



Essex Boys and Girls Clubs

Essex Boys and Girls Clubs. County Office, Harway House, Rectory Lane, Chelmsford CM1 1RQ

Tel: 01245 264783 | Charity Number: 301447

2016 Online News Archive

The following news articles were posted on the Essex Boys and Girls Clubs website in 2016.

MAY 2016

EBGC Shooting Championships 2016

We had yet another fine day as guests of the [Herts & Essex Shooting Association](#) in Little Leighs for our annual Shooting Championship. Once again the HESA club members were great hosts and the enthusiasm and generosity of their members helped to make the day a success.

The Air Rifle competition was a team event for U14 and U16 and two types of gun were used on a 10-metre range. The results are listed down the right of this page.

There were plenty of activities to interest the participants while they were waiting to compete. The HESA Club member's organised a wide range of activities including:

- Clay Pigeon shooting and practical shotgun disciplines.
- Rifle/Shotgun and Pistol handling and safety.
- Air Rifle field targets.

We were also very grateful for the help of volunteers Jan and Dave Cargill working efficiently in the kitchen.

This event was organised by EBGC's Club Servicing Officer and resident Archer Brian Court, with support from Sports Officer Tom Paget and Club Servicing Apprentice George Goddard.

**Thank you to the five clubs who brought their young members to this event.
Thirty young people from Essex and East London represented the following clubs:**

4 Youth Brightlingsea, Sampfords Youth Club, Ingatestone Boys' Own Club, [Berry Amateur Boxing Club](#), [Dagenham Amateur Boxing Club](#)

The Results

The Air Rifle competition was a team event for U14 and U16 and two types of gun were used on a 10-metre range. The results were as follows:

U14 Competition

- 1st place** Sampfords YC with 303 total shots
- 2nd place** Dagenham ABC with 273 total shots
- 3rd place** Ingatestone BOC with 269 total shots
- 4th place** Berry ABC with 214 total shots
- 5th place** 4 Youth Brightlingsea with 154 total shots

U14 Top Guns

- 1st place** Charlotte Arnold from Sampfords YC with 110 total shots
- 2nd place** Sonny Flack from Dagenham ABC with 103 total shots
- 3rd place** Oliver Farthing from Sampfords YC with 102 total shots

U16 Competition

- 1st place** Sampfords YC with 407 total shots
- 2nd place** 4 Youth Brightlingsea with 317 total shots
- 3rd place** Dagenham ABC with 246 total shots

U16 Top Guns

1st place George Collins from Sampfords YC with 112 total shots

2nd place Will Bide from Sampfords YC with 106 total shots

3rd place James Kincaid from Sampfords YC with 101 total shots

Thank You! Our thanks to [Herts and Essex Shooting Association \(HESA\)](#) for being fantastic hosts - we hope to be back again next year!



JUNE - AUGUST 2016

EBGC's NCS Teams volunteer for the Summer

Summer 2016 is another exciting year for volunteering in Essex as this year's crop of young National Citizen Service participants (NCSers) flex their social action muscles all over the county.

National Citizen Service is a government-funded program for 15-17yr olds which encourages teamwork, responsibility, independence, reflection and social action. Essex Boys & Girls Clubs runs an end-to-end program, running five residential centres and working with countless partners in the community to deliver the full program for South Essex and Southend teens.

After developing their skills as a team, each cohort of teenagers is tasked with planning and delivering 60 hours of social action. Youth social action can be defined as: ***"Young people taking practical action in the service of others, to create positive social change that is of benefit to the wider community as well as to the young person themselves"***

Our Facebook gallery below shows our groups at work and more photos will be added over the course of the Summer of 2016... https://www.facebook.com/pg/Essex-Boys-and-Girls-Clubs-138263102853243/photos/?tab=album&album_id=1236936066319269

Thank you to the many organisations working in partnership with us to open doors to local opportunities during NCS.



Essex County
Fire & Rescue Service



www.parliament.uk



APRIL 2016

EBGC Cricket Camp 2016

Our annual Cricket Camp, kindly hosted by Gosfield School, was well-attended again this year. With an increase of six from last year staying residentially we were more or less at capacity with 8 staying on camp beds in the dorms.

We were thrilled to welcome back guest coach Luke Humphrey and welcome for the first time Mark Sheppard

During the day the sessions focused on Cricket Development and included:

- Tactical Batting
- Tactical Bowling
- 1-2-1 sessions with Luke Humphrey
- Net and game situations
- Fielding drills and technique
- Athletic development and power transferral with Mark Sheppard

In the evenings EBGC ran non-cricketing activities including Laser Tag and Archery.

This year's camp was a huge success. Both guest coaches were very impressed by the charity's aims in general and the concept of the camp and cricket programme being aimed at players just below county level rather than the elite players they are accustomed to working with.

The Cricket Camp runs every year in early April and represents unbelievable value for money with sessions delivered by some of the top coaches in the country.



Our thanks go to Gosfield School for providing the venue and access to their outstanding facilities for another year.

Thank you to the seven clubs who sent their young members to this event. 29 young people from Essex and East London represented the following clubs:

Bancroft Lions Cricket Club, Belhus Cricket Club, Billericay Cricket Club, Halstead Cricket Club, Frenford Clubs, Loughton Cricket Club, Upminster Cricket Club



Thank you to our guest coaches:

Luke Humphrey Luke is the Director of Coaching at [HECCSport](#). He is currently completing the ECB Level 4 Master Coach Award and is an ECB Tutor and Assessor and an NLP Practitioner. Luke oversees all of the coaching programmes and courses throughout the year and he has 15 years of experience with players of all ages and abilities. He now spends much of his time with 121 clients, The Cricket Academy and is contracted to the Hertfordshire Performance Programme.



Mark Sheppard

Mark has extensive experience of running Movement, Balance and Co-ordination workshops for a variety of sports across various performance age groups, and providing sport science support, physical conditioning and remedial therapy for players. He also holds qualifications in weight training (BAWLA), tennis and cricket coaching, and is Level 1-certified in resistance stretching. He works with the England and Wales Cricket Board Coach Education Department at Level 3 and 4 coaching courses, delivering the Movement, Balance and Alignment module.

Mark has been teaching tai chi for 25 years, applying its principles of relaxed power, ground force, centred focus and kinetic awareness to all the sports with which he works.

APRIL 2016

EBGC Easter Cup 2016

Our annual boys-only Easter trip to the mountains saw all 12 places filled fast by clubs eager to send their team to compete for the Susan Hughes Memorial Trophy.

Day 1

We arrived at Maes y Lade just after 5pm and the lads were thrown straight into some team challenges to get them in the competitive mood. After a hearty dinner everyone took part in a night navigation session.

Day 2

We started off with an abseil off the side of a bridge which pushed a few of the boys out of their comfort zones, being very wary of taking part. Everyone had a go and there was considerable encouragement not just for team mates but for other teams as well. After that came canoeing for the rest of the afternoon. The teams were split up and shown how to paddle, some picked it up easier than others. We headed down the River Wye and they completed some challenges to earn them points. In the evening Laser Tag saw some interesting results with kept the competition close at the top.

Day 3

A fully packed day started with the Tunnel and Thompson Challenge with a chance to earn points depending on how quickly they could tie a knot in the rope and lower team mates down a hill. The afternoon was spent gorge walking and being fully submerged climbing up and under mini waterfalls with several other team challenges. In the evening Kelly Kettles were slightly dampened by rain so it was difficult to get them going. After strenuous efforts we retired inside where we held a Sports Quiz for the teams to earn some extra points.

Day 4

After clean up and packing was done the boys headed off for their last activity... mountain biking. Scores were very tight at the top so these points made all the difference. We held our presentation and crowned the winners Gator ABC Easter Cup 2016 Champions and started the long journey home.

All the boys enjoyed their week and some said they had never participated in some of the activities so it was definitely a challenge for them. They all behaved very well and put effort into every activity, a real credit to their clubs.

Thank you to the four clubs who sent their young members to this event. 12 young people from Essex and East London represented the following clubs:

Berry Amateur Boxing Club, Crown and Manor Boys Club, Frenford Clubs, Gator Amateur Boxing Club



Local charities partner with our NCS teams

Friday 19th to Sunday 21st February 2016

This half-term, as part of our NCS Spring 2016 program, three local charities worked with us to introduce themselves to participants. Each partner charity hosted an NCS team for a day, welcoming up to fifteen teens aged 16-17yrs old and their supervising staff into their organisation. Each charity arranged a guide tour of their facilities, then practical workshops or training led by the charity staff.



At **Farleigh Hospice** in Chelmsford, Team 1a discovered a place that was completely different to their expectations. They worked with staff to look at ways of promoting the [Yoyo Project](#) which provides support for bereaved children and young people.



At **Interact** in Chelmsford, Team 1c were fascinated by multi-sensory facilities designed to support children and young people with learning difficulties. Staff provided Disability Awareness Training, followed by a certified Youth Mental Health First Aid course.



At **Heart of Pitsea** in Basildon, Team 1b learned about the myriad of projects supported by the community group. They worked with the Project Coordinator on ways to promote the Incredible Edible project.

EBGC Project Team adds a Trebuchet to their toolkit

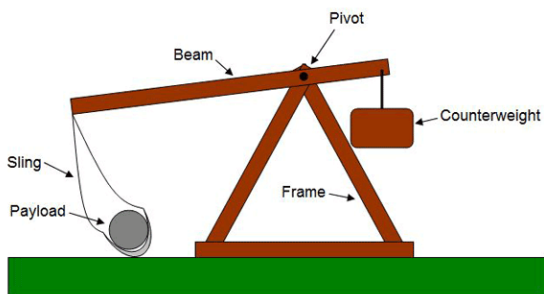
The resourceful EBGC Project Team faced a conundrum when they checked the weather just before half-term. Preparing for their delivery of the Phase 1 Away Residential of National Citizen Service (NCS), they decided it was simply too cold to include the usual overnight bivouac in the team expeditions.

Since the Project Team enjoy a challenge, they put their minds to the task of what sort of session to run instead and came up with every medieval siegemaster's favourite toy - a Trebuchet.

After careful consideration the team planned a session which would allow teams to build something from nothing - the perfect metaphor for the Social Action Projects they would work on later in their NCS Journey.

Each team would be given ash poles, cut from local wood, pieces of rope, some tennis balls and a nice big saucepan. They were taught rope lashing skills, focusing particularly on square lashings, and a diagram to follow. Working as a team, they needed to build the structure and successfully catapult tennis balls across the site. The session tested communication skills and the ability to follow instructions, developing the team's ability to work together, a crucial requirement for the success of their later Social Action Project.

The Project Team are pleased with this new string to their bow and are already talking about developing the session to add an element of competition - a military-style gun run race has been mentioned so watch this space!



JANUARY 2016

The Benefits of Sport, by Lisa Holmes, Sports Officer

Playing sport both competitive traditional sports and less mainstream activities offers children more than just physical benefits. Sport typically helps young people academically and socially as well. We don't have to be good at a sport to benefit from it, although if a child excels at something they are more likely to continue into adulthood. There is a huge benefit in just enjoying what you are doing, and just because a child may not be at the level needed to play for a club or at county level competitively, there are a huge range of activities and sports that they can take part in purely for the fun of it.

1.	Playing sports is fun and develops a sense of community. There is something pretty cool about having a group of friends that has the same goals and interests as you.
2.	Research has found that young people who play sports, especially girls, are more likely to have a positive body image and higher self-esteem. They also are less likely to be overweight.
3.	Young people involved in sports are less likely to take drugs or smoke because they realize the impact that these destructive activities can have upon their performance.
4.	Physical activities are a great way to relieve stress and have a positive impact on mental health and well-being.
5.	Sport help to develop discipline. We learn to set goals and work hard to achieve them, and this then spills over into other areas of life too.
6.	Young people who play sport quickly learn that sometimes you win some you lose some, and learn to be gracious in both. Life sometimes isn't fair and being able to cope when we are faced with disappointment and have a positive attitude helps us to cope.
7.	Taking part in team sports helps to develop teamwork and leadership skills.
8.	Motor skills, strategic thinking, and even math skills are learned by playing sports. Young people develop strategic thinking as they figure out tactics and the best way to get around a player or score a goal. Maths skills are used as they calculate scores and stats.
9.	Regular exercise increases quality of life, improving physical mental and emotional health and well-being.
10.	Being active, taking part in events and learning new things makes life more exciting and gives you experiences and memories to look back on, and sparks an interest in finding new adventures.

There are so many options open now, young people aren't restricted to traditional team sports. Here at EBGC we run events ranging from Pool tournaments, to shooting competitions, cross country championships to night expeditions, Dodgeball to activity days and weekends. If you have any ideas for events, I would love to hear from you. There might be something that they are the best in the world at but they just haven't tried it yet!



Lisa joined EBGC in January 2016. She joined the Sports Team to encourage as many clubs and young people as possible to take part in our fantastic events. Lisa has fought Muay Thai Boxing to a professional level and has spent the last 6 years teaching people how to box and running outdoor military bootcamps.

JANUARY 2016

Young Leader Training January 2016

Friday 29th to Sunday 31st January 2016

In January 2016, Young Leaders from 3 of our clubs headed to Maes y Lade for a weekend of leadership development.

The crew left Stubbers at 6pm on Friday evening, reaching Maes Y Lade at 11pm. After a cup of tea and a chat about the weekend we all turned in.

Saturday morning was sunny and the group was up and keen to go. We set off to climb a mountain and with the weather on our side the group stormed ahead to the top of Lord Hereford's Knob. The majority of the young people had never climbed a mountain before so this was the first real achievement of the weekend. We made it back to the centre safely, some muddier than others but all in good spirits.

After changing into warm clothes we started the first part of the Leadership session, naming as many different qualities that an effective leader should have - the white board was full! Some of the qualities were used in the next session when the young leaders took part in a team games session, using their skills to complete a series of challenges and games; this was made harder by the flurry of snow that was falling! (a snow storm according to Gerry).

Throughout the weekend the activities were tailored towards developing leadership skills, the importance of effective communication, team work and a bit of healthy competition. The weekend was not all active, the young leaders were given the opportunity to talk about their own clubs and what being a young leader meant to them. It was brilliant to hear their stories and listening to the young people talk so proudly of their clubs, and their club leaders, it's obvious they have a lot of respect for their leaders and volunteers.

After an adventurous weekend at Maes Y Lade it was time to go home and put everything into practice. Maybe we will see some of these young leaders in Nepal and America in years to come.

“I can't wait to go home and tell my parents what I have done this weekend; I mean, I climbed a mountain!”.

"It was great actually communicating with others without social media taking over our lives."

Hunny-Mae, Linford

A big thank you to our affiliated clubs, who sent their members on this course:

Sampfords Youth Club, North Avenue Youth Club, Linford Wanderers Football & Social Club

This project was made possible with funding from BIG Lottery Reaching Communities and The Jack Petchey Foundation.





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JANUARY 2016

5-a-side Football Championship 2016

Saturday 9th January 2016

The first weekend back after the Christmas break saw the return of the annual 5 A-Side competition. This was a great opportunity for the young people to showcase their skills and ability while getting them active again after the festive break. We are delighted that the Jack Petchey Foundation is supporting the Essex Boys and Girls Clubs sports and activity programme; this meant that all of the participants were given a T-Shirt to take home with them as a token for attending the event as well as the chance for the champions to play at Chelsea FC's Stamford Bridge.

The venue was [James Hornsby School](#) in Basildon, which would play host to 80+ aspiring young footballers over the course of a day. With entrants from Under 12s, Under 14s and Under 16s the day was broken into 3 hour sessions.

The Under 12s started the day off and the final involved the two Linford Wanderers teams, who narrowly edged out Rayne ABC in the league. Linford 1 won in the final 3-1 in an exciting game against their club mates in Linford 2.

The Under 14 age group saw tough competition, with some high scoring games and some spectacles of great football and skills. Crown and Manor led the way, scoring a total of 34 goals before narrowly beating Wickford Town 2-1 in the final. Both teams showed great spirit in a tough final.

The day culminated with the Under 16 teams, who displayed some fast-paced and physical football. The 5 teams battled it out, playing each other to their best abilities; with no obvious winner it went to the wire before the two finalists were revealed. Crown and Manor took on St Cedd's in a final that was fantastic for the spectators in the viewing gallery above. The game went to penalties with Crown and Manor winning 3-2.

The champions were put into a draw and Crown and Manor Under 14s won a chance to play at Stamford Bridge in a 7 A-side tournament on 22nd May 2016. We wish them the best of luck and hope they have a fantastic day.

Over the day we saw some great games and some fantastic displays of sportsmanship from all of the clubs in attendance. All of the teams were a credit to their clubs and managers. A big thank you to all who attended, we hope to see you soon at more of our events.

RESULTS

U12s Competition

Winners: Linford 1

Runners Up: Linford 2

U14s Competition

Winners: Crown and Manor

Runners Up: Wickford Town

U16s Competition

Winners: Crown and Manor

Runners Up: St Cedds

Scoreboards**U12s Scoreboard**

Linford 1	4	3	Linford 2
Linford 2	6	0	Rayne BC
Rayne BC	2	1	Linford 1
Linford 1	2	4	Linford 2
Linford 2	2	1	Rayne BC
Rayne BC	3	3	Linford 1

Final

Linford 2	1	3	Linford 1
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U14s Scoreboard

Crown and Manor	12	0	Sampfords
Linford 2	0	6	Wickford
Crown and Manor	10	1	Linford 2
Sampfords	3	7	Linford 1
Wickford	8	2	Linford 2
Crown and Manor	7	0	Linford 1
Sampfords	0	7	Wickford
Linford 1	3	3	Linford 2
Crown and Manor	5	1	Wickford
Sampfords	1	4	Linford 2

Final

Crown and Manor	2	1	Wickford Town
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U16s Scoreboard

Crown and Manor	4	3	St Cedd's
Linford	0	5	Wickford 1
Crown and Manor	3	2	Wickford 2
St Cedd's	6	1	Linford
Wickford 1	3	3	Wickford 2
Crown and Manor	7	0	Linford
St Cedd's	6	2	Wickford 1
Linford	2	5	Wickford 2
Crown and Manor	1	3	Wickford 1
St Cedd's	2	0	Wickford 2

Final

Crown and Manor	2	2	St Cedd's
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Crown and Manor won 3-2 on penalties.

A big thank you to our partner, The James Hornsby School, for providing the venue for this event



A big thank you to our affiliated clubs, who brought their members to play:
[Crown and Manor Club](#), [Sampfords Youth Club](#), [Wickford Town YFC](#), Rayne ABC, [Linford Wanderers FC](#),
[St Cedd's YC](#)



Under 12s



Under 14s



Under 16s

JANUARY 2016

National Cross Country Championship 2016

Saturday 16th January 2016

98 runners from 13 clubs across the country took part in the National Cross Country Championships on Saturday 16th January, hosted by Essex Boys and Girls Clubs at Stubbers Adventure Centre.

The weather started off a fresh and crisp morning with muddy puddles and wet ground before the sun rose and brought sunshine to the day which made for perfect cross-country racing conditions.

As always Essex welcomed runners from Durham Boys and Girls Clubs' affiliated clubs including **Birtley, Houghton, Low Fell, Chester Le Street and Derwentside.**

This year we were also joined by runners from [Boys & Girls Clubs of South Yorkshire](#) and boxers from **Hastings West Hill Boxing Club** representing [Surrey Clubs for Young People](#).

As well as competitors coming from all over England we also had seven EBGC clubs competing for the National titles as well as our own County Championships. These were: Centurions Boxing Club, Linford Wanderers Football Club, Maldon Cricket Club, Berry Boys Club, Rayne Boxing Club, Crown and Manor Boys Club and Holland Shore Boxing Club.



Races for boys and girls took place at U11, U13, U15 and U17 age groups.

The under 11 age groups started the days racing off and were dominated by Durham Clubs for young people with a 1st, 2nd and 3rd success in both the boys and girl's categories. The under 13 races saw the Durham girls take 1st and 2nd again with Rayne BC coming in 3rd place. The boys race was a very competitive one but Finlay Lowe (Linford FC) managed to hold on to the lead keeping enough distance from Tyler Wiltshire (Rayne BC) who finished a close 2nd, just in front of Ethan Salmon (Hastings West Hill BC).

Another competitive race at the U15's saw Hastings West Hill pick up their first gold medal of the day awarded to Toby Salmon. Henry Willet (Linford FC) and William Badrock (Hastings West Hill) were the quickest of the chasing pack finishing 2nd and 3rd. Hannah Mortimer (Rayne ABC) then became national champion ahead of Danielle Kemp at the U15 girls race.

The last competitive races were won by Ryan Arthur (Chester-Le-Street, Durham) and Molly Foggan (Derwentside, Durham) both at Under 17 level. Before the results and final presentations it was the turn of the coaches, club leaders, and EBGC staff to have a go at the now muddier course. A 'fun run' soon turned to be competitive for some of the runners and the first person home was boxing coach Jack Deer (Rayne ABC).

John Badrock, Chairman at Hastings West Hill boxing club said:

Thanks for having us today it was a great day out and the youngsters all loved it. We will definitely be back next year with a bigger team (although I'm not sure I'll be running it again lol) the venue was fantastic and all the kids want to go back there for the summer camp weekend in June if you'll have us.

We would like to thank all of the clubs, runners, club leaders and volunteers for supporting this event and travelling great distances to take part in the National Championships. This event was supported by the Jack Petchey Foundation.

A big thank you to our affiliated clubs, who brought their members to compete:

Berry Boys Club, Centurions Boxing Club, [Crown and Manor Club](#), Holland Shore Boxing Club, [Linford Wanderers FC](#), Maldon Cricket Club, Rayne ABC



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