

## October Sessions

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. Dance **Danceboogiefit Sessions** with Karen Young will resume later in the month - why not check out our Facebook page (<https://www.facebook.com/TheSportingAces>) for weekly updates and photos from the sessions?

## Barclay's Football Sessions:

Our players have had lots of fun learning new drills during our **Saturday football sessions** sponsored by **the Barclay's Community Football Fund**, in partnership with **Sported**. It has been such a pleasure to see our younger players progress! We are excited to announce that our young football participants will receive **certificates and medals** on **Saturday 22<sup>nd</sup> October at 3pm** during the multi-sports session - families welcome!



## New Walking Group:

In September we started a **new walking group** for adults. The group meets on Mondays at 6pm outside Kirkintilloch Leisure Centre. This is a **really friendly** group, and a great opportunity to be involved in a new, social activity. If you would like to come along, then please contact our Head Coach Dion ([dion.thesportingaces@yahoo.com](mailto:dion.thesportingaces@yahoo.com)) for more information.



## 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).

## Rachel's Story.....

Hi! I'm Rachel and I've been a volunteer at The Sporting Aces since April 2022. As a volunteer I'm often seen as someone super confident and assured but many people are often surprised to find out I struggle with GAD (generalised anxiety disorder). Anxiety has had a massive toll on my life since about the age of three, I remember being terrified at the thought of really small things that all the other children thought were totally normal such as my mum going home or getting into trouble. Obviously what triggers my anxiety has changed while getting older but it's still a huge part of my life and something my whole family has to take into account when planning and going around our daily lives, something so small like going to school can be really difficult and often build up to feel like something huge.

One way I've learnt to deal with my anxiety is through exercise and sport if I'm ever feeling panicky I usually go for a run, I don't worry about my speed or distance I just use the time to think about why I was feeling like this and how I can stop that happening again. I also find the mix of fresh air, my own company and endorphins helps me ground myself and stop anxiety taking over. This is why I chose to become a volunteer at the sporting aces, I've felt first hand the impact exercise can have on my mental and physical health and can't think of anything better than helping others feel this way. The Sporting Aces has allowed me to do exactly this and has been one of the most rewarding things I've ever been a part of, I've seen children and adults gain skills within a number of activities as well as seeing them become mentally tougher through sport. This has led me to looking more into ASN learning courses and potential careers within this which I never would have thought to look at this time last year!

The Sporting Aces receives a number of grants from various funding bodies, and we regularly apply for funding on an ongoing basis. However, our current income is not enough to cover our full running costs, and to allow us to continue to run all of our free weekly sessions. If you would like to help The Sporting Aces, then why not become a [Friend of The Sporting Aces](#)?

In exchange for a monthly donation of your choice, you will 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.

### Welcome to our new Trustees

Following our AGM, we have appointed two new Trustees to our Board!

So a big welcome Fiona Green and Glenda Miller, and thank you for giving your time, experience and expertise to help the Charity fulfil its mission.