



Specsavers Guernsey  
**YOUTH  
GAMES**  
2021

**Saturday 22 May**

Specsavers

SPORT



SPORT



Specsavers





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## ABOUT THE GAMES

The Guernsey Sports Commission and Specsavers will host the ninth Guernsey Youth Games on Saturday 22 May 2021. Teams representing six of the island's former electoral districts will compete against each other in 20 different sports.

Any child in school Years 5 or 6 can take part in the games. Participants will represent the district in which they live and everyone who takes part will receive a medal and a team shirt. A trophy will be presented at the closing ceremony to the district that has accumulated the most points across all the sports and the Fair Play Trophy will be presented to the district that receives the most fair play nominations from the coordinators and officials.

The principal aim of the Specsavers Guernsey Youth Games is to promote the value of sport to island children and the emphasis is on fun, fair play and creating a festival atmosphere. The games will provide an opportunity for children to take part in a large-scale event, to meet new friends, build confidence and enjoy a positive sporting experience.

The children will be asked to try a sport in which they do not normally participate. They will be given an opportunity to learn as much as possible about their chosen sport at coaching sessions in the month before the games. These sessions will enable children to learn new skills which will be put to the test on Games Day, culminating in a closing ceremony.

Children should wear appropriate clothing for their sport and the weather. For indoor sports please wear non-marking trainers. No jewellery should be worn to any session.

All children should bring a drink to training sessions. For Games Day all children should bring a healthy packed lunch and drink and wear sun protection. Sun cream should be applied by parents or carers at home.

On Games Day, unless otherwise noted, all sports will be held at the training session venue.

**Football is open to girls only.  
All other sports are open to  
both girls and boys.**

## WELCOME



With the unfortunate postponement of the 2021 NatWest International Island Games, we are delighted to be able to continue to champion sporting endeavours with our ongoing sponsorship of the Specsavers Youth Games. We hope that the event will inspire a new generation of young athletes.

The atmosphere was electric two years ago and the smiles on the children's faces made me realise what this event is all about – encouraging and nurturing sport within our young people in Guernsey, as well as building their confidence to improve their social skills and, moreover, for them to make new friends.

A huge event like this takes a great deal of commitment from everyone, from the coaches within each sport, to the Guernsey Sports Commission and schools working hard to ensure a smooth competition, and, of course, the young participants and their families. My thanks go to everyone involved who will help make this event an unforgettable day in Guernsey's sporting diary.

Good luck!

A handwritten signature in black ink that reads "Dame Mary Perkins". The script is fluid and cursive.

**Dame Mary Perkins**  
Specsavers co-founder



## HOW TO TAKE PART

Interested? Then here is your guide to taking part in this prestigious event

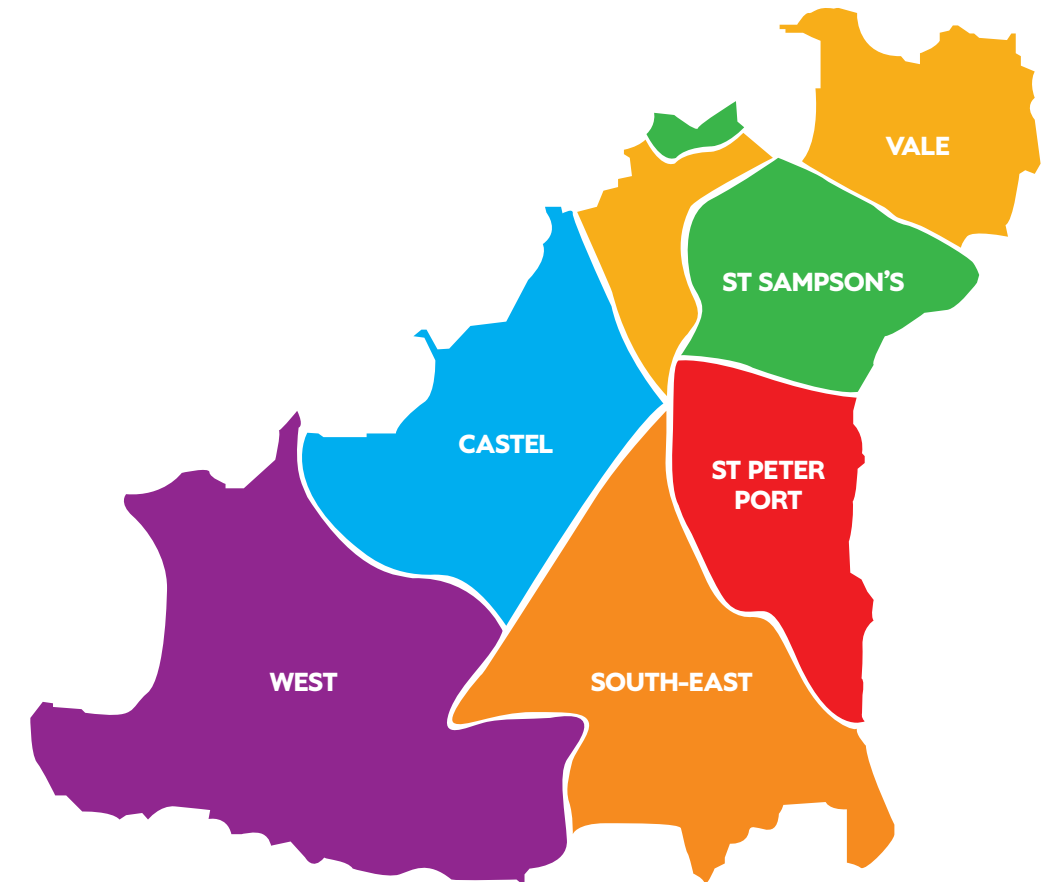
- Step 1** Decide which sport you would like to take part in.  
**Check the training times carefully to make sure that you can attend** and check the eligibility criteria to make sure you qualify.
- Step 2** Put your chosen sports in the 'sports choice list' on the player registration form at the back of this booklet. You will be allocated one of your five choices.
- Step 3** **Fill in all the other details on the player registration form and post it to Youth Games Coordinator at the Guernsey Sports Commission by Friday 19 February 2021 at the very latest.**
- Step 4** You will receive a confirmation slip from your sport, confirming which district you will be representing and reminding you of the training times, venue and dates
- Step 5** Have fun at squad training!

## HOW THE DISTRICTS WORK

In previous years we've used the electoral districts to create our six teams and, while island-wide voting means we don't have these districts anymore, they worked so well we're going to keep them for this event. The children will represent the district in which they live.

The six district teams are:

- South-East - Orange**
- St Peter Port - Red**
- St Sampson's - Green**
- Vale - Yellow**
- West - Purple**
- Castel - Blue**



Specsavers will provide t-shirts in each team colour for competitors to wear on Games Day and to keep afterwards, plus medals, which will be presented to all participants.





# ATHLETICS

**Open to**  
Girls and boys

**Clothing required**  
Trainers or spikes, suitable loose clothing i.e. shorts and t-shirt, plus waterproofs if it's poor weather

**Main contact**  
GIAAC Colts head coach Nick Marley  
Telephone: 01481 238232  
marley@virgin.net

The children who choose athletics will be introduced to a wide range of disciplines during the training sessions, with the emphasis very much on having fun while participating and learning new skills.

On Games Day a quadrathlon-style competition will be held with the children all sprinting, jumping, running and throwing, in order to gain as many points as possible for their respective teams.

Depending on track availability there may be one or two extra athletics sessions put on and the children choosing athletics will be notified of those dates during the first couple of sessions they attend.



District	Venue	Date	Time
All districts	Footes Lane athletics track	Wednesdays 28 April, 5, 12, 19 May	1700 – 1800
All districts	Footes Lane athletics track	Saturdays 24 April, 1, 8, 15 May	0915 – 1030



# BADMINTON

**Open to**  
Girls and boys

**Clothing required**  
Non-marking trainers, shorts and t-shirt

**Main contact**  
Paulo Pinheiro  
Telephone: 07781 115022  
Email: [development@badminton.org.gg](mailto:development@badminton.org.gg)

Training sessions will start with learning the basics of the sport, the rules and the court areas. Children will then move on to improving their serve, hitting underarm and overhead shots as well as game practice.

Competition day will be 9.30am – 2pm which will involve a badminton opening ceremony followed by group matches where all players play the same number of games adding to their district's total score.



# BASKETBALL

**Open to**  
Girls and boys

**Clothing required**  
Sports clothing, preferably shorts and t-shirt and non-marking trainers/basketball boots. Bring a water bottle.

**Main contact**  
Patrick Ogier  
Telephone: 07781 107984  
Email: [pjogier@cwgsy.net](mailto:pjogier@cwgsy.net)

Through the four training sessions, participants will learn the basic rules and fundamentals of basketball, as well as certain aspects of game play, culminating in the finals day on 22 May. Each district will play in a round robin tournament with the top two districts competing in the final. The training sessions will be run by qualified Guernsey basketball coaches with the aim of ensuring that everyone has a great introduction to basketball, learns something about the game and, most importantly, has a lot of fun.



District	Venue	Date	Time
All districts	Rohais Badminton Halls	Wednesdays 5, 12, 19 May	1530 – 1730

District	Venue	Date	Time
South East, St Peter Port and St Sampson's	St Sampson's High School	Saturdays 24 April and 1, 8 and 15 May	1100 – 1200
Vale, West and Castel	St Sampson's High School	Saturdays 24 April and 1, 8 and 15 May	1200 – 1300



# CLIMBING

**Open to**  
Girls and boys

**Clothing required**  
Non-marking trainers, shorts and t-shirt

**Main contact**  
Dimi Argyros and Thomas Humpage  
Telephone: 01481 255799  
Email: admin@upclimbing.gg

Training sessions will consist of how to behave safely in a climbing gym environment, learning how to warm up for climbing, learning specific climbing movement and techniques and climbing terminology. Participants will also be taught the rules and regulations of competition climbing, developing general climbing skills including balance, coordination, precise footwork, transferring their weight, climbing fitness and hand-to-eye coordination



# CRICKET

**Open to**  
Girls and boys

**Clothing required**  
Trainers, tracksuit/shorts and sports shirt, other kit will be provided

**Main contact**  
Ben Ferbrache  
Telephone: 07781 405209  
Email: ben@guernseycricket.com  
Lee Forshaw  
Telephone: 07911 732178  
Email: lee@guernseycricket.com

Learn the skills of cricket in a fun and enjoyable environment. Children can challenge themselves against the bowling machine while meeting new people. Suitable for beginners with no cricketing experience.

On competition day, participants will arrive for a 10.30am start, play every region once with the top team taking the points. All equipment will be provided.



District	Venue	Date	Time
South East, Castel, West	UP Climbing, Rue De Galaad, Vale	Saturdays 24 April and 1, 8, 15 May.	1200 – 1345
Vale, St Sampson's, St Peter Port	UP Climbing, Rue De Galaad, Vale	Saturdays 24 April and 1, 8, 15 May.	1345 – 1515

District	Venue	Date	Time
All districts	KGV King George playing fields (outdoors)	Tuesdays 20, 27 April, 4, 11, 18 May	1600 – 1715



# CYCLING

**Open to**  
Girls and boys

**Clothing required**  
T-shirt and shorts or tracksuit/leggings with trainers.  
Helmets are compulsory and bikes must have front and rear working brakes and working gears.

**Main contact**  
Mark Smith  
Email: gvcsec@googlemail.com

Cycling has been made popular over the years with British riders Bradley Wiggins, Chris Froome and Geraint Thomas all winning the Tour de France. The Guernsey Velo Club has been organising road racing and mountain bike racing in Guernsey for more than 50 years. Its junior racing squad have successfully competed in the UK and France and the Guernsey Cycling Team has achieved gold medals at the Island Games.

Training sessions will be held at Delancey Park with basic skills being taught on the grass. The racing will be on a combination of tarmac and off-road and riders will experience fun racing which will be an ideal introduction to the sport.



# FENCING

**Open to**  
Girls and boys

**Clothing required**  
Tracksuit bottoms, t-shirts and trainers.  
Other equipment will be provided

**Main contact**  
Main contact: Paul Gregory  
Telephone: 07911 100202  
Email: yingguolong@aol.com

Children will be introduced to Olympic fencing using the foil. Training sessions will involve footwork, blade work, pair exercises and practice bouts. All training will be supervised by qualified coaches, assisted by experienced fencers. Fencing kit and weapons will be provided.

The competition will consist of poules of six fencers (one from each district), fenced with electric scoring apparatus according to F.I.E. rules and regulations. Poule results will be added together to determine the winning district.

Preparing for competition in just six sessions will be a fun and exciting challenge. Training is cumulative, so it is important to try to attend all the training sessions. If you know in advance that you are unable to do so, you should think about choosing another sport for the games so that you can do your best for your district. That doesn't mean you can't try fencing, for more information about other opportunities, just contact Paul Gregory on the above details.



District	Venue	Date	Time
All districts	Delancey Park	Saturdays 1, 8, 15 May	1000 – 1200

District	Venue	Date	Time
All districts	Scout HQ at Rue Maingy	Saturdays 10, 17, 24 April and 1, 8, 15 May	0930 – 1030



# FOOTBALL

**Open to**

Girls only

**Clothing required**

Football boots recommended (no metal studs) but turf trainers acceptable, shin pads, suitable clothing and waterproof jacket

**Main contact**

Joelle Pengelley  
Telephone: 07781 441680  
Email: joelle.pengelley@guernseyfa.com

The six training sessions will develop the girls' understanding of the rules of football and each week will focus on a technical element leading into match play. The girls will develop team skills, technical skills, and tactics of football in a fun environment ending with a round-robin tournament on competition day, where all teams will play against each other.



# GOLF

**Open to**

Girls and boys

**Clothing required**

Comfortable athletic clothing and trainers

**Main contact**

Geoffrey Troop  
Telephone: 07781 125053  
Email: geoffreytroop@gmail.com

Children will be able to learn the fundamentals of golf in a fun and enjoyable environment with qualified PGA coaches. All equipment will be provided and the sessions will teach putting, chipping and full shots in preparation for competition day on Saturday 22 May. The competition will be hosted on the par 3 course at St Pierre Park , which is the ideal location for new junior golfers to put their new skills to the test.



District	Venue	Date	Time
All districts	Victoria Avenue Playing Fields (grass)	Thursdays 22, 29 April, 6, 13, 20 May	1700 – 1800

District	Venue	Date	Time
Castel and West	La Grande Mare Golf Club	Wednesdays 21, 28 April, 5, 12, 19 May	1800 – 1900
Vale and St Sampson's	Royal Guernsey Golf Club	Wednesdays 21, 28 April, 5, 12, 19 May	1800 – 1900
St Peter Port and South East	St Pierre Park Golf Club	Saturdays 17, 24 April, 1, 8, 15 May	1000 – 1100



# HOCKEY

**Open to**  
Girls and boys

**Clothing required**  
Appropriate for running around in, trainers or astroturf shoes (NO blades or studs), shinpads, mouthguard. Sticks can be borrowed from the club

**Main contact**  
Steve Eulenkamp  
Email: [steve@guernseyhockey.com](mailto:steve@guernseyhockey.com)

Over the six weeks of training, children will learn all the basic skills that are needed to play the game, encompassing individual skills and teamwork. Players will learn how to be competitive, but friendly and how to enjoy hockey as much as possible. On Games Day there will be a load of fun challenges and matches to help teams win points for their district.



# JUDO

**Open to**  
Girls and boys

**Clothing required**  
T-shirt and either tracksuit or jogging bottoms (no shorts)

**Main contact**  
Edward Mann  
Telephone: 07839 191900  
Email: [guernseyjudoclub@gmail.com](mailto:guernseyjudoclub@gmail.com)

The training sessions will be made up of an introduction to Judo, building up to learning two to three standing techniques and two to three groundwork techniques, with the aim of finally putting the pieces together in a competition environment on the day of the games.





# LACROSSE

**Open to**  
Girls and boys

**Clothing required**  
Comfortable sportswear and trainers

**Main contact**  
Olivia Harman  
Telephone: 07867 806780  
Email: oliviaharman98@gmail.com



Lacrosse is a sport which has grown rapidly both in the UK and globally. It combines a range of skills focusing on hand-eye coordination and fast pace movement. Children will learn the basic rules of the game as well as how to throw, catch and pick up the ball. The aim of the game is for each team to get as many goals in the allotted time to secure the victory.

District	Venue	Date	Time
All districts	KGV King George playing fields	Tuesdays 13, 20, 27 April and 4, 11, 18 May	1730 – 1830

# NETBALL

**Open to**  
Girls and boys

**Clothing required**  
Comfortable sportswear and trainers.  
Bring a drink

**Main contact**  
Nena Copperwaite  
Telephone: 07781 108593



Training sessions will consist of basic netball drills such as catching, throwing and shooting, learning the basic rules of the game and games practise. Competition day will involve a round-robin tournament with each team playing each other.

District	Venue	Date	Time
All Districts	Beau Sejour Leisure Centre	Tuesdays 27 April and 4, 11 and 18 May	1800 – 1930



# PETANQUE

**Open to**  
Girls and boys

**Clothing required**  
No open-toed footwear. Warm clothing to allow outside play

**Main contact**  
Dave Bartram  
Telephone: 07781 168529  
Email: GPA@suremail.gg

The training sessions will be used to learn how to throw boules accurately and learn the necessary tactics. The venue for both training sessions and competition day can be found at [www.guernseypetanque.co.uk/how-to-find-us/](http://www.guernseypetanque.co.uk/how-to-find-us/)



# RUGBY

**Open to**  
Girls and boys

**Clothing required**  
Comfortable clothing, boots, training shoes and a mouthguard

**Main contact**  
Steve Melbourne  
Telephone: 07781 137988  
Email: stevemelbourne@rfu.com

The Guernsey Rugby Association will be running contact rugby with the main emphasis on safety and having fun. All the sessions will be game based with skill zones to work on particular skills such as running, passing and contact skills. On Games Day, district teams will play against each other in a round robin of games.



District	Venue	Date	Time
All districts	Guernsey Club de Petanque, Les Friquets, St Andrews	Sundays 11, 18, 25 April, 2, 9, 16 May	1600 – 1700

District	Venue	Date	Time
All districts	Footes Lane GRFC 2nd XV Training Pitch	Wednesdays 21, 28 April, 5, 12, 19 May	1700 – 1815



# SAILING

**Open to**  
Girls and boys

**Clothing required**  
Comfortable warm clothes and trainers or crocs (which will get wet). A change of clothing is advisable. Buoyancy aids and spray tops will be provided

**Main contact**  
Clare Chapple  
Telephone: 01481 710877  
Email: [clare@sailingtrust.org.gg](mailto:clare@sailingtrust.org.gg)

For those children who have done very little or no sailing before, the training sessions will take place on the Model Yacht Pond in Oppie dinghies. Participants will learn about the points of sailing on the land simulator before having the chance to put their new skills into practice. There will be a series of short races in the last sessions to find the best district.

- Session plan**
- 1 Parts of the boat, land drills, sailing across the wind, tacking
  - 2 Tacking recap, points of sail, figure of eight course
  - 3 Sail setting, adjusting the mainsheet, tight/broad reach course
  - 4 Port and starboard rule, reaching course to practise the rule, and sail setting
  - 5 Putting it all together, practice races



# SOFTBALL

**Open to**  
Girls and boys

**Clothing required**  
Sportswear and trainers

**Main contacts**  
Dominic Bellis  
Telephone: 07781 119757  
Email: [d.bellis@odey.com](mailto:d.bellis@odey.com)  
  
Sam Richardson  
Telephone: 07781 424075  
Email: [sam@manorfarmfoods.com](mailto:sam@manorfarmfoods.com)

Children will learn the basics of the game i.e. catching, throwing, batting, running the bases and learning where to be when the ball gets hit.



District	Venue	Date	Time
South East, Castel and West	Guernsey Sailing Trust, Model Yacht Pond	Tuesdays 20, 27 April, 4, 11, 18 May	1630 – 1730 11 and 18 May (1630 – 1800)
Vale, St Sampson and St Peter Port 21	Guernsey Sailing Trust, Model Yacht Pond	Thursdays 22, 29 April, 6, 13, 20 May	1630 – 1730 13 and 20 May (1630 – 1800)

District	Venue	Date	Time
All districts	Softball diamond at Beau Sejour Leisure Centre	Saturdays 1, 8, 15 May	1200 – 1400



# SQUASH

**Open to**  
Girls and boys

**Clothing required**  
Rackets, goggles and ball will all be provided.  
Please wear comfortable sportswear, non-marking shoes and remember to bring a drink

**Contact**  
Martin Watts  
Telephone: 714567  
Email: office@guernseysquashandracketball.co.uk

Squash is an indoor racket sport which is fun, fast and enjoyable. During the training sessions participants will learn the shots of the game, rules and tactics to allow them to get the most out of the Games Day. The training schedule is flexible. If you can't make your session you can attend the alternative one. Participants should try to attend at least four training sessions.



# TABLE TENNIS

**Open to**  
Girls and boys

**Clothing required**  
Comfortable clothing and trainers

**Contacts**  
Derek Webb  
Telephone: 07781 140280  
Email: derekwebb@cwgsy.net  
  
Rebecca O'Keefe  
Telephone: 07781 180140  
Email: tabletennis@cwgsy.net

Teams will be made up of three players from each of the six districts. Training sessions will consist of service practice and playing simple rallies, this will enable the players to play matches and enjoy the competition day. The basic rules of the game will also be part of the sessions. The competition will be played on a round robin basis, all play all. This will give every player 15 matches, best of three up to seven points alternating service. A point will be awarded for every game won. Then at the end of the day each region's points will be counted. Umpires will be provided from the junior section of the GTTA.



District	Venue	Date	Time
South East, Castel and West	Beau Sejour Leisure Centre	Saturdays 17, 24 April, 1, 8, 15 May	1300 – 1400
Vale, St Sampson and St Peter Port	Beau Sejour Leisure Centre	Saturdays 17, 24 April, 1, 8, 15 May	1400 – 1500

District	Venue	Date	Time
All districts	Guernsey Table Tennis Centre	Mondays 3, 10, 17 May	1815 – 1915
All districts	Guernsey Table Tennis Centre	Wednesdays 5, 12, 19 May	1815 – 1915



# TENNIS

**Open to**  
Girls and boys

**Clothing required**  
Comfortable clothing and trainers

**Contact**  
Lauren Barker  
Email: lauren@guernseytennis.com

Tennis is an incredibly fun, competitive and sociable sport. In the training sessions, players will learn all the basic shots, tactics and how to score. Coaches will cover forehands, backhands, volleys and serves to get the players ready. On Games Day, participants will play in a team competition with lots of matches, before meeting up with the rest of the sports to celebrate everyone’s achievements.



# SPECSAVERS GUERNSEY YOUTH GAMES 2021 PLAYER REGISTRATION FORM

My name is (boy / girl) .....

Address.....

.....

.....

Postcode.....

Date of Birth.....

Home tel.....

Email:.....

Emergency contact name and number .....

School .....

School year .....

I will be representing (district).....

My sport choices are (please give 5).....

.....

.....

.....

.....

This information is provided for the interest of members of the community. The circulation of the information should not be taken as a recommendation or endorsement by the school or Education Services and you should carry out your own enquiries to ensure that you are satisfied with the quality, suitability and safety of the product or service advertised and the identity and character of those providing it.

District	Venue	Date	Time
South East, Castel and West	Guernsey Tennis Club	Sundays 11, 18, 25 April, 2, 9, 16 May	1500 – 1600
Vale, St Sampson and St Peter Port	Guernsey Tennis Club	Sundays 11, 18, 25 April, 2, 9, 16 May	1600 – 1700



# PARENTS

The Guernsey Sports Commission would like to take pictures of your child taking part in the Specsavers Youth Games. These may be used for publicity purposes, such as in local news or in our promotional materials. Your child may be asked to give a radio and/or television interview to promote young people being involved in sport. Any images and interviews will be taken in line with the Guernsey Sports Commission safeguarding children policies.

Taking part in sport has an assumed risk. While the Guernsey Sports Commission, the sports organisations and instructors will take all necessary precautions to ensure the safety of participants, unfortunately accidents may occur. It is understood and agreed that individuals participate at their own risk.

Please state any known medical conditions that may affect your child during the session and your preferred course of action

.....

.....

I agree to my child taking part in the sport(s) indicated. To the best of my knowledge my child is eligible to represent the above-named district and fulfils the eligibility criteria set for the chosen sports. He/she is available for training sessions and Games Day on Saturday 22 May 2021

Signed..... Parent/Guardian

Please print name..... Date .....

In order to ensure your child’s safety, we will be operating a sign-in/sign-out policy on Saturday 22 May 2021. This may take a few minutes, but we would appreciate your patience while we make sure that each child is safely reunited with their parent or guardian. Signs will be posted at the closing ceremony venue to remind parents of this policy.

Please return this player registration form to: 2021 Youth Games Coordinator, The Coach House, Beau Sejour Leisure Centre, Amherst, St Peter Port, GY1 2DL to arrive **no later than Friday 19 February 2021**

