



2006/2007

SPORTS DIRECTORY



NORWICH
City Council

Norwich belongs to all of us



Introduction by Councillor Brenda Ferris

*Welcome to the 2006/07 Norwich Sports Directory.
The directory has been produced by Norwich City Council to
highlight the wide variety of exciting sporting and physical
activity opportunities available to people in Norwich ranging
from martial arts to skiing to health walks.*

*We hope that you'll find the directory interesting and that
it inspires you to try a new sport or physical activity.*

A handwritten signature in white ink, appearing to read 'B. Ferris', with a long horizontal flourish extending to the right.

Councillor Brenda Ferris

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Sports Development Team



The Norwich City Council Sports Development Team's main role is to develop new sporting opportunities in Norwich and to support existing clubs, facilities and organisations.

Recent examples of the Sports Development Team's work includes:

- working in partnership with Norwich Flyers BMX Club to access funding and design to build a National Standard BMX racing track at Sloughbottom Park
- establishing Norwich City Tennis Club, in partnership with the Lawn Tennis Association (LTA), to deliver low cost, high quality tennis coaching in Norwich parks
- setting up community football sessions in the Jenny Lind, North Earlham, Larkman and Marlpit (NELM) and Fiddlewood areas of Norwich
- organising the Norfolk Youth Games in partnership with other local authorities in Norfolk and the Norfolk Sports Partnership for young people with a disability
- setting up athletics, swimming, tennis and boccia sessions for young people who have a disability
- assisting Norwich based clubs to achieve Sport England 'Clubmark' accreditation

- assisting Norwich based sports clubs to develop by helping them to gain external funding
- making The Norman Centre fully accessible to people of all abilities and gaining Inclusive Fitness Initiative (IFI) accreditation
- establishing the NEW West Norwich Swimming Club in partnership with the NELM Development Trust.

The team can offer advice and support to local sports clubs, coaches and individuals in a number of different areas, including:

- accessing funding
- club and coach development opportunities
- gaining Sport England Clubmark accreditation (or equivalent National Governing Body accreditation)

- increasing club membership and finding suitable facilities for clubs in Norwich.

If you would like to discuss a sporting matter please contact the Sports Development Team:

**Martine Holden –
Sports Development Manager**
t: (01603) 212114 or
e: martineholden@norwich.gov.uk

**Jon Osborne –
Sports Development Officer**
t: (01603) 212123 or
e: sport@norwich.gov.uk

**Janet Baker –
Swimming Development Officer**
t: (01603) 212112 or
e: swim@norwich.gov.uk.

**Lee Wright –
Norman Centre Manager**
t: (01603) 408140 or
e: normancentre@norwich.gov.uk



Choose physical activity and exercise

By David Cosford, Assistant Director of Physical Education and Sport, Sportspark UEA



Health of our nation

Physical inactivity is a major problem in the UK. More than 50% of adults are not regularly physically active and 25% of all adults are not active at all. This general deterioration in activity levels is having a detrimental affect on our health. As a country, we are seeing significant increases in chronic diseases and conditions such as obesity, coronary heart disease, diabetes, hypertension and strokes. The general trend is not isolated to adults, as children too are becoming less physically active and are suffering from the same health problems.

Generally our lifestyles are becoming more and more hectic, which is tending to have a negative effect on our devotion to some form of physical activity. Although our lives are busy, we tend to prefer making our lives easier or more convenient. Here are some common examples:

- the majority of people use escalators rather than stairs
- we drive to the local shops rather than walk

- we use a remote control to change the television rather than stand up and walk over to the TV
- people drive to work even if they live within a mile of their workplace
- the majority of jobs are performed sat down for most of the day.

The effect of these convenient lifestyle methods is to make the majority of people undertake less physical activity during the day. This, therefore, places greater priority on getting more physically active during our leisure time in order not to suffer from some of the health problems mentioned above.

Maintaining good health and well-being does not have to be overly time consuming and the cost of improving health does not need to be high. As a nation we spend a large amount of money and time on maintaining our cars in good order, however this is not the case with our own bodies. It is time to redress the balance and prioritise our own health.

Physical activity and exercise – why, how, when, where?

Why exercise?

Most people would know the answer to the question: **'why is exercise good for you?'**. It is often putting the theory into practice though that is the difficulty.

There are many physical and mental benefits from taking regular exercise. The following list is just a few of the key benefits:

- lower blood pressure
- increased stamina
- decreased body fat levels
- lower blood cholesterol
- decreased anxiety and depression
- enhanced feelings of well-being
- enhanced performance of work, recreational and sports activities.

Physical activity and exercise has a positive impact across the whole age range from children through to the elderly. Appropriate care and attention should be given to 'special' populations such as children, pregnant women, elderly, people with disabilities and people suffering from chronic disease or obesity. These groups will have different physical requirements and qualified individuals should prescribe the exercise they take part in.

How should I exercise?

Exercise can take the form of many different activities. Generally any form of exercise that has the effect of raising the heart rate and breathing rate is going to be beneficial to health and well-being. There are many household jobs that can be classified as exercise, such as ironing, gardening, Hoovering and cleaning. The best way of fitting exercise into your weekly schedule is to make it a routine event that fits nicely into your other commitments. For instance you could:

- ride a bike to work each day if you live reasonably close
- take an early morning swim
- go for a daily walk at lunchtime.

Swimming, cycling and walking are excellent forms of exercise as they are low impact and are not intense enough to cause any potential risk.

Participating in any form of sporting activity is a great way of exercising and it also allows you to meet other like-minded individuals. Certainly, there is a great deal of choice when it comes to sports clubs, and many are included in this directory.

When should I exercise?

It does not make a great deal of difference what time of the day you exercise. A physical activity/exercise programme needs to consider frequency, intensity, time and type. As a general rule of thumb, the ideal scenario is to exercise five times a week for a minimum of 30 minutes each time. These sessions should be moderate in intensity. A moderate exercise intensity will allow small bouts of conversation, but not continuous conversation.

The 30 minutes of physical activity/exercise should ideally be continuous, but if time does not allow, it can be accumulated (i.e. three x 10 minutes).

Physical activity and exercise should become a daily routine, which is undertaken throughout the year. The health gains made by exercise are lost just as easy as they are gained. Try to commit to a lifetime of physical activity, to have significant impact on your healthy lifespan.



Where can I exercise?

Just use your imagination and you can design all kinds of ways of becoming more active. There are a wide variety of sports clubs, sports facilities, parks, cycle routes and swimming pools in Norwich – and some beautiful countryside to explore just outside the city. Norfolk provides a wonderful environment to get more physically active so why not make some healthy choices today?



Go 4 less

What is the Go 4 less card?

The Go 4 less card is a FREE sport and leisure discount card for Norwich residents who are:

- on a low income (and their dependants)
- aged 60 or over
- full-time students aged 17+

Card holders receive up to 50% discount on Council facilities as well as other leisure attractions.

Where can I use the Go 4 less card?

- Riverside Swimming Centre
- Blyth Jex Centre
- Norman Centre
- Cinema City
- Norwich Parks
- Garden Café
- Allotments
- Inspire Discovery Centre
- Norwich Puppet Theatre
- Number Ten Bowling
- Norwich Arts Centre
- Kings Fitness
- Origins at the Forum
- Power League
- The Maddermarket Theatre
- The Waterfront
- Sportspark, UEA



Who can apply for a Go 4 less card?

You must live in the Norwich City Council boundary and also be able to show proof that you receive one of the following:

- Income Support
- Housing Benefit
- Council Tax Benefit (25% single occupancy does not apply)
- Working Tax Credit (low income category)
- Income Related Job Seekers Allowance
- Disability Living Allowance
- attend a Government Training Scheme
- are a full-time student aged 17+
- are a dependant of any of the above
- are 60 years of age or above.

Where can I apply?

Norwich Tourist Information Centre, The Forum, Norwich.

Norwich City Council, Cashiers Section, City Hall, Norwich.

The Norman Centre, Bignold Road, Norwich.

Advice for choosing a sports club



Here are some tips to help you decide which sports club you might like to join:

- Always speak to the club contact before turning up to a session to confirm suitability and find out if they are accepting new members.
- Find out if you can have a trial session.
- Ask about the cost of membership, weekly fees and methods of payment.
- Find out if the club's aims match yours, i.e. highly competitive or recreational.
- Check that all coaches are suitably qualified and have public liability insurance.
- If activities include children we advise that you observe a session and ensure that the club has a Welfare Officer. Check that coaches are Criminal Records Bureau (CRB) checked and have attended Child Protection Awareness training.
- Also check there is someone present at all sessions who is first aid trained and has access to a suitable first aid kit.

- Look for the  symbol in the clubs listings; this symbol shows that a club has been awarded Sport England's Clubmark accreditation. If not find out if they have a similar National Governing Body award, such as the Amateur Swimming Association's Swim 21 or Football Association Charter Standard accreditations. Clubs with these accreditations have reached nationally recognised high operating standards.
- Don't be shy to ask if you can get involved – volunteers in sports clubs are always welcomed and needed. See page 38 for information on volunteering in sport.
- Should you require further information about any of these issues feel free to contact the Sports Development Team.






Please note that this directory does not include every club and facility in Norwich; it contains details of clubs and organisations that responded to a request for details about the sporting opportunities that they provide.



Other sports clubs in Norwich (as well as clubs in Broadland and South Norfolk) can be found by looking at Norfolk County Council's Icon database. Icon contains details of a wide range of local organisations and services, from clubs and societies to community, voluntary and self-help groups. The database can be accessed at all Norfolk libraries and is also accessible on the Internet and can be viewed at <http://icon.norfolk.gov.uk>

Please note that Norwich City Council is not recommending any of the clubs published in this directory and would strongly advise that you follow the guidelines on the previous page before choosing to attend a club.

Symbols that may help you choose a sports club/facility

-  Junior
-  Adult
-  Clubmark accreditation
-  Pay & Play
-  Membership

Clubs listings

AMERICAN FOOTBALL

Name: Norwich Devils American Football Club
Venue: Lakenham Sports and Leisure Centre, Cricket Ground Road
Contact: Peter Wrigley
t: 01603 875416 or 01603 412797
e: pwrigley@bigfoot.com
w: www.eteamz.com/norwichdevils

Jnr Adt

Name: Scorpions American Football Club

Venue: Norwich
Contact: Bernie Dollery
t: 01603 763222
e: scorpionsafc@aol.com
w: www.scorpionsafc.org.uk

Jnr

ATHLETICS

Name: City of Norwich Athletics Club
Venue: Sportspark, UEA
Contact: Myra Hawtree
t: 01603 403651
e: myrahawtree@waitrose.com
w: www.conac.org.uk

Jnr Adt

Name: Norwich Road Runners
Venue: Blyth Jex School
Contact: Mick Powell
t: 01603 893546

Jnr Adt

BOWLS

Name: Cloverhill Bowls Club
Venue: Cloverhill Bowls Club
Contact: Ray Sinclair
t: 01603 457018
e: ray.sinclair@ntlworld.com

Jnr Adt

Name: Harford Bowls Club
Venue: Harford Community College Peterkin Road
Contact: Jacqueline Higgleton
t: 01603 629937

Adt

Name: Harford Vets Bowls Club
Venue: Harford Community Centre, Peterkin Road
Contact: Joan Stubbs
t: 01603 504733

Adt

Name: Norfolk Bowling Club
Venue: 444A Unthank Road
Contact: Liz Sabberton
t: 01508 494293
e: lizsabberton@amserve

Jnr Adt

Name: South Park Bowling Club
Venue: South Park Bowling Club
Contact: K.R. Westgate
t: 01603 431250

Adt

CANOEING

Name: Norwich Canoe Club
Venue: Whittingham Lane
Contact: Jackie Kilbourn
t: 01603 618174
e: kneverfinished@aol.com
w:
www.the-watershed.co.uk/norwichcc

Jnr Adt 

CRICKET

Name: Eaton Cricket Club
Venue: Eaton
Contact: Simon Fudge
t: 01603 260194

Name: Ketteringham Hall Cricket Club
Venue: Sportspark, UEA;
Ketteringham Hall Cricket Ground
Contact: Robert Valentine
t: 07803 021797 or 01603 667930

Adt

Adt

Name: Norwich Cricket Club
Venue: Ferry Lane, Postwick
Contact: Paul Barrett
t: 01692 598309
e: paulandjoe@btinternet.com
w: www.norwich.c.c.co.uk

Jnr Adt

CROQUET

Name: Norwich Croquet Club
Venue: Eaton Park
Contact: TD Sparks
t: 01362 692601
e: tdsexpress@amservice.com

Adt

CYCLING

Name: Eaton Cycle Speedway Club
Venue: Harford Park, Ipswich Road
Contact: Ray Hunt
t: 01603 250799

Jnr Adt

Name: East Anglian Cycling Club
Venue: Norfolk
Contact: Howard Millar
t: 01603 746952
e: howardmiller@f25.com
w: www.eastangliancc.org

Jnr Adt

Name: Norwich Amateur Bicycle Club
Venue: Norwich
Contact: John Newman
t: 07981384861 or
01953 603794
e: john@G6ZQE.freemove.co.uk

Jnr Adt

Name: Norwich Flyers BMX Racing Club

Venue: Sloughbottom Park, Drayton Road

Contact: Tim Gregory

t: 01603 748401

e: info@norwichbmx.co.uk

w: www.norwichbmx.co.uk

Jnr Adf

Name: Norwich Stars Cycle Speedway Club

Venue: Eaton Park

Contact: Glenn Grange

t: 01603 425966

e: lee.grange@tiscali.com

w: www.norwichcsc.zoomshare.com

Jnr Adf

Name: Velo Club Norwich

Venue: Pitt Street

Contact: Ed Wells

t: 07811 349615

e: veloclubnorwich@hotmail.com

Jnr Adf

DANCE

Name: Ceroc Anglia

Venue: Earlham High School; Pinebanks; John Innes Centre

Contact: Anna Cook

t: 01362 690171 or

01508 521070

e: info@cerocanglia.co.uk

w: www.cerocanglia.co.uk

Adf

Name: Miller Dance Centre

Venue: Units 1 & 3 Ropemakers Row

Contact: Richard Miller

t: 01603 488269 or

01603 488249

e: richard@millerdance.co.uk

w: www.millerdance.co.uk

Jnr Adf

FENCING

Name: Norfolk Academy of Fencing

Venue: Norwich High School; SportsPark, UEA

Contact: Andrew Sowerby

t: 01603 747870 or 07833 348800

e: andrew.sowerby2@ntlworld.com

w: www.sowerby-fencing.co.uk

Jnr Adf

FOOTBALL

Name: Anovo Athletic FC

Venue: Pilling Park

Contact: Ian Probert

t: 07921233568

e: iprobert@a-novo.co.uk

Adf

Name: Barchester United Ladies FC

Venue: City of Norwich School; YMCA, Trowse

Contact: Jim McCready

t: 01603 721521

e: vicki.shucksmith@barchester.com

Adf

Name: CNSOBU FC
Venue: Pinebanks, Yarmouth Road
Contact: Nigel Podolski
t: 01603 502559
e: npodolski@compuserve.com

Adt

Name: Football in the Community
Venue: Powerleague, Carrow Road and across Norfolk
Contact: Steve Eastaugh
t: 01603 761122
e: steven.eastaugh@nfc-canaries.co.uk
w: www.fitc.org.uk

Jnr Adt

Name: Hannants FC
Venue: Thorpe St Andrew High School
Contact: Mark Palmer
t: 07702 189108
e: mark.palmer@btinternet.com

Adt

Name: Heigham Park Rangers YFC
Venue: Notre Dame High School; Eaton Park
Contact: Dick Allen
t: 01986891646 or 01603 456302
e: dick.allen@tinyonline.co.uk

Jnr

Name: Holy Trinity FC
Venue: Eaton Park
Contact: Peter and Hannah Bligh
t: 01603 734555
e: hanbo24@hotmail.com

Adt

Name: Jex Rangers Youth FC
Venue: Eaton Park; Earlham Park; Earlham High School
Contact: Steve Cushing
t: 01603 741704
e: steve.303@tiscali.co.uk
w: www.freewebs.com/jexrangersu15YFC

Jnr

Name: Lakeford Rangers Juniors FC
Venue: Eaton Park
Contact: Sue Alden
t: 07733108275 or 01603 451575
e: aldens@btinternet.com

Jnr

Name: Meadow Way Chapel FC
Venue: Sloughbottom Park, Drayton Road
Contact: Paul Southgate
t: 01603 442165
w: www.meadow-way.org.uk

Adt

Name: Mousehold Athletic FC
Venue: Heartsease High School
Contact: Katie Stibbon
t: 01502 740152
e: katiestibbon@btinternet.com

Jnr Adt

Name: Norman Wanderers FC
Venue: Sloughbottom Park, Drayton Road
Contact: Clive Pilgrim
t: 01603 469972 or 07939 528988

Jnr Adt

Name: Norwich Central Baptist Church FC

Venue: Sportspark, UEA and Eaton Park

Contact: Peter Barry

t: 07775 630134

e: peter.barry@tesco.net

w: www.ncyl.org.uk



Name: Norwich City Ladies FC

Venue: Plantation Park, Blofield

Contact: Colin Binfield

t: 01508 528514

e: binnercs@yahoo.com

w: www.norwichcityladies.co.uk



Name: Norwich City Canaries FC (Ladies)

Venue: Thorpe Recreation Ground

Contact: Sue Austin

t: 01603 435599

e: robert.austin@homecall.co.uk



Name: St Johns Youth FC

Venue: Eaton Park

Contact: Andrew Ebelewicz

t: 01603 680923 or

01603 506873

e: aebelwicz@hotmail.com



Name: Surrey Chapel FC

Venue: Trowse YMCA

Contact: Gaius Phillingham

t: 01603 407609

e: youthworker@surreychapel.org.uk



GOLF

Name: Royal Norwich Golf Club

Venue: Drayton High Road

Contact: John Meggy

t: 01603 429928

e: mail@royalnorwichgolf.co.uk

w: www.royalnorwichgolf.co.uk



GYMNASTICS

Name: Centro Gymnastics Club (Recreational)

Venue: Hewett School, Hall Road

Contact: Cliff Meachen

t: 01603 424926 or 07885 182689



Name: Norwich Gymnastics Club

Venue: Heartsease Recreation Ground, Sale Road

Contact: Glenys Halford

t: 01603 502976



HOCKEY

Name: Broadland Hockey Club

Venue: Taverham

Contact: Tim Aldous

t: 01603 754459

e: tim.aldous@talk21.com

w: www.freewebs.com/broadlandhc



Name: Norwich Union Ladies Hockey Club
Venue: Pinebanks, 9 Yarmouth Road
Contact: Hazel Medler
t: 01603 206480 or 01603 418257
e: medlerh@norwich-union.co.uk
w: www.nuhc.co.uk

Jnr Adt

HORSE RIDING

Name: Pine Lodge School of Classical Equitation
Contact: Susan Barber
t: 07765 000869
w: www.pinelodge-school.co.uk

Jnr Adt

Name: West Runton Riding Stables Limited
Venue: West Runton
Contact: Mr & Mrs Bakewell
t: 01263 837339
e: bakewell@norfolkshirehorse.fsnet.co.uk
w: www.norfolk-shirehorse-centre.co.uk

Jnr Adt

Name: Willow Farm Riding School
Venue: Ormsby St Margaret
Contact: Jane Russell
t: 01493 730297

Jnr Adt

KORFBALL

Name: Norwich City Korfball Club
Venue: City of Norwich School
Contact: Philip Buttinger
t: 01603 250269
e: pjbuttinger@tiscali.co.uk
w: www.nckc.co.uk

Jnr Adt

Name: Norwich Knights Korfball Club
Venue: Recreation Road Sports Centre
Contact: Ross Lenton
t: 01603 250111
e: rosslenton@hotmail.com
w: www.norwichknights.globexposure.co.uk

Jnr Adt

LACROSSE

Name: East Coast Lacrosse
Venue: Eaton Park
Contact: Carl-Michael Carey
t: 07739 692961
e: carl.michael@gmail.com
w: www.eastcoastbaby.tk

Adt

MARTIAL ARTS

Name: Hung Sing Martial Arts School
Venue: Hethersett; Eaton Church Hall, Oriental Arts Centre, Duke Street
Contact: Niel Willcott
t: 07939 500349
e: choylifutuk@aol.com
w: www.hungsing.co.uk

Jnr Adt

Name: Ju-Jitsu Kobudo Academy
Venue: Heartsease School
Contact: Jenna Kassam
t: 07958 315432
e: jk@securitytraining.fsworld.co.uk

Jnr Adt

Name: Kuksoolwon Korean Martial Arts Centre
Venue: 128 Hellesdon Park Road
Contact: John Ives
t: 01603 486628 or 01603 788838

Jnr Adt

MOTORCYCLING

Name: Norwich New Stars Youth Grasstrack Motorcycle Club
Venue: New Farm, Buxton Road, Frettenham
Contact: Derek Hewitt
t: 01603 897732
e: carol@speedhaven.fsnet.co.uk

Jnr

Name: Norwich Vikings Moto Cross Club Ltd
Venue: Cadders Hill, Lyng
Contact: A.H. Lilford
t: 01362 851909
e: alflilford@aol.com

Adt

ORIENTEERING

Name: Norfolk Orienteering Club
Venue: Various woodland/forest locations, Norfolk
Contact: Nicola Nicholls
t: 01603 781411
w: www.noroc.co.uk

Jnr Adt

RUGBY

Name: Norwich Rugby Football Club
Venue: Beeston Hyrne, North Walsham Road
Contact: Roy Bishop
t: 01508 499325
e: roy.bishop@lineone.net
w: www.lionrugby.com

Jnr Adt

SKIING AND SNOWBOARDING

Name: Norfolk Ski Club
Venue: Whitlingham Lane, Trowse
Contact: Deborah Anstee
t: 01603 662781
e: info@norfolkskiclub.co.uk
w: www.norfolkskiclub.co.uk

Jnr Adt

SWIMMING

Name: East Anglian Swallow Tails Swimming Club

Venue: Sportspark UEA; Riverside Swimming Centre, Hewett School; Norwich High School for Girls

Contact: John Digby

t: 01508 528956

e: jdigby@yahoo.com

w:

www.norfolkswimming.org.uk/east/east.html

 Adt

Name: Norwich Swan Swimming Club

Venue: Sportspark UEA; Wymondham Leisure Centre; Riverside Swimming Centre; Town Close School

Contact: Keith Belton

t: 07908 052652

e: learn@norwichswan.org.uk

w: www.norwichswan.org.uk

Name: Sharks Swimming School Club

Venue: Heigham Park; First School, Fairway Middle Schools; Oasis Sport and Leisure

Contact: Phil Turley, Sue Hunton

t: 01603 507278

 Jnr

Name: UEA City of Norwich Swimming Club

Venue: Sportspark UEA; Hewett School

Contact: Sally Thompson

t: 01603 811812

e: sally@townclose.co.uk

w: www.ueacityofnorwichsc.com

Name: West Norwich Swimming Club

Venue: Earlham High School

Contact: Mike Doble

t: 01603 504353

e: mikedoble43@hotmail.com

SYNCHRONISED SWIMMING

Name: Norwich Synchronised Swimming Club

Venue: Hewett School; Hellesdon High School

Contact: Angela Black Hedegard

t: 01603 505377

e: angela@blackhedegard.fsnet.co.uk

 Jnr

Name: Wensum Valley Synchro SC

Venue: Hewett School; Thorpe St Andrew School

Contact: Lynn Dellar

t: 01603 662733

e: ipdellar@fastmail.fm

TENNIS

Name: Carrow Exiles Tennis Club**Venue:** Lakenham Recreation Ground, City Road**Contact:** Pam Mace**t:** 01603 411190

Adt

Name: East Anglia Tennis & Squash Club**Venue:** Lime Tree Road**Contact:** Keel Broom**t:** 01603 453532**e:** club@eatsc.org.uk**w:** www.eatsc.org.uk

Jnr Adt

Name: Norwich City Tennis Club**Venue:** Eaton Park; Waterloo Park; Lakenham Recreation Ground**Contact:** Jon Osborne**t:** 01603 212123**e:** sport@norwich.gov.uk

Jnr

TRIATHLON

Name: Tri-Anglia Triathlon Club**Venue:** Thorpe St Andrew High School; Hewett School**Contact:** Simon Edwards**t:** 01603 430136 or 01603 461841**e:** simonje@ntlworld.com**w:** www.tri-anglia.co.uk

Jnr Adt

ULTIMATE FRISBEE

Name: Mustard Ultimate Frisbee Club**Venue:** Eaton Park**Contact:** Flo Harrison**t:** 01603 760727**e:** flo.harrison@uea.ac.uk**w:** www.norwichultimate.co.uk

Jnr Adt

WALKING

Name: Norwich Fringe Health Walks**Venue:** 40+ different walks in and around Norwich**Contact:** Carrie Kerry**t:** 01603 423377**e:** carriekerry@gtnet.gov.uk**w:** www.thefringe.fsnet.co.uk

Adt

WATERPOLO

Name: Norwich Waterpolo Club**Venue:** Wymondham, Thetford**Contact:** Colin Winslade**t:** 01603 841212 or 01603 437011**e:** colin.winslade@ic24.net

Jnr Adt

Clubs for people with a disability

ATHLETICS

Name: Norwich Panthers Athletics Club

Venue: Earlham High School

Contact: Paul Evans

t: 01603 727889

e: paul.evans@norfolk.gov.uk

Jnr

BOWLS

Name: Norwich Visually Handicapped Bowls Club

Venue: County Arts Bowls Club, Plumstead Road

Contact: Brian Hall

t: 01603 426319

Adt

BOCCIA

Name: Norwich Boccia Club

Venue: Blyth Jex High School

Contact: Ann Meijer

t: 01603 881180

e: annmeijer@aol.com

Jnr

Adt

SWIMMING

Name: Norwich & District Disabled Persons Swimming Club

Venue: Riverside Swimming Centre

Contact: Kay Starling

t: 01603 405686

e: kay.starlin@virgin.net

Jnr

Adt

Name: Swimability – disability swimming club

Venue: Colman Road School.

Contact: Colleen Millar

t: 01603 407700

e: cmillar3800@aol.com

Jnr

TENNIS

Name: East Anglian Tennis and Squash Club

Venue: Lime Tree Road

Contact: Derek Perry

t: 01603 453532

e: club@eatsc.org.uk

Jnr

If your club is not in this directory and you'd like to be in the next issue please see page 39

Facilities listings

Name: Blyth-Jex Sports Centre

Address: Constitution Hill,
Norwich NR3 4BX

t: 01603 427181

Facilities offered: Sports hall, fitness suite, gym, bar, meeting room, martial arts, fitness classes, yoga, pilates.



Name: Funky Monkeys

Address: Spar Road, Norwich
NR6 6AX

t: 01603 403220

e: info@funky-monkey.com

w: www.funkey-monkey.com

Facilities offered: Roller skating rink, adventure play area, skate shop, cafeteria.



Name: Greens Health and Fitness

Address: Barrack Street, Norwich
NR3 1TD

t: 01603 760600

e: norwich@greens-fitness.com

w: www.greensfitness.co.uk

Facilities offered: Gym, studios, pool, spa, steam room, sunbeds, weights room, aerobic, step, yoga, aqua aerobics, personal training.



Name: Hollywood Bowl

Address: Riverside, Wherry Road,
Norwich NR1 1WZ

t: 01603 631311

e: hollybowl.norwich@mbplc.co.uk

w: www.hollywoodbowl.co.uk

Facilities offered: 26 lane ten-pin bowling.



Name: Kings Fitness

Address: King Street, Norwich
NR1 1PH

t: 01603 765795

e: chezchat60849196@aol.com

w: www.kings-norwich.com

Facilities offered: Gym, sports hall badminton, table tennis, gym instruction.



Name: Lakenham Sports and Leisure Club

Address: Cricket Ground Road,
Norwich NR1 3AZ

t: 01603 477477

e: info@lakenhamleisure.fsnet.co.uk

Facilities offered: Gym, squash, badminton, indoor/outdoor tennis, bar, conference, fitness, martial arts, self defence.



Name: Nelson Leisure Club

Address: Prince of Wales Road,
Norwich NR1 1DX

t: 01603 214440

e:

leisure.norwichnelson@whitbread.com

Facilities offered: Pool, jacuzzi,
steam room, sauna, solarium, gym,
studio, Pilates, yoga, aerobics,
aquafit, kick boxing, thai-bo,
massage, reflexology.



Name: Norman Centre

Address: Bignold Road, Norwich
NR3 2QZ

t: 01603 408140

e: normancentre@norwich.gov.uk

w: www.norwich.gov.uk

Facilities offered: Hall, gym,
bowls hall, table tennis, outdoor
pitch/courts, martial arts, table
tennis, badminton, bowls, football,
boccia, short tennis, yoga, pilates,
tai chi.



Name: Norwich C.E.Y.M.S

Address: 3 Brigg Street, Norwich
NR2 1QN

t: 01603 628572

Facilities offered: Snooker,
squash, table tennis, weights,
football, cricket, café.



Name: Number Ten Bowling

Address: 10 Barnard Road,
Norwich NR5 9JB

t: 01603 740730

e: sales.norwich@numbertengroup.com

w: www.numbertengroup.com

Facilities offered: 30 lane ten-pin
bowling, café, conference, bowling.



Name: Poolside Leisure Club at the
Ramada Hotel

Address: Boundary Road, Norwich
NR3 2BA

t: 01603 786420

e: sales.norwich@ramadajarvis.co.uk

w: www.ramadajarvis.co.uk

Facilities offered: Swimming pool,
spa, sauna, steam room, gym, fitness,
parent and toddler group classes.



Name: Recreation Road Sports Centre

Address: Recreation Road,
Norwich, NR2 3PA

t: 01603 458382

e: jthompson70@red.esinet.org.uk

Facilities offered: Multi-use sports
hall, outside pitches.



Name: Riverside Swimming Centre

Address: Wherry Road, Norwich
NR1 1WX

t: 01603 625166

e: norwich@leisureconnection.co.uk

w: www.leisureconnection.co.uk

Facilities offered: two pools, gym,
sauna, steam, spas, crèche, aerobics
studio, fitness, pool parties, adults and
children's swimming lessons, aquarobics.



Name: Spirit Health & Fitness Club at the Holiday Inn

Address: Ipswich Road, Norwich NR4 6EP

t: 01603 508216

e: sprit.norwich@ichotelsgroup.com

Facilities offered: Swimming pool, spa, steam room, sauna, gym, aquafit, yoga.



Name: Sportspark, UEA

Address: Earlham Road, Norwich, NR4 7TJ

t: 01603 592398

w: www.sportspark.co.uk

Facilities offered: Swimming pool, sports hall, climbing wall, squash/tennis/netball courts, soccer/rugby/cricket pitches, athletics, track, astroturf pitches, fitness, fitness in later life, post/anti natal swim classes, introductory sports courses.



Name: Thai Wellbeing Health & Fitness

Address: 19/25 Red Lion Street Norwich, NR1 3QF

t: 01603 666050

e: info@thaiwellbeing.com

w: www.thaiwellbeing.com

Facilities offered: gym, exercise studio, thai massage, tanning and beauty treatment, thai bo, yoga, pilates, toning classes, abs class.



Name: Triangle Health and Fitness

Address: Holiday Inn, Norwich City Airport, Norwich NR6 6JA

t: 01603 488470

e:

phillippastaples@trianglehealthandfitness.co.uk

w:

www.trianglehealthandfitness.co.uk

Facilities offered: Pool, spa, steam room, sauna, gym, solarium, aerobics, aqua aerobics.



Name: Wensum Lodge Sports Hall and Squash Club

Address: 169 King Street, Norwich NR1 1QW

t: 01603 674326

Facilities offered: Sports hall, squash courts, badminton, short tennis, 5-a-side football, basketball, volleyball, netball, table tennis, racketball, squash.



Name: Whitlingham Outdoor Education Centre

Address: Whilingham Lane, Trowse

t: 01603 632307

e: ncc.oep@norfolk.gov.uk

w:

www.nccoutdoorededucation.co.uk

Facilities offered: Sailing, canoeing, kayaking, windsurfing, archery, orienteering, off-road biking, birthday parties.



SCHOOL FACILITIES FOR HIRE

Name: City of Norwich School
Address: Eaton Road, Norwich
NR4 6PP
Tel: 01603 274000 or
01603 274056
Email: office@cns-school.org
Facilities offered: Sports Hall,
gymnasium, barn, outdoor
tennis/netball courts, football pitches.

Name: Earlham High School
Address: Earlham Road, Norwich
NR4 7NU
Tel: 01603 452628
Email:
office@earlham.norfolk.sch.uk
Facilities offered: Two gymnasiums,
fitness suite, swimming pool.

Name: Heartsease High School
Address: Marflat Road, Norwich
NR7 9DF
Tel: 01603 754138
Facilities offered: Sports hall,
gymnasium, football and rugby pitches.



Name: Notre Dame High School
Address: Surrey Street, Norwich
NR1 3PB
Tel: 01603 611431
Email:
sduckworth@notredamehigh.norfolk
.sch.uk
Facilities offered: Sports hall,
gym, main hall with stage, drama
studio, class rooms.

Name: Norwich High School for Girls
Address: 95 Newmarket Road,
Norwich NR2 2HU
Tel: 01603 251959
Email: admin@nor.gdst.net
Facilities offered: Sports hall,
cricket nets, tennis courts,
swimming pool.

Name: The Hewett School
Address: Cecil Road, Norwich
NR1 2PL
Tel: 01603 463229
Email: vdeath@blue.esinet.org
Facilities offered: Theatre, dance
studio, swimming pool, three
gymnasiums, football/rugby/cricket
pitches, tennis/netball courts.

Name: Thorpe Hamlet First and
Nursery School – Space for Sport
and the Arts
Address: Telegraph Lane, Norwich
NR1 4AN
Tel: 01603 433957 (School)
01603 439962 (Facility)
Facilities offered: All weather
floodlit pitch, performing arts
studio, school hall.

Norman Centre



The Norman Centre offers a wide range of community sports and physical activities to meet different needs and interests. The Norman Centre is fully accessible to people with a disability and has achieved Inclusive Fitness Initiative (IFI) accreditation.

Prices are very competitive, with further discounts being offered on certain activities through the Go 4 less scheme.

The Norman Centre hosts a variety of classes including:
Aerobics, circuit training, combat fitness, tai chi, pilates, ab attack, boccia, martial arts, badminton (retired), short tennis (retired), table tennis (retired) and line dancing.

And for juniors:

Junior fitness, football fitness, Ju jitsu, shotokan karate, table tennis coaching and after school club

Gym

The gym offers up-to-the-minute cardiovascular fitness equipment, including rowers, joggers, steppers, upright and recumbent cycles as well as spin bikes. In addition, there is a complete range of resistance equipment, fully accessible for all, to tone the body and shape up. Quality advice, fitness testing and personal programmes are available from highly qualified staff.





Bowls

The Norman Centre boasts a competition standard four rink bowls hall, home to the resident bowls clubs. Two leagues operate, daytime and evening, with new players welcomed, beginner or experienced. Adaptable equipment is available for users with a disability.

Main Hall

The Norman Centre has a main hall, with a sprung wooden floor, which is ideal for badminton and short tennis as well as dance and aerobic activities.

Apleyard and Bigold rooms

These light and airy rooms are ideal for the aerobic and martial arts classes, which run throughout the week. They are also perfect for meetings and conferences and can hold up to 60 people. Car parking and audiovisual equipment is available free of charge and catering can also be provided.

Outdoor activity areas

The Centre has a floodlit hard court area which can be used for 5-a-side football, netball or basketball. It is available to hire throughout the week from 4pm and on Saturdays between 10am and 2pm.



Sure Start Nursery

The Norman Centre now contains a brand new state-of-the-art Sure Start Nursery that caters for children aged 0-5. The nursery also provides vital crèche facilities for parents keen to find suitable childcare while they take advantage of the centre's excellent facilities. For more information call Sure Start on 01603 413393.

The Centre also houses an Adult Education Information Technology Centre, the Careers Advice Service and The Health Shop.

For more information about the variety of activities available at the Norman Centre phone 01603 408140 or email normancentre@norwich.gov.uk



Riverside Swimming Centre



Opened in March 2006, the Riverside Swimming Centre can be found on the edge of the Riverside complex, opposite the Norwich City Football Club ground.

The Centre is managed on behalf of Norwich City Council by Leisure Connection Limited.

Regardless of age, whether you are a keen fitness enthusiast or new to physical activity, the Centre's team can give you guidance on the most appropriate activity for you and your lifestyle. The Centre offers both membership and pay as you go options with considerable discounts for the Council's Go 4less sport and leisure card holders.

Facilities include:

- 25m swimming pool and learners pool
- sauna / steam rooms
- spa pool
- fitness gym
- exercise studio
- crèche.



Swimming

The swimming programme offers opportunities for casual and fitness swimming along with lessons, aqua fit, club and school sessions. The Aqua Action swim school has lessons every day of the week and caters for all ages. Kids Krazy fun sessions operate on Saturdays and Party Animals can organise children's swim birthday parties. Special sessions for the disabled and 50+ operate three times a week.

Steam, sauna and spa

Located beside the main swimming pool, the steam sauna and spa are easy to access and their use is included in the price of a swim.

Fitness gym

Qualified gym instructors are on hand in the fitness centre to give a personal induction to customers and recommend an individual fitness plan. There are also sessions specially designed for children aged 10 to 15 years.

Exercise Studio

The group training programme offers classes in aerobics, body pump, step and much more.

A crèche service operates at the centre – check at reception for availability.

For further information about the Riverside Swimming Centre:
t: 01603 625166
e: norwich@leisureconnection.co.uk
w: www.leisureconnection.co.uk



Sportspark



The Sportspark, located close to the University of East Anglia, was opened in September 2000. It was created with the generous support of a £14.5 million grant from the Sport England Lottery Fund and is one of the biggest multi-sports facilities in the country.

Sportspark hosts many diverse activity areas within one facility, including:

Indoor

- 50m swimming pool (split into two x 25m pools most of the time)
- 12 badminton court arena
- climbing wall
- dance and aerobics studio
- fitness centre
- Martial Arts room
- squash courts
- conference rooms

Outdoor

- athletics track
- hockey pitches
- 12 tennis courts

You don't need a membership to use the Sportspark. Just turn up and 'Pay and Play'. Regular users can take out a Sportscard that gives discounts on activity charges.

Sports courses

Sportspark offers over 60 different sports courses each term, from learn to play badminton and learn to swim programmes through to improver squash and archery. These courses give a great opportunity to try different sports and to improve your existing skills.

Sports clubs

Many different sports clubs are based at the Sportspark, from swimming clubs to martial arts clubs. For a full listing please visit www.sportspark.co.uk

Sports performance and health

The Sportspark boasts 'Heartbeat' which is a purpose built and designed facility to test health and fitness extremely accurately. Full Health and Fitness assessment packages are available seven days a week.

School sport

The Sportspark offers schools an excellent opportunity to use outstanding facilities, with fully qualified coaches and free informative advice.

Specialist sessions

The Sportspark organises many specific activity session for different populations including the *Fitness In Later Life* programme, *Fit Kidz* courses, ante and post natal classes and children's birthday parties.

Sports events

The Sportspark is a great venue for sporting events, small or large. In the past it has hosted the British Swimming Championships and a Radio One Roadshow event.

A visit to the Sportspark will show you just how much they have to offer, whatever your age or interests.

For more details about the Sportspark call 01603 592398, e: sportsparknews@uea.ac.uk or visit www.sportspark.co.uk



Public parks in Norwich



The Norwich City Council Green Spaces Team manages the public outdoor sports facilities located in various parks, open spaces and games areas within Norwich.

There is a great selection of outdoor sports and physical activity opportunities available across the city. Look at the table on the next page to see what sporting facilities are located in public parks near to where you live.



Football, cricket and bowls can be booked seasonally, or on a one-off basis, by calling CityCare on 01603 496724. Putting, pitch and putt, bowls, hard surface and grass tennis facilities are available on a 'pay and play' basis, all payments are collected by attendants at the facilities. Discounts are available to Go 4 less cardholders.

For the location of public parks sports facilities in Norwich please see the parks facilities table on the following page.

For more information about public parks in Norwich phone 01603 212212 or visit www.norwich.gov.uk

Parks facilities table



	Football	Cricket	Bowls	Tennis	Croquet	Skatepark	BMX Track	Multi-Use Games Area	Pitch and Putt	Putting Green	Cycle Speedway
Alderman Walker			✓	✓				✓			
Bowthorpe Park			✓	✓							
Brittania Barracks	✓	✓									
Eaton Park	✓	✓	✓	✓	✓	✓		✓	✓		✓
Fountain Ground	✓										
Fourways								✓			
Greenfields Fiddlewood						✓		✓			
Harford Park			✓	✓							✓
Heartsease Towers						✓					
Heigham Park			✓	✓							
Jenny Lind Park								✓			
Jubilee Park								✓			
Lakenham Recreation Ground			✓	✓							
Marlpit Lane						✓					
Mousehold Heath									✓		
Pointers Field								✓			
St James Hollow Heathgate						✓					
Sloughbottom Park	✓						✓				
Waterloo Park			✓	✓						✓	
Woodrow Pilling Park		✓					✓	✓			



kidzones

Keep the kids busy during the summer holidays with free activity days-pack up a picnic and make a day of it! Norwich City Council's KidZones are for children, so they can socialise within their communities in an active and safe environment.

KidZones events are held in a number of the city's public parks including; Eaton, Sloughbottom, Waterloo, Jubilee, Pilling, Peterson and Heartsease Towers and Ketts Cave parks.

KidZones on Wednesdays are for everyone

Mini KidZones on Thursdays are for families who live within walking distance of the park

Sports such as golf, cricket, korfbal, tennis and a climbing wall are available plus free use of sports facilities on the park. Workshops such as Art and Crafts, Discovery science, Big Bugs, Puppet making, circus skills, junk instruments, crazy bikes, Punch & Judy, face painting and more!

Lots to do, lots of kids, lots of space!

For more information on KidZones please contact the Norwich City Council Events Team on 01603 212126 or email events@norwich.gov.uk

Norfolk Sports Partnership

The Norfolk Sports Partnership (formally Norfolk Sports Alliance) was established in 2005 to support grass roots sport and to develop opportunities for sport and physical activities for the people of Norfolk. Norfolk Sports Partnership is a partnership between Sport England, Norwich City Council, the other six Local Authorities in Norfolk and Norfolk County Council.

As well as supporting National Governing Bodies of sport with the delivery of their national plans to young people, the partnership's main focus is to support sports clubs, coaches and volunteers to develop and improve.

So what can it actually do for you?

For coaches

- support you with information and advice to help you become a coach
- provide an annual programme of Club and Coach Development courses that are available for coaches and club personnel. These courses include topics such as **Child Protection, Sports Nutrition, Long Term Athlete Development, Strength and Conditioning, Educational Awareness** plus many more.
- support coaches with bursaries to attend National Governing Body coaching courses



- the Coach Development Officer can assist coaches to help develop their skills and gain new qualifications
- an annual Coaches Conference with interesting key speakers offers support for coaches to develop their knowledge.

For clubs

- provide support to clubs in gaining Clubmark accreditation to recognise them as a safe, effective and child friendly club
- provide funding advice
- provide provide help with finding volunteers for your club
- provide Child Protection advice.

For more information about Norfolk Sports Partnership and the services that they can offer please visit

**www.norfolksportsalliance.co.uk
phone 01603 727886 or email
keith.sutton@norfolk.gov.uk**

Sports Partnership Around Norwich



The Sports Partnership Around Norwich (SPAN) is a partnership of a variety of organisations. Its collective aim is to promote a co-ordinated approach to deliver sport and physical activity in the Norwich area.

SPAN seeks to increase opportunities for people to participate in sport and physical activity in order to reduce anti social behaviour, improve health and develop communities.

SPAN's objectives are;

- to be a co-ordinated voice for sport and physical activity in the Norwich area
- to raise the profile of sport and create a more powerful and effective lobby for sport
- to inform local people about the health benefits of becoming more physically active
- to demonstrate that sport can make an effective contribution to the physical, economic and social development of the area
- to provide a co-ordinated local group to attract increased funding for sport into Norwich

- to increase the capacity of its partners and members to provide greater opportunity for participation in sport and physical activity for everyone.

The partnership covers the Norwich City Council and Broadland District Council areas and is currently working on a range of projects including:

- a football inclusion project for young people
- 'Excess to Success' – a GP exercise referral scheme
- a sport and physical activity project to improve opportunities for people aged 50+.

SPAN will be working very closely with the Norfolk Sports Partnership in the future, as it becomes the Norwich area's 'Community Sports Network'. Networks will help deliver Norfolk Sports Partnership's and Sports England's objectives to increase participation in sport and physical activity.

To find out more about SPAN, your local Community Sport Network, contact: Earle Jacotine, SPAN Community Sports Co-ordinator t: 01603 430564 or e: earle.jacotine@broadland.gov.uk

Norwich Sports Council



Background

The Norwich Sports Council has for many years represented the interests of sports people who live in Norwich or are members of Norwich based clubs. Its aim has always been to encourage representation from a wide range of clubs and individuals on the Sports Council and, while members will have particular expertise in their own sport, they are required to represent sport and physical activity generally. Norwich Sports Council is financially supported by, and works closely in partnership with, Norwich City Council.

Grant Aid

The Sports Council operates a Grant Aid system that has financially assisted hundreds of sports people in Norwich over the years. Grant Aid is given to individuals requiring support to assist their competitive performance or to improve their teaching/coaching skills. The Sports Council also operates the Peter Softly Memorial Fund, which helps young people take their first steps into sport.

Norwich Sports Council Awards

The Sports Council annually rewards individuals whose progress in sport or whose service has been outstanding. The annual award categories are for Junior Sporting Achievement, Sporting Achievement, Long Service, Service and Team.

In recent years the Awards have been presented by the Lord Mayor in the Council Chamber at City Hall, adding considerable prestige to the event.

Representation of volunteers

The Sports Council provides representation on the Norfolk Sports Partnership and the Sports Partnership Around Norwich (SPAN) groups. This enables the Council to keep its members fully updated on developments within the county and nationally and also to make sure that the voice of the volunteer is heard.

For more information about any of the services provided by the Norwich Sports Council, or to find out how your club could become a member, contact John Peggall on 01603 404335 or email: peggall@btinternet.com

Football in the Community

Football in the Community (FITC) is a registered charity that provides a wide range of football and multi-sports activities across Norwich and Norfolk. These activities include Football Development, Health & Excellence, Disability and Multi-sports.

Football Development:

- soccer schools
- girls, boys and goalkeeper soccer centres
- after school clubs
- mini kickers
- matchday club
- schools coaching day visits
- sponsored penalties
- summer cup.

Health & Excellence:

- healthy kicking after school clubs
- girls, boys, goalkeeper player development centres
- girls centre of excellence.



Disability:

- taster sessions & school coaching day visits
- after school clubs
- Grand Prix League
- Moderate Learning Disability Team
- coaching festival.

Multi-sports:

- after school clubs
- multi-sports camps
- school coaching day visits.

For more information on any of the activities above please contact the FITC Admin team on 01603 761122, e: fitc@ncfc-canaries.co.uk or visit www.fitc.org.uk



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Interested in volunteering in sport?



Are you interested in volunteering in sport? If so, you could help local sports clubs in many different ways. Do you have skills in coaching, administration, catering, IT or accountancy? If your answer is 'yes' to both the above questions, there are a number of organisations in Norwich that you might be able to help.

Here are a few ideas that you could try:

- The Norwich and Norfolk Voluntary Services have a large number of people who volunteer for them. They offer a wide range of opportunities for volunteers, and not just in sport. All you need to do is contact them to register and they will then do their best to find a volunteering opportunity to match.

For more information visit www.nvs.org.uk or call 01603 614474.

- Millennium Volunteers (MV) is aimed at young people aged 16-24. As an MV you volunteer your time to help others by doing something you enjoy. You might be able to help a local football team, work at a community radio station or help create a garden for local residents. MV allows young people to build on their interests, to develop themselves and make a difference to their community at the same time. **If you are aged between 16 and 24 and looking to volunteer in your local area contact Millennium Volunteers on 01603 767400 or visit www.millenniumvolunteers.gov.uk**



Do you and your club want to receive up-to-date Sports Development news?

Do you belong to a Norwich based club that would like to be added to the Norwich City Council Sports Development Team distribution list to receive up-to-date sports development news? If you would like to receive information about topics such as club and coach development, funding opportunities, how to increase your membership and the chance to appear in future editions of the Norwich Sports Directory then please complete the form below and send it back to the Sports Development Team at:

Sports Development, Norwich City Council, Room 47, City Hall, Norwich NR2 1NH

Please complete and send back to the address above

Organisation:

Contact name:

Position in club:

Contact address:

Telephone (day): **(eve):**

Email:

Website:

Main training venue:

Age groups catered for **Junior** (please tick)

Adult (please tick)

Any additional information

Signed: **Date:**





If you require this leaflet in large print, on audio tape or in another format or language please contact:

Sports Development, Norwich City Council
Room 47, City Hall, Norwich NR2 1NH
T: 01603 212123 E: sport@norwich.gov.uk

Sports Development, Norwich City Council
Room 47, City Hall, Norwich NR2 1NH
T: 01603 212123 **E:** sport@norwich.gov.uk

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