



ROAR!

TIGERS JUNIORS NEWSLETTER #16, SEPTEMBER 2008

WELCOME BACK

Welcome back to all Tigers Juniors. I hope you all enjoyed your summer holidays and are feeling full of energy for the new korfball season.

This season, you will be organised into different age groups, each with your own coach:

- **Under 9s** (7 to 9 years old) – coached by Liv
- **Under 13** (9 to 13 years old) – coached by Reda

Each session will start with some games to get your muscles warmed up and your heart pumping. In the middle part of the session, the two age groups will work independently with their coaches on korfball skill such as shooting, passing, and movement around the court, and on exercises to improve agility and balance.

In the last part of the session, the two groups will join together for a match, where you can put your new korfball skills into practice.

Hope you have a great term!

Cheers, Julie

HELLO TIGGERS!



This term we welcome the Tiggers to our training sessions.

Tiggers sessions are aimed at children aged 4 to 6, and focus on having fun through physical play. Using simple games and equipment, the aim is to improve children's balance, co-ordination, spatial awareness and agility, and to introduce ball handling and running skills that are used in both korfball and a variety of other team sports.

Tiggers sessions last for approximately 45 minutes, after which the children have a chance to unwind with a drink while watching the older kids playing a real game of korfball at the end of their session.

Parents of Tiggers must stay on site during the session. You are welcome to stay on the sidelines or watch from the balcony upstairs in the cafe area.

BRING A FRIEND

Now we are in the Main Hall at Chesterton, we have lots of room for more kids. Tell your friends at school all about korfball and bring them along to Tigers Juniors. If you have any younger brothers and sisters or friends, they can come to Tiggers!

TIGERS T-SHIRTS

We have just ordered more club T-shirts. They cost £5, are available in a range of different sizes, and are great for wearing at training, tournaments and matches.

Please talk to Liv or Julie if you would like to buy a Tigers T-shirt.

VISIT OUR NEW WEBSITE

The Cambridge Tigers website has been updated over the summer and now has a fantastic *Juniors* section with information on training times, term dates, and loads more. Visit www.cambridgetigers.co.uk and click on **Juniors** to have a look.

CONTACT US

If you have any questions, comments or suggestions, please send us an email or call one of us. We look forward to hearing from you.

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TIGERS JUNIORS AND TIGGERS

For who? Boys and girls aged 4 – 6 (Tiggers) and 7 – 13 (Tigers Juniors). We welcome complete beginners and kids who have played korfball before.

Where? The Main Hall at Chesterton Sports Centre, Gilbert Road, Cambridge CB4 3HN

How much? First session free. £30 per term for Tigers Juniors, £20 per term for Tiggers.

When? Sundays, 3 – 4:00pm for these dates:

September 14th, 21st, 28th, October 5th, 12th, 19th, November 9th, 16th, 23rd, 30th, December 7th.