

## September Sessions

This month we have **Danceboogiefit Sessions** with Karen Young on Saturdays from 1.45-2.45pm. Our weekly sessions are still: **Children Multi-sport fun session** on Saturdays, 2.30-4.30pm, and **Adult Multi-sports session** on Sundays, 1-4pm. Why not check out our Facebook page (<https://www.facebook.com/TheSportingAces>) for weekly updates and photos from the sessions?

### Danceboogiefit:

This month, we saw the return of **Danceboogiefit** with Karen Young. Our participants have had a great time learning new and exciting dance moves, and can't wait for these sessions to continue in September.



### Barclay's Football Sessions:

The Sporting Aces are excited to announce that in September we will begin **running football sessions**, thanks to sponsorship from **Barclay's Community Football Fund**. The sessions will take place on Saturdays from 2.30-3.30pm for everybody who attends a Saturday session.



If you would like to help The Sporting Aces to continue running our sessions, then why not become a **Friend of The Sporting Aces?**

In exchange for a monthly donation of your choice, you will be recognised by name on our **website**, receive electronic **monthly newsletters** telling you what we have been up to, invitations to our **charity events**, and one of our **limited edition The Sporting Aces mugs**. Please contact [office.thesportingaces@yahoo.com](mailto:office.thesportingaces@yahoo.com) for more information.



## Lachie's Story.....

Hello! I am Lachie, I have Additional Support needs and I've been a member of Sporting Aces since November 2018 when at the time, it was known as the Tennis Aces. I started as a very quiet and shy player who knew a few people already, however I made a lot of new friends there. In September 2019, I was given the opportunity to be a volunteer at the Saturday sessions for working with young children who also have ASN. I got to meet even more people who I felt I could relate to, and it was

really nice to work with them. We even had some spectacular events such as trips to the Golden Pheasant and an Awards night where I even got to play my Trumpet in front of everyone.

In the past my life was not easy, as I wasn't confident enough to talk to many people I didn't know so well, and I was stressed about Exams and leaving School. However, at Sporting Aces I was always welcomed by the other participants, Volunteers and Coaches, I always looked forward to every session and even though I was shy, I always felt like I belonged and I feel like I have been able to gain better social skills as well as being more confident in myself.

Unfortunately in March 2020, due to the pandemic, the sessions had to stop, however I felt lucky as we still got to have some fun activities on zoom, which helped me a lot through the pandemic, and eventually we got to go on walks in small groups and even do some in person sessions outdoors and it was really nice to see my friends again along with some new faces, which was a lot of fun.

In September 2021, the sessions were finally able to continue indoors during the Autumn period and, while I was very quiet to start with it felt so good to be back seeing everyone again, I really loved coming to every session as a volunteer to support the young people and improve my social skills and confidence, as well as participating in the Sunday group by taking part in multi Sports activities and drills with my friends there.

This year with Sporting Aces has just been incredible, I feel so grateful to be able to meet so many new people, and always be welcomed into a friendly environment. I feel I have come a long way in my time with the Sporting Aces, and I have become more confident and had more opportunities such as volunteering at the Sunday sessions, as well as the Easter Camp and Summer Camp. I even got to bake Brownies and biscuits for the Fashion show. Every day I always look forward to coming to the Sporting Aces and I am always excited to see what the charity will be doing for the future.

### Sponsorships:

The Sporting Aces would like to say a massive thank you to **CODA Estates** and **Kyle Financial Limited** for their ongoing sponsorship.

If you are a local business who would like to hear more about our **new sponsorship scheme**, then please email [office.thesportingaces@yahoo.com](mailto:office.thesportingaces@yahoo.com).