

MONTHLY NEWSLETTER

May/June 2021 Issue 1

WEBSITE: www.parallelsportscoaching.uk

WELCOME TO OUR FIRST NEWSLETTER!!

Despite all the challenges with Covid-19, we are proud to say that we have continued to support the nurseries, preschools and schools with whom we work, providing top quality coaching and fun for their children whilst adhering to Government guidelines at all times.

As restrictions ease over the coming months, we are planning lots more activities for everyone to enjoy, including a couple of very exciting new ventures but you will have to read on to find out what that is!!

Make a note!

SATURDAY MORNING FOOTBALL

In April, we started our morning football sessions for girls and boys aged 2.5 to 5 years old at Park Lane Recreation Ground, Hornchurch. We have been truly overwhelmed by the interest and support we have received from the local community. Parents and children have been wonderful and we look forward to a long and happy association with you all over the coming years. It's been so rewarding to see the children enjoying some much needed fun and activity after the last year.

For anyone interested in joining, please head over to our website (shown above) for more details The first session is FREE!!

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**

**LITTLE MARKET SCHOOL CLUB - ROMFORD
HOLIDAY CAMP**

**26TH JULY - 20TH AUGUST
TO BOOK CONTACT THE CLUB ON:
07495 190473 OR 01708 72918**

**HILLTOP JUNIOR SCHOOL WICKFORD
HOLIDAY CAMP**

**23RD AUGUST - 1ST SEPTEMBER
TO BOOK CONTACT THE SCHOOL ON:
01268 - 734649**

**CHALLENGE 46 IN AID OF HAVENS HOSPICES
WEEKLY FUNDRAISING ACTIVITIES**

21ST - 27TH JUNE 2021!

**FOR MORE DETAILS CHECK OUT OUR
WEBSITE, FACEBOOK, INSTAGRAM AND
TWITTER PAGES WEEKLY!!**

NURSERY/PRESCHOOL NEWS

Last month, our wonderful nursery and preschool children enjoyed lots of athletic activities with us. All sessions were planned to suit the children's ages and abilities. It's been great to see them trying new things and the feedback from everyone has been amazing. Thank you!

This June, our sessions will cover basketball and yoga.

NEWSFLASH PARALLEL SPORTS PARTIES LAUNCHED 1ST JUNE 2021

Over the past few months we have been working hard on our new venture... Children's Sports Parties! We are now accepting bookings via our website, with the first 10 bookings receiving a fabulous 10% discount!!

Go check it out and grab a discount today!

HOLIDAY FUN IN THE SUN!

Parallel Sports teamed up again with Hilltop Junior School, Wickford, and Little Market School Club, Romford, to run two very successful holiday clubs last week for children aged 4 to 11 years old.

Activities included, archery, basketball, football, dancing, crafts, team camouflage and TWO themed parties! There really was something for everyone and the children were delightful, joining in with all the activities and having lots of fun. Parents were grateful that the children were entertained and safe, allowing them to work without the worry of childcare.

We are currently planning our Summer Camps which you can book via the school/club, details are shown in our Upcoming Events section on Page 1.



Numbers will be limited, so book early to avoid disappointment.

FOLLOW US ON:



FOR MORE INFORMATION AND OFFERS!

CHARITY NEWS

We are very excited to announce that we have chosen Havens Hospice as our Charity of the Year for 2021/22. This wonderful charity provides palliative nursing and supportive care to adults and children with complex and incurable conditions. As with all charities, Covid 19 has had a massive impact on their ability to raise much needed funds, so we are looking forward to helping them to raise awareness and money with lots of fun activities.

Our first event is:

CHALLENGE 46

which will take place during the week 21st – 27th June. The week will be filled with fun activities and events so check out our website/social media for more details over the coming weeks. We hope that you will join in the fun and support us in this venture whether it be a financial donation or your time and support.

Thank you!



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KUDUS OYENUGA 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!

Who is your favourite sports hero? Thierry Henry, he is the best player to ever grace the Premier League!

What is your favourite sports quote? Tough times don't last, tough people do!

What is your favourite movie about sports? Remember the Titans! My lookalike Denzil Washington is in it.

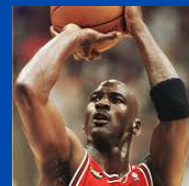
If you could play another sport, what would it be? Tennis! I could give Roger Federer a run for his money!!

What age were you when you started your sport? 5 years old

What one word describes you? Unique

Who was your favourite coach and why? John McDermott - he always got the best out of me

If you could choose any of your sporting heroes to be on your team, which 3 would you choose and why? Thierry Henry as he was my favourite footballer; Roger Federer as he seems a great guy and unbelievable tennis player and Michael Jordan - the guy is a GOAT! (greatest of all time!)



How important is food and sleep to achieve our best physically? So important! I try to eat a lot of fruit and veg and keep my portion sizes sensible. I have 7 hours sleep a night.

How often do you train? 3 - 4 times a week

Would you rather score an own goal or miss a penalty? Miss a penalty

Finally, what advice would you give a young person starting their sporting career?

Always give everything you do your all or don't do it at all!