

SPORT



Guernsey Sports Commission Review of the Year | 2016



‘A Voice for Sport’

Contents

CEO introduction	4	Performance	
Schools		High Performance Programme	20
PE in Schools	6	Sporting Achievement Awards	22
Fit Clubs	7	Support	
Year 3 and 4 Festivals	8	Coach Development Programme	23
Inter School Festivals	8	Workshops	23
Reception PE	9	Funding	24
Primary School Sports Leaders	9	Sports Development Officers	
Sport and Physical Activity Passports	9	Athletics	26
Physical Activity Classroom Breaks	9	Badminton	27
Assistant Coaches	10	Cricket	28
Bikeability	11	Football	29
Girls Convention	12	Hockey	29
Community		Rugby	31
On Your Marks Programme	13	Sailing	32
Street Sports	14	Squash	33
Get Active Stay Active	17	Table Tennis	34
parkrun	17	Tennis	35
Go Ride	18	Media Relations	36
Older People's Fortnight	18	Infographic	37
Family Fun Day	19		

CEO's introduction



2016 can be seen as a year of change for the Guernsey Sports Commission.

Firstly in April following the changes in the structure of Government we came under the wing of the new Committee for Education Sport and Culture and secondly in September our “founding father” Stuart Falla stood down as chairman of the Commission.

Stuart's successor Martin Belcher is a well regarded businessman with a passion for sport therefore an ideal candidate and I am sure that he will lead the Commission well as we deal with the changes which will inevitably come about following the establishment of the new Committee for Education, Sport and Culture.

To date little has changed principally I am sure due to the Committee focusing on the education part of its mandate. The Committee has an immense amount on its plate at the moment and I wonder with the benefit of hindsight if hitching sport to the band wagon of education was really the best thing to do.

In Jersey the responsibility for sport which was part of their Education Department has now passed to Tourism and Economic Development. Only time will tell but as an example so far as the Commission is able to tell very little work has been done by the Committee in preparation for the States report on sport and the financing for sport which is due to be presented to the States prior to September 2017.

Against this background the Commission's day to day work carries on with the excellent PE in Schools and On Your Marks programmes continuing to deliver good results. Street Sports again has had a positive impact for youngsters living challenging lives.

New initiatives this year has seen the Sports Commission introduce a Move on Up passport detailing year 6 students physical activity so that a child's physical literacy is as well documented as their academic literacy when they move from primary to secondary education. We have also entered into a three year agreement with Education and the Active Travel Unit to deliver Bikeability 1 and Bikeability 2 cycle training sessions to years 5 and 6 with the appointment of 2 part time Bikeability accredited Development Officers.

The Brooks Macdonald High Performance Gym continues to be well used and our High Performance Team are now working with our top athletes in preparation for the 2018 Commonwealth Games.

In addition the Sports Commission was delighted to be involved in the continuing improvements at KGV.

The Commission has during the year administered the Sports Development Fund to assist with off Island sports travel and has overseen the appointment of new sport specific development officers. However the funding of sports events through the Sports Guernsey Fund is still an area of concern with the Commission being allowed to play no part in the decision making process as that is undertaken by a subcommittee of three politicians who lack any detailed knowledge of Guernsey sport. We will continue to lobby for change in this structure as we do not see that the present arrangement is working well for the States or the sports that we want to support.

Generali Coach Development and the Get Active, Stay Active programmes have continued and we look forward to participating in the organisation of the 2017

Specsavers Youth Games. 2017 also sees many of our top and up and coming athletes who have been supported by the Sports Commission competing at the Island Games in Gotland. The Commission is also pleased to see the success of the Guernsey Island Games Association in its bid to host the 2021 Island Games in Guernsey and the Commission has agreed to lend its support to the organising committee.

Also on the agenda for 2017 we will be trying to improve the provision for and recognition of those para-athletes who compete with a physical or intellectual disability. In addition we hope to see progress on the Healthy Weight Strategy with the Commission being involved in the delivery of physical activity. We will continue to work with Education to integrate physical activity into the classroom although not at a loss of structured P E within school time.

Finances remain a challenge and we shall continue to lobby for greater rather than less States support for sport. I am very grateful to our sponsors who have supported the work of the Commission this year and will hopefully continue to do so going forward.

However our greatest asset and resource is our staff and I thank them for all their hard work and commitment. At the Sports Commission we know the benefits that sport and healthy activity can bring and we shall continue to put that message across in the coming 12 months. To quote a Deputy Head from one of the Islands Primary Schools:

“Just want to say what another great resource from you. It is brilliant. What you have done for P E and promoting healthy life styles across the Island is immense”

That just about says it all!

David Harry

Chief Executive Officer

Schools

PE in Schools

The PE in Schools Programme, now in its 5th year, continues to provide local schools and children with a range of opportunities thanks to the financial support from Alliance. Year 3 and 4 lessons were taught in 12 primary schools and 2 private schools with each school receiving 15 lessons of high quality PE per class. Over 3 termly blocks of 5 weeks the children and teachers were given the opportunity to learn and enjoy 11 different sports that included hockey, tag rugby, tennis, volleyball to name a few. The lessons take a holistic approach with children developing their physical literacy as well as cognitive, social and personal skills.

The lessons are taught in a safe and positive environment with children developing fundamental skills through game play. Children are rewarded and encouraged to earn 'player of the day' which is chosen by the class teacher and GSC staff member and this can be achieved by showing positive attributes such as sportsmanship, fair play, resilience, encouraging others etc.

Class teachers are encouraged to be included in the lessons so that knowledge and understanding is developed each week and can be implemented into their own lessons.

'Great programme and after school club. The children thoroughly enjoy the sessions each week.' (Teacher)



Session plans are handed to the teachers so that they can repeat or expand on the sessions they have been involved in. All children are provided with a role within the lesson whether they can physically take part or not, children are taught to assist, coach and officiate.

In 2016, Guernsey primary schools received over 1000 hours of PE and Club provision delivered to up to 1250 children and over 50 teachers.

Fit Clubs

Fit Clubs are offered to every primary school in Guernsey and provide children with a free opportunity to stay active during lunchtime or after school. Children that attend the lunchtime Fit Club for Year 1 and 2 learn about how to stay active and healthy. The importance of activity, drinking water, getting plenty of sleep and eating healthily are taught through games that focus on fundamental movement skills.



The children earn a sticker each week and aim complete their booklet which is then taken home to share what has been learnt and includes extra game ideas to play at home or in the playground.

Year 3 and 4 children have the opportunity to attend a free extracurricular club which aims to build upon the sports taught in the PE lessons and to provide information on how to access these sports in the community. Each week children are given time to reflect on the sport they have played by noting down what they have learnt or enjoyed from playing the sport. We actively encourage schools to target the most inactive or children whom they think would most benefit from attending.

‘I like football now, I actually had fun.’ (Child)

Key Stats

1250 primary school children received over 1000 hours of PE and Club provision

14 schools received Year 3 & 4 PE lessons in 11 different sports

After School Fit Club for Year 3 & 4 increased enjoyment in sport

Lunchtime Fit Clubs for children in Years 1 & 2 encouraged children to be active and healthy

Year 3 and 4 Festivals

In 2016 the now established free festival opportunities provided even more children with the opportunity to access sport in the community. This year we worked with badminton, cricket, golf, tennis and squash with over 150 children taking part. Targeted at children in Year 3 and 4 the festivals aim to work closely with the respective sports and encourage the attendees to take up the sport if they have enjoyed the experience. Children have the opportunity to attend a training session and a festival date. The festivals provide a welcoming and inclusive environment for children to experience the sport and have strong emphasis on fair play and fun. Inter School Festivals

Inter School Festivals

In 2016 we introduced 2 new opportunities for children in Year 5 and 6. To replace the Year 5 football festival we looked to instead provide new inter school opportunities that looked to target those children that may not have had the chance to represent their school and to ensure that children that play a 'minority' sport have the opportunity to represent their school at the sport they play. Children attend a training session and a festival date with all of the administration and organisation completed by the Sports Commission. 10 schools have so far taken up this opportunity to take part, and with more inter school festivals planned for 2017, it is hoped that more schools will get involved.

'Thank you for today's Golf festival. My son, had a great time trying the different events and said it was very well organised'.
(Parent)



'What another great event you have put on, it's nice to see them represent their school for Badminton, something they have never been able to do before.' (Parent)

Reception PE

A 5 week block of PE lessons were offered to all Guernsey primary schools in 2016. The lessons focus on the fundamental movement skills of running, dodging, hopping, jumping, throwing, catching and dribbling. The lessons, 30 minutes in length, ensure the children have maximum contact time with the equipment and are active throughout. The key aim is to provide the children with a positive first experience of PE and provide teachers with resources and ideas to further their knowledge and improve their confidence when teaching PE.

‘Thanks so much the children have loved every minute.’ (Teacher)

Primary School Sports Leaders

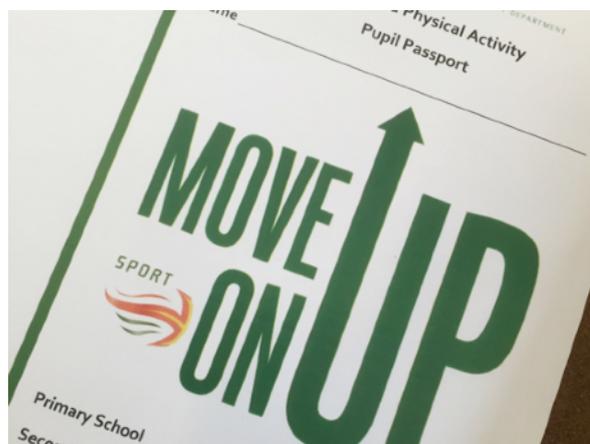
Leaders

2 schools have taken up this opportunity in 2016. This programme enables us to work with KS2 children for 6 weeks to train them how to be a Sports Leader. Leaders learn how to create a safe, engaging and active playground. Children create their own games and expectations of what makes a good leader and once trained, they then lead in the playground working together to encourage younger children to be physically active and to play fairly. The number of children trained to lead safe, active playground games in 2016 is more than 40. Schools that have previously been involved are now rolling out an adapted version of the programme.

Sport and Physical

Activity Passports

Sport and Physical Activity Passports were introduced during 2016 and provided the Sports Commission with the opportunity to develop a picture of engagement in physical activity starting with children in Year 6. Valuable data has also been provided to the Secondary School PE teachers who have been able to ensure that provision is made for those children that have been identified as being ‘inactive’. It is hoped that data will be gathered on a yearly basis at Year 6, 8 and 10 to provide an even more comprehensive understanding of participation levels in Guernsey.



Physically Active

Classroom Breaks

Schools now have access to a booklet of physical activity breaks that can be used each day. All games are active breaks to reenergise the brain, with an inclusive approach to help boost classroom cohesion.

Assistant Coaches

We have worked with several targeted children across the primary schools for this programme. The main aim is to engage selected children in a constructive and positive session during playtime or after school to encourage them to be positive role models to the younger children in a sports environment. Children act as assistant coaches where they support the young children and select a player of the day. Each child has a booklet to evaluate themselves as a coach for each session.



When timetables have allowed us to, we have supported schools as requested. Extra support we have offered vary from assemblies, Year 1 and 2 PE lessons, rainy day packs for PE to supporting International Day of Persons with Disabilities. All with the focus to promote the importance of being physically active and PE.

Key Stats

5 week blocks of reception PE which focus on fundamental movement skills

10 schools have participated in our Year 5 and 6 Interschool Sports Festivals

150 children took part in our sports festivals

'Move On Up' Sport & Physical Activity Passports completed by Year 6 children to provide physical activity data

40 children have been trained as Primary School Sports Leaders to create an active playground and encourage younger children

'Just want to say...what another great resource from you! It is brilliant-and very Kagan orientated! What you have done for PE and promoting healthy lifestyle across the Island is immense!' (Deputy Head)

Bikeability Guernsey

In 2016 The Guernsey Sports Commission partnered with schools in Guernsey to offer Bikeability Guernsey cycle safety training.

Bikeability Guernsey gives children the skills and confidence to ride their bikes and assess the risks and obstacles they may face on today's roads. It is designed to develop road sense, traffic awareness and improve childrens ability to ride safely. Most of the training takes place on the road.

Bikeability Guernsey is provided free of charge by the Guernsey Sports Commission on behalf of the States of Guernsey Traffic and Highway Services.



Children must be able to ride a bike before starting the course, this includes the ability to control the bicycle and maintain balance whilst giving hand signals and being able to use gears if fitted.

To gain Bikeability certification, children will need to complete both levels 1 and 2, receiving 6-8 hours of Bikeability training. All sessions must be attended, the course is aimed at pupils in yrs 5 & 6 (age 10-11).

There are 2 levels of training, delivered over hourly sessions that take place during school hours. The sessions are delivered by Bikeability Development Officers Julie Chester and Joanne Le Prevost, who are currently teaching in 4 schools, with one school already having achieved level 2.



‘Thank you very much for Bikeability training with safety skills and showing us how to ride our bike safely on the road.’ (School Group)

Key Stats

Children in Year 5 & 6 attended free Bikeability Guernsey at School to develop road sense & cycling safety

60 Year 9 girls attended our M & S Girls Convention which empowers girls to engage in physical activity

M&S Girls Convention

The M&S Girls Convention took place in June for the 7th year running.

60 year 9 girls from five different schools across the island joined us at

Beau Sejour. The aim is to give young women a positive experience of

sport and physical activity by offering a variety of activities that do not form part of the regular curriculum.

This year the girls tried Boxercise/Self Defence, Street Dance, Tennis, TRX, Zumba and a mindset workshop. Marks & Spencer sponsors the event and provide healthy lunch and a goody bag for each girl.

The majority of the girls really enjoyed the day and their comments reinforced the need to stage this event annually.

'I'm proud of doing the boxing because when we do it at school I always stop and say I can't do it.' (Participant)

'I found that i really enjoyed the activities even though I didn't think I would.' (Participant)

'Tasty food, good fun and I felt proud at the end.' (Participant)

M&S

EST. 1884



Community

On Your Marks

Programme

The On Your Marks Programme, kindly sponsored by Marks and Spencer (Guernsey), provides children and young people with the opportunity to take part in various activities during the school holidays (February – October).

The sessions focus on developing confidence, physical literacy and social skills through playing sport. The support from Marks and Spencer (Guernsey) enables the Guernsey Sports Commission to offer the activities for just £1 per hour, ensuring that the barrier of cost is removed from preventing children and young people to participate.

‘Such a brilliant programme giving a wide range of activities to try – my son has been excited to come each day and made good friends too.’ (Parent)

Amazing value! Thanks so much.’ (Parent)

M&S

EST. 1884

411 children and young people took part in the activities in 2015. Primary school aged children had the opportunity to attend Fun and Fit Club (Year R - 2) or Multi Sports (Year 3 – 6). Fun and Fit club sessions focused on the fundamental movement skills, such as running, dodging and rolling. The Multi Sports sessions included; athletics, basketball, cricket, dodgeball, football, frisbee, handball, hockey, longball, rounders, table tennis, tennis, tag rugby, tri-golf and volleyball. Young people in Year 6 and Secondary school this year had the chance to try; badminton, basketball, beach sports, dodgeball, football, golf, judo, tennis, tchouckball and surfing.



Street Sports

Street Sports is a community programme that aims to improve sports provision for young people in order to benefit their physical, mental and social well-being. It offers 6 -18 year olds of all abilities access to free sports and physical activity sessions in neighbourhoods at two locations across the Island where a number of young people may experience social and/or economic difficulties.

Street Sports gives the opportunities for young people to be active, socialise, have fun, play sports and learn new skills. The staff provide the equipment needed to deliver a varied number of sports including fun tag games, skipping rope and hoops to more traditional sports such as football, basketball and dodge ball that lend themselves to a 'street' setting.

With guidance from staff, participants are always included in the planning and decision-making for each session that take place during the week. Young people are given the choice of which activities they would like to do, what rules they want to play by, if they would like to referee or umpire any games.

Young people are free to turn up, register with a member of staff and join in. The sessions are a way of channelling young Islanders' energies into constructive physical activity. Through sport the aim is to improve young people's confidence and self-esteem. The programme is also committed to making young people aware of other activities and services on the Island that may also benefit their well-being. Street Sports staff work closely with other youth agencies that can offer participants advice and support in other areas of their lives.



Staff Street Sports sessions are delivered fifty weeks of the year including school holidays (with a two week break over Christmas and New Year). The staff team consists of a Sports Development Officer, Street Sports Co-ordinator, Sports Leaders and Assistants as well as volunteers, all of whom are passionate about sports and engaging with young people. All staff are approachable and friendly, and offer new sporting opportunities for participants involved in street sports. We also work closely with sport specific coaches, who help support the sessions by delivering their sport to the young people a few times a year.

During 2016 we have had over 180 young people aged between 6-18 accessing the Street Sport Programme. 80 young people aged between 11-18 came along to the Les Genats sessions, with approximately 25 young people attend on a regular basis. (1 in 3 session or more). At St Martins 50 young people attended throughout the year, with 12 attending on a regular basis. We saw around 50 young people aged between 6-11 accessing the Thursday session at Les Genats estate, with approximately 20 attending on a regular basis.

The Introduction of the U11's Thursday session at Les Genats has allowed us to deliver different games with a more structured approach to the session. The children have been trying new tag games which have been popular and was selected as 1 of their favourite activities to do.

These tag games are easy for the children to use at school and can be adapted to make new ideas (allows the young people to be creative). Tag game have been more inclusive for this age group and we have seen the number of young people involved slowly grow.

During 2016 we have continued to work well alongside a number of other support agencies, Youth Commission have been continually supporting us on a Tuesday and Thursday evening. Meanwhile the Youth Justice team have been coming along to the sessions at St Martins on Wednesday nights since October to help with the participants who attend. Other agencies that have also be involved during the year are The Hub, Action for Children and The Neighbourhood Police Team amongst others.

During 2016 the Street Sports Programme has been funded by Barclays and Children in Need.



BARCLAYS

Street Sports Highlights for 2016

January: It was decided that Fruit would be given out at the first session of each month from January through until December.

March/April: The Sports Commission recruited new staff to take on the roles and responsibility for Street Sports.

May: Youth Commission had Adam Burroughs come along to Les Genats Street Sports session to educate the young people on Internet Safety.

June: Street Sports participants and staff went on a sailing trip with Bristol Cutters, an opportunity provided by the Set Sail Trust. Street Sport staff helped to support and leader sports activities at a 1 off session at the Youth Commission. Barry Moroney came down to Les Genats Estate to deliver a session of Gaelic Football to the older group, was well received.

July: Street Sport staff helped to support and lead sports activities at the Youth Commission Club at the LOC.

August/ September: Youth Commission & Sports commission helped Tuesday participants create their own healthy smoothies with fresh and sugar free ingredients.

October: Multi Inflatable session set up indoors at the Youth Commission for participants from Les Genats (age 11-18). Table tennis session organised for the U11 group at Les Genats Estate. Street Sports staff welcomed Works Experience students from College of FE. The Youth Justice Team were introduced to the Wednesday sessions

November: Staff Appraisals took place through November and December Younger girls from Les Genats Tuesday session supported staff with the introduction Netball 5's and helped explain rules and positions.

December: New Floodlight were brought for all sessions in the winter months. Street Sports and Youth Commission staff took participants from Les Genats for a Christmas bowling session. Both Street Sports and Youth Commission staff took participants from the U11 session for a Christmas Ice skating session Karen Haysom from MASH attended staff meeting to present their policies and procedures and how to make a referral.

Key Stats

411 children took part in our On Your Marks School Holiday Programme and tried 25 different sports & activities from £1

Street Sports offers young people access to sports 50 weeks of the year

Get Active, Stay Active

In 2016 we delivered a series of free taster sessions aimed to get people to engage in sport and physical activity on a regular basis.

Sessions included monthly badminton for all ages at the Rohais Badminton Hall, table tennis for Primary School aged girls every Thursday during term time and kayaking at Cobo for both adults and children during June.

The programme is sponsored by Generali, who also sponsored Go Ride, Older People's Week, parkrun, coaching opportunities and our family fun day during 2016



parkrun

parkrun a global fitness initiative with over 800 weekly parkruns

already taking place across the UK and worldwide. parkrun is a

weekly, free, 5km timed run, jog or walk, that is open to everyone regardless of ability, experience or current fitness levels.

Guernsey parkrun started in April and now takes place 9am every Saturday morning. The course for Guernsey parkrun starts on the footpath to the east of the Pembroke Bay car parks and is a gently undulating and scenic two lap course. There have been 40 runs to date with 1119 participants

Participants move at their own pace, while everyone is timed using personal barcodes, so they are able to track their progress.

parkrun was set up in Guernsey by Event Director, Lorna O'Donnell with support from the Guernsey Sports Commission's Get Active, Stay Active programme sponsored by Generali and Intersport. Weekly runs are now supported by a team of volunteers.

GO Ride

The eight week Go Ride scheme was launched in April to help over 70 children aged 5-8 improve their bike skills, safety awareness and confidence.

The scheme is run by the Guernsey Bicycle Group in conjunction with the Sports Commission's Get Active Stay Active programme sponsored by Generali.

The children were taught under the Guernsey Sport Commission's Chief Executive Officer David Harry, who is a member of the Guernsey Bicycle Group and British Cycling and is a level 2 qualified coach.



Older People's Fortnight

During the lead up to International Day of Older Persons in October, the Guernsey Sports Commission and Generali introduced Older People's Fortnight which hoped to encourage older people to try a new activity and keep active.

Members of the Falls Reduction team based at the PEH also helped to organise the event. Promoting gentle exercise in older people is an excellent way improve balance, spinal health, core strength and flexibility which helps to prevent falls. As well as providing social and mental health and benefits.

There were 25 different types of activities available to try and almost all of the sessions are free of charge including aquafit, swimming, gardening, gentle aerobics, indoor bowls, line dancing, seated yoga, table cricket, tai chi, walking football and wheelchair dancing. Approximately 60 older people took part in the week.

Member Sports

The Guernsey Sports Commission's website hosts over 50 different member sports. A range of club and organisations are listed with the relevant contact information to get in touch with your chosen sport at:

guernseysports.com/sports

Generali Family Fun Day

Around 700 islanders of all ages enjoyed trying out over 15 different sports at the Family Fun Day at the KGV in June which was organised by the Guernsey Sports Commission and Generali Worldwide.

This was the second year that the Fun Day was organised and many of the sports that featured at last year's event returned. The Sports Commission set a challenge for youngsters to try eight sports, with prizes for those who completed the activities.



Key Stats

1120 people have participated in park run, a free 5km timed run at Pembroke every Saturday morning

60 people took part in our Older Peoples Fortnight which offered 25 free activities to increase activity

70 children aged 5-8 attend our 8 week Go Ride scheme to improve their bike safety skills

About 700 people attended our Generali Family Fun Day with 15 sports offering taster sessions

Generali Get Active, Stay Active provided free taster sessions in Badminton, Kayaking & Table Tennis



Performance

High Performance Programme

The High Performance Programme (HPP) was established in 2010 with a view to ensuring that being from Guernsey was an advantage rather than a disadvantage for those who were seeking to achieve a world class level of performance in sport. It was contracted to provide the preparation for the 2014 Guernsey Commonwealth Games team and is currently undertaking the same task for Gold Coast 2018.

One key success for sport on Guernsey that now creates the opportunity to refocus and move forwards is the development of individual member sports. Since establishing the HPP member sports have begun to develop their own support for aspiring athletes. Whilst these programmes are at different levels in terms of their maturity there is ample evidence within football, cricket, rugby, athletics, fencing and swimming amongst others to demonstrate the progress. All of these sports have clear pathways from Guernsey to professional and / or full time training.

‘Ensuring that being from Guernsey is an advantage in achieving a world class level of sports performance’

All of these sports have clear pathways from Guernsey to professional and / or full time training.

From the outset we aspired to support approximately 50 athletes with a level of individual and group support. There have been some exceptionally good pieces of work with some very positive outcomes in that period.

However there is now sufficient support within many sports to ensure that the majority of these young people are now well looked after. Given this we have the opportunity to move our strategy on.



The Future of the High Performance Programme:

Due to a number of factors, the progress of member sports, success of the HPP, a changing social, political and economic climate, rising standards of performance in sport locally, nationally, and internationally our role has changed. We believe our role is to continue to support the sports with the development of their representative athletes whilst having an even more focussed approach on supporting those young people transitioning to NGB / professional programmes. In order to do this we now need to do the following to support the development of performance athletes on Guernsey.

Maintain and develop the High Performance Centre at Footes Lane providing training facilities for athletes n = 200.

Create increased integration of support services for those athletes joining NGB programmes and in transition periods n=20

Offer member sports a team of expertise available to be brought in to support all athletes at representative level across tactical, technical, mental, physical and psychological aspects of performance and wellbeing n = 500

Continue to develop the evidence based practice, skills and expertise of those supporting our performance athletes n = 20

Mentoring support as required n = 20

Targeted funding on a means tested basis to support athletes on or in the process of joining NGB or professional programmes through the sports development fund n = 20



BROOKS MACDONALD

Key Stats

Brookes Macdonald High Performance Centre trains top sports people from different sports

450 people attended our Sporting Achievement Awards with 12 awards presented

Sporting Achievement

Awards

On Thursday 12th of January 2017 the Guernsey Sports Commission hosted our Sporting Achievement Awards 2016 at Beau Sejour. 450 people attended the night to see 12 awards presented.

Cameron Chalmers was awarded the top honour as he was named winner of the Sports Commission Trophy for Outstanding Performer.

Sir Richard Collas was our special guest speaker for the evening and he discussed the value of sport and what it adds to the community.



[Full List of Winners](#)

Lambourne Shield

Maya Le Tissier

Beau Sejour Trophy

The Guernsey Rugby Academy Colts U18s

Nautical Guernsey Shield

Laura Fry and Amy Critchlow from Try a Tri
Guernsey Sports Commission Small Team

Trophy

Bowls British Isles Team

Guernsey Sports Commission Team

Trophy for over 4 competitors

Guernsey Men's Hockey Squad

The Baroness Tanni Grey-Thompson

Trophy for the Para-Sport Athlete with a

Physical Impairment

Jon Burrows

**The Ferbrache & Farrell LLP Trophy for
the Para-Sport Athlete with an Intellectual**

Impairment

Oscar Webber

Dave Dorey Memorial Trophy

Brian Chapman

Sir John Loveridge Award

Sophie Porter

Guernsey Brewer Salver

Heather Watson

Richard Burton Salver

Jack English

Guernsey Sports Commission Trophy

Cameron Chalmers

Support

Coach Development Programme

2016 was a busy year within coach development through the Generali World Wide 'More Coaches, Better Coaches' programme. The programme moved from group work through to more individual support for coaches and those working with the top athletes in the Island. The focus was placed on tailoring support to ensure a noticeable impact on the experiences of participants. In 2016 20 coaches qualified in Guernsey between level 1-3.

Workshops

We offer a range of workshops to sports coaches, sports leaders, volunteers and anyone with an interest in furthering their sporting ability. These courses are provided to ensure that coaches can remain skilled and can further their professional development. These courses are also provided to enable all coaches to fulfil the minimum standards for deployment required by a range of National Sporting Governing Bodies.

In 2016 we organised various workshops delivered by Sport Wales and St. John Ambulance. Workshops delivered by Sport Wales included Safeguarding and Protecting Children, Equity in Your Coaching and Time To Listen and Standard First Aid.



sportwales
chwaraeoncymsu

“More Coaches, Better Coaches”

Key Stats

20 coaches qualified in our Generali Coach Development Programme to increase raise performance

10 workshops available for coaches and athletes including first aid and child protection

£82,250 available to sports from the Sports Development Fund and Sports Guernsey Fund

Funding

Sports Guernsey (Incorporating Sports and Nautical Guernsey)

Sports Guernsey (Sports Guernsey and Nautical Guernsey) continued in 2016 with a financial reduction to the Fund of over 30% compared to 2015 but a whopping cut of 67% on 2014.

The Sports Guernsey Fund 2016 received 15 applications to assist local sports associations to host sporting events in Guernsey for both local and visiting competitors. This was a reduction of more than 50% from other years and it isn't difficult to see why this should be.

At the behest of the old Commerce & Employment Board, the key criteria for applications based on their core campaigns for 2016 were, Island Hopping, Channel Islands Heritage Festival, Guernsey International Food Festival and Cruise Liner and Visitor Sunday Experience.

This immediately put a number of sports off from applying as there is no reasonable expectation that they would satisfy that criteria and therefore did not apply. The 15 that did, received a total of £17250.

The Commerce & Employment Board and Culture & Leisure Board also made the decisions as to who should get the funding and therefore making the sports commission sub-committee that has been responsible for the allocation of funding redundant.

There seems to be a general apathy towards sports tourism, for whatever reason, although the distinct impression given is that of "it will happen anyway regardless of any financial support."

Sports Development Fund

For the 16th consecutive year there was no additional funding made available from the States of Guernsey for the Sports Development Fund and it therefore remained at £65,000. If this fund had kept pace with inflation it would now amount to £104,887.

As is always the case, applications for funding far outweighed what was available and therefore late applications were put on a waiting list.

The percentage of the fund used on coaching was down to just over 20%. This was in part due to a number of coaching courses that were going to take place in 2016 either being cancelled due to cost, lack of numbers and unavailability of tutors. Some of these courses have been brought forward in to 2017.

It is interesting to note that travel off island for representative junior teams decreased significantly in 2016, in the main due to the cost of getting to the UK. Bear in mind none of these figures relate to Inter Island travel as the fund does not support it.

The athletes in the B3 category continue to make good use of the fund although what it can provide for them is extremely limited in the scheme of things. Their annual travel bill to compete in the standard of competition that they cannot access locally is a massive drain on theirs and their parents' resources.



One coach will on average **impact** on 17 participants.



Eight out of ten adults who receive coaching believe it improves their enjoyment of sport.



In the last **12 years**, the percentage of participants who think that coaching improves their enjoyment of sport has increased from **53% to 80%**.

#CoachingCan

be an agent for behaviour change



Adults who are coached are **less likely** to stop playing sport than those who are not coached.



Young people who are coached display a **stronger** connection to sport.



People who play sport say a coach would **encourage** them to play sport **more often**.

www.sportscoachuk.org/coachingcan

Sport Development Officers

Athletics Development Tom Druce



Performance: Cameron Chalmers was the standout athlete in 2016 and has received much praise for his achievements. Many of his achievements were unprecedented for Guernsey athletes, including his selection and subsequent [effective] 9th place at the World U20 Championships in the 400m – where he missed the final by one place whilst recording an incredible U20 Island record of 46.51sec.

There were big performances elsewhere. Alastair Chalmers won numerous national medals indoors and outdoors at U17 level and also represented Great Britain at the European Youth Championships, like his brother also making the semi-finals. Lee Merrien recorded a personal best in the New York Half Marathon and represented Great Britain at the European Championships as a result.

Nationally, both Kylie Robilliard and Josh Allaway fared well at the national senior indoor championships where they made their respective semi-finals in the highly competitive 60m. Sarah Mercier was imperious during the cross country season, finishing high up the fields in two national standard races.

Development :There were also numerous examples of progress and improvement at U15, U17 and U20 level particularly in track events. Unprecedented numbers travelled to national championships and English Schools Championships having achieved the required qualifying times, demonstrating that there is added depth of performance emerging. Ed Mason achieved the qualifying time for the European Youth Championships but was unfortunately edged out of selection.

Coaching: The coaching within the club is continuing to evolve as I look to create the best opportunities for the athletes to progress and thrive. The new coaching structure is working very well in some areas and hence yielding the results mentioned above, but there is still work to be done in 2017.



Schools: I have had three students for work experience or shadowing in 2016. I have done regular sessions, particularly in lunchtime and after-school clubs with the high schools (including colleges and Grammar). Time and resource constraints have been dealt with well in terms of visiting each primary school once during the summer term to deliver a session to the pupils that the teachers can also observe. In the process I've talked the teachers through various coaching techniques and offered to remain in contact as much as they need. Our "colts" (year 1 to year 6) section of the club is hugely popular and numbers are extremely high.

Events: As always, the club has held numerous successful events in 2016. As well as many popular endurance events – including Easter Festival, All-Terrain Challenge, Liberation Road Race and Fathers' Day Half Marathon – we also hosted a national level javelin competition which featured the GB no. 1 for 2016, who recorded a throw of almost 74m.

Badminton Development

Matt Haynes

Badminton has continued to be delivered to primary schools at year 4, 5 & 6 while also running year 4 festivals and the first Primary Interschool Competition.

A new awards scheme for secondary schools and junior club has been launched with many children already completing their award levels.



It was the first year in which our schools were able to enter into the county rounds of the UK schools competitions.

Junior club badminton is continuing to grow now with over 100 junior players registered in our junior structure. An introduction of a Minis squad now allows us to provide more focused coaching to children between 6-9yrs of age.

We still have 7 senior clubs running through the season and 2 running a summer season. All of these compete in the Level Doubles and Mixed Doubles league structure as well as participating in numerous tournaments specific for Veterans, Firms and the Island Championships.

Our senior county squad have started the new season well winning twice on their first weekend away which has put us top of the table going into 2017 and on track for a promotion bid.



Cricket Development

Jason Shambrook



Another year comes to a close and the Guernsey Cricket Board Development Programme continues to flourish.

It was a great year for the development of the women's game with the first ever full sided match played by females cricketers only. A girl's cricket hub was introduced throughout the summer months which proved popular.

Local leagues ran at U7, U9, U11, U14 and Senior levels for players of all abilities.

A Coaching & Umpiring Conference was set up locally with presenters from the UK delivering high quality sessions for local officials.

Coach and Umpire development also benefitted from a number of locally run CPD courses.

The Guernsey Groundsman's Guild was set up to link all sporting venue operators with each other eclectically to pool resources and knowledge.

The Schools development programme operated throughout the year in both primary and secondary education.

These sessions served to provide the information on how to join structured club based activities outside the school environment.

There were many highlights in the representative squad calendar which included victories over Sussex, Oxfordshire and Holland at different age groups.

The senior national team performed well finishing in third place of Cricket World League Division 5 and retaining their place in the division by beating Vanuatu.

The first season in the Sussex Leagues provided good experience against off-Island players.

A new junior club based initiative will be introduced aiming to improve the transition from junior to senior cricket.



Football Development

Angus Mackay



The Guernsey FA's link with the College of Further Education continues as Joelle Pengelley and Angus Mackay continue to teach on the BTEC Sports course.

The Guernsey Soccer School has continued to operate after school clubs and school holiday courses with good numbers attending.

The demand for coaching courses continues, there have been two level 1 courses along with a number of Safeguarding Children Workshops, Welfare Officer Workshops and Emergency First Aid courses, ensuring that coaches involved in the game have to necessary qualifications to promote a safe learning environment for adults, children and young people.

The Guernsey FA Academy has made a permanent move to Victoria Avenue as the GFA's primary venue for training and fixtures, giving a sense of the GFA having a 'home' and helping players identify with the GFA Academy.

Mike Garnett and Angus Mackay have completed the process of becoming Level 1 and 2 tutors, meaning these courses can be delivered on island and timetabled in a way that suits local volunteers. Another busy year but progress made, looking forward to 2017.



Hockey Development

Sally Bushell



The HSBC Sunday morning programme, which caters for children from Reception to Year 6, continues to be popular with increasing numbers particularly in the younger age groups.

There has also been an increase in attendance at our Youth Development Squad sessions which targets students in Year 7 and above alongside the PwC Hockey academy U12 Boys and U14 & U12 Girls. This session enables the participants to play competitive 7 a-side matches as well as develop skills and technique. The R G Falla Outreach programme culminated last season in two well attended tournaments. Once again we are visiting as many Year 5 and Year 6 schools as possible and have also introduced sessions at Les Beaucamps for children in Year 7 and above as part of a lunchtime club and as an after school club for all boys in high school Years 7 to 9.

The PwC Hockey academies now have the same pathway for both girls and boys with separate sessions at U14 and U16 age groups.

The U12/U14 sessions are runs as two separate sessions but at the same time on separate pitches. This gives us the flexibility to hold single sex training sessions focussing on player development and improving hockey skills plus the added bonus of being able to join together to play competitive 7 a-side mini tournaments during the course of the season. The players can be joined together to form different teams each time and this enables them to get to know each other. The atmosphere of social inclusion within this group is recognised by the GHLBG as one of several key elements required to retain players in a sport as they are moving from primary to secondary school and is considered as one of many strengths of the

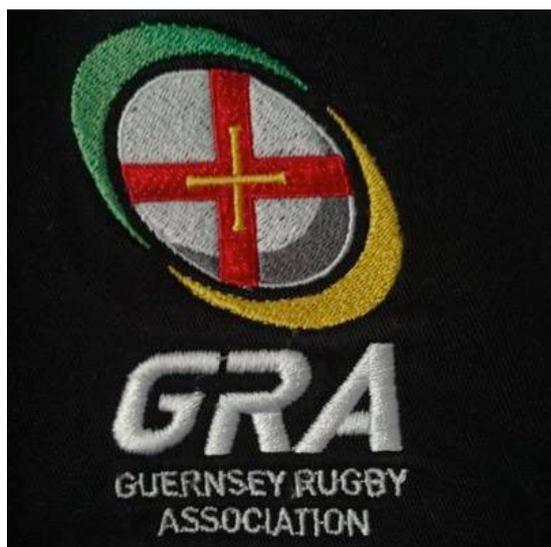
In January the Boys U14 played in the Jersey Festival of Hockey which is a 7 a-side participation tournament. Due to flight issues Guernsey was only able to take over two teams rather than the three that would have been our preference. In March we took the Girls U14 squad on their first UK tour to play matches and a tournament which featured some good quality junior clubs in Guildford HC and Teddington HC. For some girls this was their first off island trip representing Guernsey.



The U16 teams played their inter insulars in Jersey. Two very good quality matches were played. The girls drew and the boys were narrowly defeated – albeit coming back into contention within the last five minutes to give Jersey a bit of a scare. The Girls and Boys U16 teams both entered the England Hockey U16 National Championships and played in the first triangular tournament matches in November. This competition enables the players to play against top UK junior clubs in a league. The boys played against Reading HC and Oxford Hawks in their first matches and the girls played against Tunbridge Wells and Sevenoaks HC.

All these matches offer great learning opportunities for both players and coaches and are a great experience for all the players.

Ten players were nominated to go to the England Hockey Junior Regional Performance Centre (JRPC) age group sessions which were held at Haslemere HC over the Summer. This was the last JRPC cycle in this format as England Hockey has adapted their Player Pathway from 2017 to a Performance Centre within the hockey season that includes week night training. Currently GHLBG is in discussion with England Hockey to make sure that the Player Pathway is inclusive to those players who are unable to travel to midweek sessions. One player was again selected to attend the National Age Group Squad at U16 level, having already made his debut a year young in the previous intake and being selected to play for England in a Home Nations international series.



Rugby Development

Steve Melbourne



General: Another busy year for Guernsey Rugby with a great deal of work both on and off the playing fields. Rugby Development now has 2 Full Time Staff along with 1 Part Time Community Rugby Coaches. This has seen an increase in the number of hours of Support Coaching that can now be offered to schools, colleges and local teams. Rugby interest on Guernsey is growing and the level and standard has increased over the past year. This was very evident during the home Junior Siam which saw every age group from U7 to U18 Colts (Girls and Boys) represented for the first time as well as the Colts winning the Sussex Championship League for a 2nd consecutive season and there age group in the Junior Siam.

Development Pathways: The Development pathway now provides opportunities for players both male and female to play at levels from local on island rugby (Touch and Contact) to National Conference 1 (Women) and London and South East National 3 (Men). This programme now sees the following U14 and U15 (Boys and Girls) 1 Gym session and 1 Field session per week and U16-Colts (Boys) 2 Gym sessions per week.

Schools and Colleges Rugby: 2016 has seen for the first time seen Rugby Development provide Rugby Coaching Support to every Primary/Junior, Secondary School and Further Education on Guernsey. This includes scheduled lesson time as well as Lunchtime/ After School Clubs and Specialist coaching sessions. Both Primary/Junior Schools and Secondary Schools festivals have seen an increase in the numbers of teams and players taking part (Girls and Boys).

Education:

2 x Rugby Ready (23 Candidates)

UKCC Level 1 Coaching Children Rugby Union (13 Candidates (11 are U18 and are now coaching within the Academy))

Referees Pre-Season CPD (10 Officials)

Safeguarding (Play It Safe) (15 Candidates)

Lineout CPD (17 Coaches)

Maul and Ruck for both Coaches and Officials (24 Attendees – 18 Coaches and 6 Officials)

Emergency First Aid for Rugby Union (12 Candidates)

Representative Honours:

Rachel Merrien (Hampshire)

Dom Rice (Middlesex U20 and Bracknell (Nat 3 Rugby))

Alfie Penny (U18 Hampshire)

Harry Phillips (U15 Hampshire.)

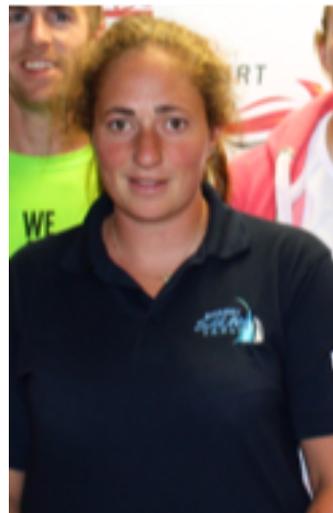
The following have played Adult Rugby whilst still in the Colts:

Dan Rice (Elizabeth College) Solent Team squad member

Brad Webb (Grammar 6th form) Solent Team squad member

Leon Collenette (Grammar 6th Form) Solent

Sailing Development Clare Chapple



The Guernsey Sailing Trust (GST) and Guernsey Yacht Club (GYC) have had a very successful 2016.

The GST started off the year with a sailing road show, visiting schools and delivering assemblies and indoor sailing lessons. We took a boat with us so were able to teach the basics of steering and controlling the sail. Other skills taught were knot tying, rescue line throwing and naming the parts of the boat. We visited 13 schools and saw a total of 1943 students.

In April we received delivery of our RS Venture Connect a specially adapted disability boat, kindly donated by the Wooden Spoon Society. This boat has been used by a number of adults to enable them to enjoy the sport of sailing or learn a new skill. This boat is available for all disabled islanders including students during term time as part of a PE or Games programme.

In 2016 the GST saw students from every school in the island participate in Sailing. In total we delivered sailing lessons to 1376 students. Our free after school Sailing challenge sponsored by the Rotary Guernesiais saw fifteen year 8 and 9 students take part in the inter-schools sailing challenge where they were taught to sail and compete in a few races on the last day when a girls and boys champion were crowned.

The GYC saw approx. 100 children take part in the after school and Saturday morning Explorers and Pirates on the pond Programme plus a further 100 Children registered for the race and training programs run on a Saturday or Sunday afternoon. 4 race training weekends were run by visiting national team coaches.

The GYC was represented at 2 International events, 2 National events and one South of England Regional event. Ellie Tanguy was selected to represent Team GB at both the Laser Radial U18 World Championships and the Laser 4.7 European Championships. Arthur Collenette, Kiera Carre and Xavier Ellis were all selected for the South of England Optimist Regional Squad.



Squash Development

Martin Watts



The main project for Guernsey Squash & Racketball remains a new centre, 2016 saw us look into a number of different options. We have pursued one particular option and hope to have news of four new courts in the very near future. Although Beau Sejour provides 5 courts we are at capacity with our junior programme and the option of more courts would enable us to provide a more diverse programme at all levels of our junior programme. A new centre would also help us to provide our senior players with better social facilities allowing us to enhance the adult events.

Chris Simpson remained in the top 25 in the world squash rankings. Chris challenged a number of the worlds best players consistently earning ranking points to maintain his world ranking. Jack Turvey also showed excellent progress throughout 2016 finishing in the top 10 in the u17 England Ranking.

Our junior development programme remains strong, the Guernsey Sports events (yr 4 festival & PE in Schools) combined with our yr 4 schools programme helped us to introduce squash to over 500 children with around 40 then taking part in one of our junior clubs. This added to our improved junior squads has resulted in a strengthened junior pathway.

Travel costs still hamper our ability to get our junior and senior players competition against UK and Jersey opposition.



Key Stats

10 Sports Development Officers to increase participation in Badminton, Cricket, Athletics, Hockey, Fencing, Rugby, Squash, Football, Table Tennis & Sailing



Table Tennis Development Becks O'Keefe



2016 was another busy year for the Guernsey Table Tennis Association, not only locally but also further afield.

The local leagues were well supported with 36 teams playing in 4 division of team of 3 along with a junior individual league taking place on a Friday evening.

A new business league was introduced and so far has been successful.

The normal 5 open tournaments held by the GTTA were well supported as were the novelty tournaments. The junior Deutsche bank banded tournaments 4 a season were also well attended by the junior members.

The junior coaching sessions continued with 13 training sessions a week for the various standards. Adult coaching on Saturday morning and Monday mornings become more and more popular.

International competition Primary Schools International was held here in Guernsey, under 12 players Senior Schools International in Ireland under 14, Under 16 and Under 18 players

Junior British League October and February
Senior British League 4 times a season, Sept,
December, January, March.

Education

Umpires attended events to officiate in
various UK and International Events.

Branka Batinic a German coach attend to run
training camps for coaches education and
players education..

Several schools are now using the centre on
a regular basis.



Tennis Development

Jacqui Hunt



It has been a very positive year reconnecting
with clubs, coaches, players and the LTA and
forming new links with schools. Continued
communication with the various LTA
departments, schools and clubs is ongoing.

Links have now been formed with most
Primary and Secondary schools. Six Primary
Schools and five Secondary schools received
tennis during Summer 2016 reaching over
600 pupils. St Martins Tennis Club welcomed
pupils from St Martins school to their courts
which proved to be a sporting highlight for
many pupils.

Meetings with clubs and coaches took place
in February and March to establish needs.
Most Clubs are continuing along the same
path. GLTA support is always on offer.

All coaches were offered the opportunity to
help in schools and with community initiatives.
Coaches have been a great support with the
larger classes of 30 pupils at Le Rondin and
supported community initiatives.

Generali Worldwide funding through the
Guernsey Island Games Association bursary
scheme supported the Tennis in Schools
Initiative. GLTA are very grateful for their
contribution.

The Tennis in schools initiative have visited 3
Primary Schools to deliver Fun Tennis and
Question and Answer sessions and award
prizes to pupils.

St Martins School pupils were also offered a
day of tennis during their Olympic week
celebrations. While Les Beaucamps High
school pupils enjoyed a week of taster tennis
during their activities week.

Mini match plays in six Primary schools and a
pilot inter school league match between St
Sampsons High and Blanchelande Year 9
girls received a big thumbs up from pupils and

The GLTA had a presence at all Sports Commission Initiatives this Summer including Generali Family Fun Day to targeting Year 9 girls in the M&S Fun Day.

Helen Bonner Morgan ran a teenage match play at Beau Sejour with all players enjoying fun tennis throughout the Summer Term.

The Davis Cup Event showcased mini Tennis in the Centre of Town and the mini court was busy all day.

I have been happy to be involved with the following events during 2016 -

- Travel as the coach for the 18 Under Girls County Team in February.
- Assist at the Mini Tennis RED ball Island Tournament in March.
- Support GTC with their tournament calendar and I have run three match play/ league events for them to date.
- Organise and run the Guernsey Junior Closed Tournament in August
- As well as the grassroots school tennis I have given support to County Teams and where possible encouraged pupils from Primary and Secondary Schools to enter local tournaments during Summer 2016.



Media Relations

2016 has been another busy year in terms of media relations for our charity, with a number of stories featured in the local media

In 2016 we received 35,000cm² of newspaper coverage and magazine coverage- including photographs. The majority of this coverage came from The Guernsey Press, who featured coverage on the Achievement Awards, the High Performance Programme and On Your Marks

Channel Television and BBC Guernsey have worked with us numerous times this year on various sporting stories which aired during their broadcasts and featured online. Programmes that they covered this year included Street Sports, On Your Marks and Older Peoples Week.

This year we have continued to appear on Sports Saturdays with Andrew Senneck every 1-2 months to promote our programmes and upcoming events. Staff have also appeared on other Island FM programmes and BBC Guernsey.

We currently have 3073 Twitter 1718 Facebook followers. During 2016 our website was visited by 24,385 unique visitors.

