

# Sport Unlimited

## Chelsea goes Kayaking with confidence

## Case Study



complete beginner and just learn along the way...At first I was scared of going in the water and now I cant wait to get in".

Amanda Foister also felt that, "It is possible for young people who do not excel at standard school sports to do well at kayaking".

### Attendance

Overall, 165 young people aged between 11 and 13 took part during term 1. The participants were predominantly semi sporty or non sporty with 60% of participants being female and 40% male. Longridge also offer the opportunity for participants to join one of their clubs, volunteer at the centre or work towards further qualifications. Chelsea said: "When I turn 14 in the new year I'm going to join the volunteering group at Longridge; I'll be helping out with some of the kayaking courses and in the cafe".



### Success Story

One of the main successes during term 1 was that from these sessions 94 young people wanted to join clubs. Unfortunately, only 40 young people could be accommodated. In 2009 the clubs will be expanded to allow everyone to join. Chelsea will be one of those attending as she continues her ambition to become a Kayaking instructor. Chelsea said: "I've met a lot of new friends and I've got nice instructors...Its given me confidence not only in kayaking but in school and socially".

A kayaking programme run by Longridge in partnership with Bucks and Milton Keynes Sport Partnership has helped semi sporty and non sporty young people like 13 year old Chelsea Bartlett (above) to become involved in sport.

who are not sporty to take part...the Bucks CSP support removed this".

### Appealing to young people

Previously Chelsea had not been taking part in sport as she tended to stay in and watch television or play on the computer. She didn't know much about kayaking but she had seen Olympic coverage of the sport on television. Chelsea therefore found the sessions challenging at first but soon managed to overcome this. Chelsea explained: "My first session in May was really fun but I kept going around in circles. My instructor gave me one to one help so by my second session, I understood it a lot more".

### Opportunities to Develop

The sessions allow participants to work towards a British Canoe Union qualification under the paddle power brand. This scheme comprises the 5 youth friendly awards all with a colourful and youth friendly approach to provide an appropriate pathway for young paddlers. The format certainly appealed to Chelsea as she said: "It's really fun, you make a lot of friends and you get more confident. It doesn't matter if you don't have any experience you can be a

### Where is it held?

The course is held at Longridge's 12-acre British Canoe Union training centre situated on the Thames between Maidenhead and Marlow. The sessions are held for ten weeks on Tuesday evenings from 4.30pm to 5.45pm. Chelsea who is now a member of the Longridge Canoe Club was apprehensive about joining in the first instance. Chelsea said: "it was quite scary and a bit weird, but I got used to it and soon got chatting to new people".

### Removing the cost barriers

Chelsea heard about the Sport Unlimited kayaking course from her PE teacher who gave her a letter saying that kayaking lessons were half price. This was a major factor in encouraging participation according to Amanda Foister the Centre Director at Longridge. Amanda said: "We run courses like this anyway but cost often prohibits the attendance of young people

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