

School's Out Programme!

SUMMER 2023 REPORT



East Lindsey
DISTRICT COUNCIL

MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Magna Vitae is a Registered Charity. Charity Number 1160156.
A Partner to East Lindsey District Council.



School's Out Summer 2023 Report CONTENTS

03
OVERVIEW

04
OUR SUMMER PROGRAMME

08
GIRLS IN SPORT

10
THANK YOU

11
VENUES / PARTNERS / LOCAL
BUSINESSES SUPPORTED

12
VENUES / PARTNERS / LOCAL
BUSINESSES SUPPORTED

OVERVIEW

*School being out for the Summer meant one thing... It was time for the Magna Vitae Coaches to deliver its **biggest** and most diverse 'School's Out' programme yet!*

'School's Out' is the flagship programme of the **Magna Vitae** Community Team, which delivers **Free** Sports & Physical Activity sessions to children aged 5-16, living in rural areas within **East Lindsey**. It also provides important opportunities for children to make friends and be social during the school holidays. 'School's Out' is made possible through financial funding from **East Lindsey District Council**.



Our Summer programme consisted of **43 FREE Sessions** in **8 areas** over the 6-week Summer Holidays! The coaches delivered a variety of sports activities including **Dance, Golf, Football, Cricket, Rounders, Netball** and much more.

Due to the nature and the size of the programme, we recruited 3 new coaches: **Jack, Libby & Ella** to join our existing team... **Bringing our total to 14!** **Jack** is currently studying Sports Coaching at Loughborough University, whilst **Libby** and **Ella**, are twins who have just finished their studies at Somercotes Academy! They are all very passionate about several sports and want to pursue a career within the sports industry.

OUR SUMMER PROGRAMME

In **Binbrook** we brought in **Lianne Smith**, a *Fitness instructor*, to deliver a 'Fun' Fitness Circuit session - as previous sessions have proven to be very popular in this area!

While the Ashes and Hundred were being played and screened on TV, we delivered **Cricket Days** in **Alford, Spilsby, Wainfleet & North Somercotes**. These days also included **Rounders** to allow for larger numbers and to develop bat, ball & hitting skills in all the young children.



As always Football Camps were very popular, taking place in **Alford, Wainfleet, Spilsby, Coningsby, Horncastle, Wragby** and **North Somercotes**. As we are always looking to improve the quality of our camps and want to offer **quality coaching** opportunities to the children attending, we **invested in some new equipment**, such as agility ladders, mannequins, spots & cones to deliver fun & interactive skill-based games & drills. Our days consisted of fun warm-up games, rolling ball time drills, off the ball drills, lots of game time and always concluding in a tournament!

In another effort to both utilise the experience & knowledge of the team and at the same time add even more diversity to our offer, we ran a **Futsal** day for the very first time which took place at the **Wragby Reload Centre**, the first time we had used this venue. Our efforts were rewarded with **18** children attending. Some had Football experience, but none had played Futsal, providing them with a different perspective of the game as well as a fresh and fun way to develop skills relevant to both sports.

We also brought in two Dance tutors in **Amy O'Sullivan & Emma McBain** to deliver different types of dance sessions in **Binbrook, Wragby, Alford & North Somercotes**. These were all well received with many children going away absolutely buzzing after they had turned up with a little apprehension, due it being their first time attending a session of this nature.




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Golf seemed to be the sport of the summer, as we worked with Kenwick Park Golf Club to take children from North Somercotes, Binbrook, Wragby & Alford to take part in fun, skill-based games.

These sessions were enjoyed by both the children who attended *as well as the Coaches!* At the end of the Summer the Magna Vitae Coaches attended an **England Golf Activator Course**. **12** of the Coaches have now gained this qualification, which will enable the team to deliver more fun golf sessions across the district





We took a group of children from Spilsby and Binbrook to Xsite Skatepark in Skegness. Xsite provided skateboards and scooters, giving the children an opportunity to try both sports. Coaching was provided which allowed the children to learn new skills in a fun, safe environment.

Feedback from the trip was great and hopefully we have inspired more children to take up either of these two sports...

We will continue to work with the guys at Xsite and replicate this offer in future programs, as well as look to offer a more regular offering outside of the holidays for the children who are passionate and would like to attend more regularly.





GIRLS IN SPORT

Upon reviewing our previous programs from throughout the year, we noticed there was a significant difference in the number of boys attending sessions to girl and highlighted this as an opportunity to capitalise on the excitement of girls in sport this summer by delivering new sport specific camps with the intention of enticing more girls to attend and inspire them to take up a new sport or become more physically active.

As a result of the Netball World Cup taking place in South Africa, we held our very first Netball Camps in both **Wragby** and **Alford** making better use of the facilities and equipment that these venues made available to us.

The camps were also an opportunity to let **Ruby**, **Alfie**, **Grace** and **Libby** lead on these days, meaning they were able to gain more experience under the supervision of another coach.

The children attending took part in some fun passing and catching games, shooting drills and finished the day playing in a match. The 4 coaches did an excellent job! This is something we will certainly replicate in future programs.

Halfway through the programme, following the excitement of the Women's World Cup in Australia, we made the decision to add a **Girls ONLY Football Camp in Spilsby**, which saw 24 girls aged 5-14 attend.

To try to entice more girls to attend the event, we used our projector to watch the Women's World Cup semi-final during a lunch break on one of the other football camps.



The camp was brilliantly led by Scarlett, which was her first-time leading on the planning and running of a camp. She was supported by other female members of the team, all of which play football. The girls attending took part in a mixture of fun skill-based games, drills and matches, culminating in a tournament and finally a presentation in which every girl who attended received a trophy, certificate, and a Magna Vitae Goodie Bag. Prior to the day we worked with **Spilsby Town FC** who provided a female coach with the aim of inspiring the girls to play more and ultimately join the Girls team at the club.

The programme delivered to **886** children in total, **584** boys & **302** girls. This would not have been possible without the support of East Lindsey District Council, venues, local businesses, partners and the hard work of the Magna Vitae Coaching Team.

*Alfie Grierson
Callum Brown
Ella Hudson
Grace Smith
Holly Donnelly
Jack Evison
Libby Hudson
Mark Currie
Ruby Fox
Scarlett Norman
Steve Crossley*

Liam Fay
Community Development Activator
Magna Vitae, Trust for Leisure & Sport

28/09/2023



Partners, Local Businesses and Areas Delivered

VENUES USED

- Corn Exchange, Alford
- Allan Barker Playing Fields, Coningsby
- Banovallum School, Horncastle
- Queens Hall, Binbrook
- John Spendluffe Technology College, Alford
- Luke Walmsley Pavilion, North Somercotes
- Somercotes Academy, North Somercotes
- Spilsby Recreation Ground & Pavilion
- Wainfleet Magdalen C of E Primary School
- Wainfleet Playing Fields
- Wragby Primary School
- Wragby Reload Centre
- Xsite Skatepark, Skegness

Thank you!

PARTNERS USED/LOCAL BUSINESSES SUPPORTED

- Amy O'Sullivan (Dance Tutor)
- Emma McBain (Dance Tutor)
- Kenwick Park Golf Club
- Lianne Smith Personal Training
- Lincs Van Hire
- Wolds Community Minibus
- Xsite Skatepark, Skegness

AREAS DELIVERED

- Alford
- Binbrook
- Coningsby/Tattershall
- Horncastle
- North Somercotes
- Spilsby
- Wainfleet
- Wragby

Feedback

"I really enjoyed today. I loved rounders and dodgeball, because it is my favourite sport"

- **Abigail, aged 9.**

"I really had a great time today, every bit of it. I will definitely come again!"

- **Tiffany, aged 13.**

"I enjoyed it, especially the football!"

- **Ethan, aged 11.**

"Thank you for letting the girls attend yesterday. They had a great time!"

- **Nic.**





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