volunteers?

The support I can offer will be through acting as

a core link between volunteers and clubs/organisations. I aim to work with the volunteers on a considerate and personal level to help them achieve what they what, as well as providing activities and events with suitable volunteers who are ready and willing to help out.

Why volunteer for these events?

People can volunteer for these events to show their support for London 2012 on a local level, and to help the schools, clubs and societies in their area. What's more, volunteering has a number of positive outcomes for the individual too... so if you're not going to be involved in the Games, or even if you are, why not volunteer at a Games-inspired event and get into the spirit of things!

What are your plans for what the scheme will look like in Dacorum?

I hope to involve people from all walks of life and aim to develop an extensive pool of volunteers who can easily be deployed in Games inspired activities and events throughout Dacorum. I would also like to attract as many local clubs and organisations as possible who aren't involved in the scheme yet to



benefit from the Olympic and Paralympic values, and to utilise and make the most of these volunteers.

How do you see next year panning out in Hertfordshire?

I can see next year being very successful for Hertfordshire. Not only do we have a number of athletes potentially competing for GB at London 2012, we are also a host county with the Lee Valley White Water Centre venue for canoe slalom. So already the county is seeing a lot of exciting action in association with the Games, which is hopefully set to continue and to rise, especially if we get a visit as part of the Olympic Torch Relay. For these reasons, the Games are a wonderful way of bringing people of the community together, and, with any luck, this legacy will continue after the Olympic and Paralympic Games have happened.

Where can you go to find out more information?

To find out more information about the scheme, please visit www.hertsisreadyforwinners.co.uk/volunteering.html If you are interested in volunteering or creating Games inspired events, then contact your local Volunteer Centre, which you can find by visiting www.volunteeringherts.org You can also email me at lauren@volunteerdacorum.org



Olympic Hopefuls – Daniel and Robert Poth

Potters Bar brothers Daniel and Robert Poth have been skiing since they could walk. Now British Indoor Championship gold and bronze medallists respectively, the Poth brothers have their sights firmly set on competing for Great Britain in the Winter Olympics one day.

These Mount Grace School students juggle the demands of education with a rigorous routine of training in the gym and on the slopes, coupled with extensive travelling overseas for competitions.

Specialising in the discipline of Ski Racing, Daniel and Robert face the fierce competition of European youth skiers who are brought up on the slopes. The closest facility these boys have to real alpine conditions is Hemel Hempstead Snow Centre where both compete for the Race Club. Despite the obvious advantage of their European competitors, the Poth brothers have proved themselves worthy opponents after achieving first and second place respectively in the 2010 European Indoor Championships in the Under 15 age group.

Both athletes have competed for the Great Britain Children's Ski Race Team since 2009 with Daniel now competing for the England Alpine Ski Race Team due to his age.

Daniel Poth
(bottom left)
and
Robert Poth
(top right)

Daniel, age 15, aims to win the British and European Indoor Ski Championships in his age group this year whilst also studying for his GCSE exams.

Robert, age 14, has set his goal as maintaining his current position of Under 15 British Indoor Champion.

The Hertfordshire Talented Athlete Programme has been supporting both athletes since September 2010 and has been delighted to witness their progress during this time. Benefitting from Strength and Conditioning training and Sports Psychology sessions at Hertfordshire Sports Village, these services prove a valuable addition to the slope training.



Supported by the University of Hertfordshire, Herts County Council, Lee Valley Regional Park and Herts Is Ready For Winners, this programme supports 23 other talented young athletes from around the county.

For more information visit www.hertssportsvillage.co.uk/hertstalentedathletes

Rafter swaps Lee Valley white water for jungle water

Assistant Manager at Lee Valley White Water Centre, Paskell Blackwell headed off to Costa Rica to take part in the 2011 World Rafting Championship on the ferocious Pacuare River, considered one of the world's most challenging rivers for rafting.

Paskell is captain of Team GB's men's rafting team which is ranked third in the world and are world champions at head to head rafting.

During the competition he stayed in a jungle eco village close to the Pacuare River where more than 50 nations competed. Before departing for Costa Rica, Paskell said: "It's going to be a big change from rafting at Lee Valley White Water Centre but I have been training very hard along with the rest of the team. It's a very competitive field and there's a very small margin to being on the podium and missing out."

The men's team achieved their aim of finishing overall in the top ten by reaching sixth place as well as winning silver in the sprint event.

The competition is held every two years. Some of the teams are made up of indigenous tribes who raft in remote regions of Central and South America. The 68 mile long Pacuare River passes through dense tropical forests and is home to a vast array of wildlife including jaguars, ocelots, monkeys, sloths and hundreds of species of birds.

Paskell has been representing the British rafting team for six years and has been captain for the last two. He became involved in water sports while at university in Bangor, north Wales.

For more information about Lee Valley White Water Centre, visit www.gowhitewater.co.uk





Muscle Dreams get set for 2012 Games

Herts based charity The Muscle Help Foundation's 'Games Inspired Muscle Dreams' programme has been granted an Inspire Mark by the London 2012 Inspire programme. The London 2012 Inspire programme recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games.



The aim of the 'Games Inspired Muscle Dreams' programme is to deliver a life-changing experience for 200 young people directly affected by muscular dystrophy, by visiting the 2012 Games.

Michael McGrath, co-founder and Chief Muscle Warrior (CEO or CMW?) of The Muscle Help Foundation and disability advisor to the HRFW Board said: "Over the 10 days of the London 2012 Paralympic Games, our charity plans to give 200 young people with Muscular Dystrophy from across the UK an experience that they will remember for the rest of their lives. This unique Games Inspired Muscle Dream programme will include a day at the Olympic Park, but also an opportunity to meet past, present and future athletes."

The Muscle Help Foundation exists to deliver amazing and unforgettable experiences in the UK (known as Muscle Dreams) for children and young people afflicted by Muscular Dystrophy, enabling them to live a dream, or perhaps fulfil a cherished ambition. For more information on the Muscle Help Foundation visit www.musclehelp.com

Seb Coe, Chair of the London Organising Committee of the Olympic Games and Paralympic Games (LOCOG) said: "Games Inspired Muscle Dreams is encouraging young people with Muscular Dystrophy to fulfil their potential. I am proud that with the help of partners such as The Muscle Help Foundation, we are delivering our vision to use the power of the Olympic Games and Paralympic Games to make positive life changes for young people in the UK."

And Finally...News Briefs

European Athletics Rising Star 2011 is from Hertfordshire!

Congratulations to local sprinter Jodie Williams who has won the 2011 women's European Athletics Rising Star award. Jodie, who really impressed earlier this year when she came 4th in her senior debut, was presented with her award on Saturday 15 October at the European Athletics Awards Night.

Royston launches 2012 display

A display at Royston Railway Station has been launched by the Royston 2012 committee. The display includes a large banner saying: "Welcome to Royston 2012: A Year of Celebrations." Committee chairman Councillor Lindsay Davidson said: "The display and the banner show that Royston means business next year and will play its part in the celebrations surrounding the Olympic Games." Work on the display, which included the building of a frame and planting, took place over two Saturdays by volunteers from Royston-based company Johnson Matthey.



'Plan your 2012' Grant Applications Now Open!

Could your school lead a project to inspire other schools to engage with the London 2012 Games and have a lasting impact on children and young people, then London 2012 would like you to apply for a 'Plan your 2012' grant of up to £8,800. Turnford secondary school in Hertfordshire has already been awarded a grant for their 2012-inspired activities. The deadline for applications is Friday 4th November, and you must be a Get Set Network school <http://getset.london2012.com/en/the-games/news/archive/2011-Oct/plan-your-2012-grant-applications-now-open>

National Lottery Olympic Park Run

The National Lottery is hosting the first ever public event in the Olympic Stadium. The National Lottery Olympic Park Run will offer the chance for 5,000 participants to be the first to cross the Olympic finish line and to run on the track that the world's elite athletes will compete on. It will take place on 31 March 2012 and the five mile course will be contained within the Olympic Park. The ballot for this run is open until midnight on the 27 October 2011. The online ballot can be entered by visiting www.national-lottery.co.uk/run and the run is open to anyone aged 16 or over, of any running ability. The 5,000 lucky hopefuls chosen from the ballot will also be allocated a pair of spectator passes each to the Olympic Stadium, so that two friends or family members can cheer them on and be part of this memorable occasion.