

- ◆ The BEST Programme offers an opportunity for people of all ages to take part in a variety of sports just for fun!
- ◆ The BEST Programme will help people of all ages to lead a healthier and more active lifestyle
- ◆ The BEST Programme will prove that sport and physical activity can be fun and enjoyed by everyone!
- ◆ The BEST Programme offers an opportunity to socialise and make new friends



## Participant Quotes

*"I never thought my daughter would enjoy tennis as much as she has"*

*"Table Tennis is an excellent way to relax after a hard day at work"*

*"My son had lots of fun and made so many new friends"*

*"I didn't enjoy PE at school but love playing basketball and badminton just for fun"*

*"It is nice to do something different"*

If you are interested please contact me to book a place or to find out more

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or

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Find me on Facebook :  
'Brixham Edge Sport Tasters'

*"BEST exists as a Social Enterprise and all profits will be invested back into the programme"*



The BEST Programme is brought to you by :



NESTA Making Innovation Flourish



PLAY, LEARN & HAVE FUN



All profits will be used for the purpose of 'Sport Education' for the community of Brixham

## The BEST Programme

### Vision -

- ◆ To make sport a part of 'everybody's life'

### Aim -

- ◆ To create a successful and sustainable culture of sport in Brixham that highlights the importance of community development

### Objectives -

- ◆ Promote and provide an organised form of sport at community level
- ◆ Develop an alternative to PE/ Out of hours sports clubs/ Extra Curricular Activities
- ◆ To make as many sports as possible easily accessible for everyone
- ◆ Provide a taster and development programme for everyone to participate in a wide variety of sports

## Sport Tasters

### Winter Programme:

- ◆ Indoor Tennis
- ◆ Table Tennis
- ◆ Badminton
- ◆ Basketball
- ◆ 5-aside Football
- ◆ Tag Rugby
- ◆ Multi Skills



### Summer Programme:

- ◆ Tennis
- ◆ Rounders
- ◆ Basketball
- ◆ Golf (Driving Range)
- ◆ Tag Rugby
- ◆ Cricket
- ◆ Multi Skills
- ◆ Snorkelling
- ◆ Mountain Biking
- ◆ Kayaking



\*A mix of the above sports will take place in each session. Sports are subject to change. Please feel free to make any requests or suggestions\*

## St Mary's Park Tennis Club

In April 2011 I started a Junior Tennis Club at St Mary's Park in Brixham. My aim was to make use of the tennis courts and to offer free coaching sessions to juniors. I taught them the basic skills of tennis, but the main focus was to have fun!

I had a great deal of support from the local community, and I would like to thank all of the children who took part. I would also like to thank the parents for their encouragement and support.

St Mary's Park Tennis Club will continue again next year (April 2012) so if you are interested then feel free to join us!!

