

SISNS INFORMATION PACK

Supporting International Sportspeople in North Somerset

North Somerset karate star goes for gold!



A karate-kicking sports star from Weston-super-Mare will be testing her strength this month as she travels to Japan to compete in an international competition.



Sports stars take advantage of training help

Karate star Sarah Clark is one of North Somerset's international sportspeople taking advantage of a free scheme.

Supporting International Sportspeople in North Somerset (SISNS) is run by North Somerset Council and offers unlimited use of non-bookable facilities in one of the council leisure centres. It aims to assist sportspeople achieve their full potential by reducing the financial burden of training costs.

Leisure facilities involved in the scheme include swimming pools, fitness gyms and a range of specialist indoor and outdoor facilities.

Sarah said: "It has been really useful because it means I can just turn up at a centre to train, without any extra worries. I'm really grateful I've had the opportunity to use the scheme."

To be eligible you must be a current international sportsperson for any Sport England priority sport and be a resident for the majority of the year in North Somerset.

For more information, contact the Sports and Active Lifestyles Team.

01275 812 049

www.n-somerset.gov.uk/sport

Second Dan Black Belt Sarah Clark will be in Tokyo for the 19th World Senior Karate Championships and is looking forward to the challenge.

Sarah only turned 21 last month so this is her first time competing at the senior level.

She said: "The squad will be flying out two weeks before the competition to prepare. Basically all I'll be doing is eating, sleeping and training. I've competed for England juniors before but this is a big difference."

Sarah began karate classes when she was seven years old and said: "My brother started and I wanted to copy him but I stuck at it after he gave up. I'm very competitive and really grateful to my instructor Wendy White for helping me get this far."

Sarah, a member of the Oldmixon and Uphill Karate Club, trains up to six times a week, depending on competitions. She also runs frequently for fitness and stamina.

She said: "Karate is a year-round sport, you never get a break. Leading up to big tournaments I don't really have a social life due to the intense training."

The hard work has paid off though as Sarah has won the English Championships eight times, British Championships four times and British International five times. As a member of the England Junior Squad she has also competed across the world, including Serbia, Cyprus, Italy and Belgium. Next year she will find out if karate has been accepted into the Olympics and plan her training accordingly. She added:

"My mum is so proud of me and my brother likes to think he has been a good influence. My advice to anyone would be to believe in yourself. I follow another instructor, Gary's motto which is to 'train hard and fight easy'."



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SISNS application process

The SISNS scheme provides sportspeople of an international level with free access to training facilities in North Somerset. SISNS aims to assist sportspeople to achieve their full potential by reducing the financial burden of training costs.

SISNS is co-ordinated by the North Somerset Sport and Active Lifestyles Team and supported by many of the council's leisure facilities. Leisure facilities involved in the scheme include sport/leisure centres, swimming pools, fitness gyms, and a range of other specialist indoor and outdoor facilities.

Contact

If you would like to apply to the scheme or require further information, please do not hesitate to contact Sport and Active Lifestyles on 01275 882 730 or sport@n-somerset.gov.uk

Eligibility

SISNS aims to help international sportspeople of all ages. To be eligible for the scheme you must fulfill the following criteria:

1. You must be a current international sportsperson from any Sport England priority sport* or any Olympic/Paralympic/Winter Olympic event. 'International' is deemed as a current member of a national team/squad and having competed at an international competition in the last 12 months.

Supporting evidence from your governing body will be required upon application (e.g. a letter from your NGB inviting you to an international competition, results, ranking verification, and confirming your current international status).

*A list of Sport England's 30 priority sports is available at www.sportengland.co.uk. Also please see appendix for a full list of priority sports and Olympic/Paralympic/Winter Olympic events.

2. You must be resident for the majority of the year in North Somerset.
3. You must supply a copy of your personal development training plan from your National Governing Body. This training plan will form the basis of your access allowance; access other than that detailed in your training plan will not be permissible.

How SISNS works

Members of the North Somerset SISNS scheme are entitled to choose a leisure centre from the list provided to be their designated SISNS centre. They will then be offered free access to non-bookable facilities, during specified times* at that centre.

SISNS members will be required to sign a monitoring form to record their visits every time they attend the chosen leisure centre for free access. The facilities must be used in accordance with the centre's conditions and cannot be used at times when the centre is not normally open, nor can training incur any extra cost. Access will be restricted to that detailed in the athletes' personal training plan, supplied by their National Governing Body.

Membership will expire after one year but can be easily continued with a letter from the SISNS members national governing body. The letter must confirm national team selection and representation level.

* For a full list of designated times please see appendix 1, note times may be subject to change.

What we ask in return

In return for the benefits of SISNS membership, North Somerset Council and participating facilities and services request SISNS members' assistance in promotional/educational activities and events whenever possible. You will be obliged to attend at least **two** events a year on request, subject to availability.

North Somerset Council is keen to monitor how the scheme benefits its members and how often facilities and services are used, as well as news of its members recent competitions, results and current national representation/ranking. Each member is required to inform the SISNS committee of their progress and successes throughout the year.

How to apply

An application form is attached. Please complete and return with the following supporting documentation:

- Two passport photographs
- A letter from NGB confirming current international status
- A letter from NGB detailing current training requirements.

The award of North Somerset SISNS status will be subject to the approval of the SISNS committee, whose decision is final. Your application and subsequent award is entirely discretionary and may be revoked at any time. However, you have the right to be told why your application was unsuccessful/revoked, in writing by the committee. Your SISNS status will be awarded on a 12 monthly basis and you will need to re-apply each year following the same process as set out in this document.

In summary

- You must be a current international sportsperson from any Sport England priority sport or Olympic/Paralympic/Winter Olympic event (at any age group) as described previously.
- You must be resident in North Somerset.
- In addition to the criteria above, you must be prepared to help your Local Authority with any sports promotion if requested on at least **two** occasions in every 12 month period.

SportsAid South West

SportsAid helps young sports people all over the country when it matters most, which is when they're starting out. This is a critical time for young athletes and SportsAid can help them to advance to the next level. SportsAid offer financial help to young people aged 12-16.

For more details contact: Isadora McCarthy (South West Regional Officer)

Tel: 07791 235586

Email: isadora.mccarthy@googlemail.com

Website: www.sportsaid.org.uk

Facilities and other discounts

The following North Somerset Council facilities are taking part in this scheme. Each SISNS participant is entitled to free membership of non-bookable facilities at specified times (See appendix 1 for more information) at a centre of their choice.

Hutton Moor Leisure Centre
Strode Leisure Centre
Parish Wharf Leisure Centre
Backwell Leisure Centre
Scotch Horn Leisure Centre
Churchill Leisure Centre
Gordano Sports Centre
Swiss Valley Sports Centre
Wyvern Sports Centre

A full list of council facilities and contact details can be found at www.n-somerset.gov.uk

Promotional opportunities with North Somerset sporting champions

As part of their participation in the SISNS scheme, sportspeople are available to attend at least **two** events per year for promotional purposes.

If you are a club, organisation or school who would like to enquire about the eligibility of your project for a visit by a North Somerset Sporting Champion please contact Sport and Active Lifestyles on 01275 882 730 or by email to sport@n-somerset.gov.uk



Encouraging and helping people to live healthier and more active lives

Surname: Forename(s):

Address:

County: Postcode:

Daytime telephone:

Home telephone:

Mobile number:

Email address:

Date of birth:

Sport:

National team selected for, including representative level (senior, junior, age group etc.):

I attach a passport sized photo, recent supporting evidence of my selection / ranking from my National Governing Body and a letter from my NGB detailing my training needs.

In return for the benefits of the SISNS scheme I agree to abide by the scheme conditions and to support or attend at least 2 promotional activities and events per year.

Signed:

Date:

North Somerset Council holds and processes data in accordance with all current legislation relating to data protection and complies with the word and spirit of the Data Protection Act 1998. By completing this form you are giving us consent to use the information you provide. When your data is no longer needed it will be disposed of in an appropriate manner.

North Somerset Council is collecting this data to enable us to monitor the usage of the SISNS scheme. Any additional information and photographs you supply to us in reports may be used for promotional purposes.

Please print out this application form and return it with your photos and evidence to:

Sport and Active Lifestyles, North Somerset Council, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ Email: sport@n-somerset.gov.uk Fax: 01275 884 743

Appendix 1

Sports and Leisure Centre Off-Peak times

The following centres offer membership of non-bookable facilities to SISNS members:

Hutton Moor Leisure Centre
Strode Leisure Centre
Scotch Horn Leisure Centre
Backwell Leisure Centre
Parish Wharf Leisure Centre

The following centres are accessible by members at all normal public sessions.

Churchill Leisure Centre
Gordano Sports Centre
Swiss Valley Sports Centre
Wyvern Sports Centre

Note, as these centres are also shared by schools there are restrictions on the times that facilities are available to the public. Please check with individual centres for a list of times, or check www.n-somerset.gov.uk as bookings may be required.

Appendix 2

Sport England priority sports, Olympic, Winter Olympic
Paralympic events

Sport England priority sports

Angling	Golf	Rugby League
Athletics	Gymnastics	Rugby Union
Badminton	Hockey	Sailing
Baseball/Softball	Judo	Shooting
Basketball	Karate	Squash
Bowls	Lacrosse	Swimming/Diving
Boxing	Modern Pentathlon	Table Tennis
Canoeing	Mountaineering	Tennis
Cricket	Movement And Dance	Triathlon
Cycling	Netball	Volleyball
Equestrian	Orienteering	Water-skiing
Football	Rounders	Weightlifting
	Rowing	

Olympic sports and Winter Olympic sports

Click on each individual sport for a link to more information.

Summer sports:

Aquatics	Fencing	Shooting
Archery	Football	Softball
Athletics	Gymnastics	Table Tennis
Badminton	Handball	Taekwondo
Baseball	Hockey	Tennis
Basketball	Judo	Triathlon
Boxing	Modern	Volleyball
Canoe / kayak	Pentathlon	Weightlifting
Cycling	Rowing	Wrestling
Equestrian	Sailing	

Winter sports:

Biathlon
Bobsleigh
Curling
Ice Hockey
Luge
Skating
Skiing

Paralympic summer sports

Archery	Goalball	Table Tennis	Volleyball
Athletics	Judo	Wheelchair Basketball	
Boccia	Powerlifting	Wheelchair Dance Sport	
Bowls	Rowing	Wheelchair Fencing	
Cycling	Sailing	Wheelchair Rugby	
Equestrian	Shooting	Wheelchair Tennis	
Football 5-a-Side	Swimming		
Football 7-a-Side			

Paralympic winter sports

Alpine Skiing
Ice Sledge Hockey
Nordic Skiing
Wheelchair Curling