

MONTHLY NEWSLETTER

June 2021 Issue 2

WEBSITE: www.parallelsportscoaching.uk

ANOTHER BUSY MONTH!

We hope you've all had a great month, despite the weather which has been erratic to say the least. Fantastic to see Great Britain doing so well in both the football and tennis though!! We hope you're enjoying watching it.

We are pleased to say we have had another successful month, providing lots of activities and fun for all the children.

We have also been very busy planning fun and exciting activities to keep your children happy during the Summer holidays. You can book at one of our clubs by contacting the School/Club on the numbers shown on this page. Places will be limited, so take a look at our programme of events on our website and make that call!! We guarantee you won't be disappointed!

Make a note!

UPCOMING EVENTS:

**PARK LANE RECREATION
GROUND, HORNCHURCH
SATURDAY MORNING
FOOTBALL EVERY WEEK!
2.5 - 3.5 YEARS 8:30 - 9:00
3.5 - 5 YEARS 9:05 - 9:45**

**HILLTOP JUNIOR SCHOOL
WICKFORD
HOLIDAY CAMP
23RD AUGUST - 1ST
SEPTEMBER
TO BOOK CONTACT THE
SCHOOL ON:
01268 - 734649**

**LITTLE MARKET SCHOOL
CLUB - ROMFORD
HOLIDAY CAMP
26TH JULY - 20TH AUGUST
TO BOOK CONTACT THE
CLUB ON:
07495 190473
OR
01708 729186**

NURSERY/PRE-SCHOOL NEWS

This month our children have been taking part in Yoga sessions at Nursery and Pre-school.

Yoga has great benefits for the mind and body in children and adults of all ages.

- For the body it helps balance, strength, endurance and aerobic capacity.
- It can help the mind by improving focus, self-esteem, memory and behaviour.
- It also helps ease anxiety and stress.

It was wonderful to see the children taking part and enjoying this activity.

We'd like to take this opportunity to welcome our new client, Little Gems Pre-school in Basildon and say, Hello again, to First Steps Day Nursery in Dagenham. We look forward to seeing them and meeting all their lovely children and staff.

As we head towards the Summer holidays, we will be asking the Nurseries and Pre-schools what fun and engaging activities they would like us to run. We hope that everyone enjoys the last few weeks and that the weather improves!



SATURDAY MORNING FOOTBALL

Our Saturday morning football sessions for girls and boys aged 2.5 to 5 years old at Park Lane Recreation Ground, Hornchurch continue to be very successful.

We had great fun including the wonderful children and parents in our Charity Challenge 46 event. Everyone made this a great morning and we would like to thank children and parents for participating !

The club will continue to run throughout the Summer so if you know someone who may be interested, please give them our contact details.

The first session is STILL FREE!!



DON'T FORGET....

**Our Children's Sports Parties are available to book via our website,
www.parallelsportscoaching.co.uk**

The first 10 bookings will receive a fabulous 10% discount!!

Go check it out and grab a discount today!

CHARITY NEWS

CHALLENGE 46 EVENT

As we announced last month, this year we will be supporting Havens Hospices and this month was our big first event. All our wonderful coaches put their thinking caps on to come up with a variety of fun events that the children at our nurseries, pre-schools, schools and football clubs could also enjoy.

Activities were linked to the number 46, so 46 star jumps, 46 burpees, 46 obstacle course laps, etc. Mr K was set the challenge of scoring 46 goals in 5 minutes at his Saturday Morning Football club and poor Mr J had to get 46 basketballs through the hoop whilst blindfolded!! Our lovely Ellie even arranged her own event as part of our team, to complete 46 throw downs at her Judo club. We were amazed that she had the strength to complete the challenge after training from 7 am that day. Very well done Ellie, we are so proud of you!!

We are pleased and proud to say that all our coaches achieved their targets! Well done to all of them and thank you to the staff, children and parents who supported us, donated and cheered us on.

Our team total raised so far is.....

£656.25



In aid of
**Little
Havens**

CHARITY NEWS

CHALLENGE 46 EVENT

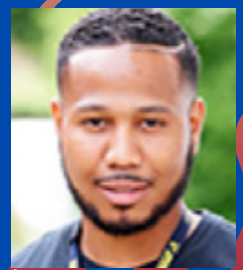


FOLLOW US ON:



FOR MORE INFORMATION AND OFFERS!

Mr J In the hot seat!



Each month we will be putting one of our sports coaches in the hot seat and asking them questions about their sport, beliefs, likes and dislikes! Feel free to send any questions you would like answered to our email address!

What are three reasons you like being part of a team sport? Energy, team rapport and confidence.

What is the best part about competing? The feeling you get when you're winning!

Who is your favourite sports hero? Professional Basketball Player - Lebron James



Who do you wish was watching you perform at every game of match? My parents

What is your favourite movie about sports? Coach Carter starring Samuel L Jackson. It's based on a true story about a basketball coach.

What is the one thing you always do after a good performance? I pray

How often do you train? I train 4/5 times a week.

If you wrote your autobiography, what would the title be? THE LIFE OF MR J (YOU CAN'T MAKE THIS UP!)

What advice would you give a young person starting their sporting career?

The road ahead will have its ups and downs, it won't always be easy and there are hurdles you have to overcome; there are milestones you may reach but you can reach higher. The main thing is staying focused, remembering why you started and, most importantly, never giving up.