

their country in April at the World Cup.

Lauren and Holly were helped on their way to medal glory following a rigorous exercise programme set by England Dodgeball. North Norfolk District Council staff supported them and in collaboration with leisure operator Places for People offering free gym passes at Splash Leisure and Fitness Centre.

Becky Palmer Cabinet Member for Leisure said: "This is such a great result. North Norfolk District Council is incredibly proud of Lauren and Holly and the whole team. And we're delighted to have been able to support Lauren and Holly's training in the build-up to the European Championships in Paris, and for many



tournaments and matches to come."

The duo, who both live in Briston and learned the game during their time at Reepham High School and College.

Before they were signed up, they went through a physical assessment day and were given a rigorous exercise programme by England Dodgeball.



Before the event, Holly said: "This support is helping us achieve our dreams. Being able to challenge our bodies means we can take dodgeball to the next level; by getting stronger we can be the best we possibly can be."

Stephen Mews, General Manager Splash Leisure and Fitness Centre, Sheringham said: "It's fantastic we can support two local athletes. It is often difficult to get funding in sports and we are happy to support any local sporting talent."

England manager Johnathan Rudland said: "It is vital for

our players to have access to the best facilities to complete their strength and conditioning programme and it's fantastic that North Norfolk District Council and People for Places have been able to support some of our team in such a way.

"Both Lauren and Holly have the potential to be a part of the England squad for many years ahead and this kind of support will help them progress as young athletes."

**You can follow England Lions Dodgeball on Facebook:**  
[www.facebook.com/englandlionsdodgeball/](http://www.facebook.com/englandlionsdodgeball/)

## Sports excellence for all

A Sporting Centre for Excellence for pupils across the district is being established by North Norfolk District Council working with Gresham's School in Holt.

The proposal was up for discussion at NNDC's Cabinet at its meeting on September 5, with the aim to establish specialist sports coaching sessions for talented North Norfolk school children aged 11-4 years.

The project will recruit young people with the potential to excel in a sport and give them an excellent coaching experience and the opportunity to achieve their sporting dreams.

For the first year, the focus will be on supporting coaching for talented pupils in cricket, hockey, netball and running. Cabinet approved a budget of

£20,000 to support the scheme.

Tom FitzPatrick, Leader of NNDC said: "This council is committed to improving the health and wellbeing in the area; it's one of our priorities. We want to do all we can to support the talented sporting stars of the future to help them realise their potential and emulate the success of our Team GB medal winners this summer.

"We may have the next Laura Trott or Max Whitlock and this programme is all about ensuring we do our best to encourage young people from across North Norfolk to fulfil their sporting potential."

Under the programme, coaching sessions will be run from October during school term time taking advantage of the facilities at Gresham's School in Holt.

Becky Palmer, NNDC cabinet member for leisure said: "This programme is about encouraging children across North Norfolk to reach their potential through sport. We know we have people with sporting talent and we want to do all we can to support our young people to realise their dreams."

Pupils have been invited to take part in the selection day for the four sports through schools and the aim is to recruit up to 16 young people per sport for 24 weeks' coaching a year.

Headmaster of Gresham's School Douglas Robb said: "This is an excellent project and we are very pleased to be part of it."

**If you would like to take part in the selection trials for the coaching sessions please contact Wyn Nurse on 01263 516035.**

### ON THE CATWALK FOR CANCER

Norfolk-based Keeping Abreast has announced its More Than Just Fashion show will return to Norwich October 5 and 6. The two-day fashion spectacular will be held at OPEN on Bank Plain, Norwich, and features 25 local women, including Karen Massingham, from Holt. Her daughters are also taking part in a dance challenge on the night. She said: "I decided to apply to be a model as I've have breast cancer. In September 2013 I had a double mastectomy and reconstruction."

The date coincided with her mum's birthday who died after a four-year battle with breast cancer. Her dad's new partner also died after her battle with breast cancer and the disease also affected her two aunts. "So it will be quite a special evening for me and my family to celebrate my fight and confidence to walk down the catwalk in lovely clothes and underwear."

The national charity was set up in Norwich in 2007 to offer support to women considering breast reconstruction either after a previous mastectomy or a new diagnosis of breast cancer.

**Standard tickets are £12.50 (plus booking fee) which are available via [www.eventbrite.co.uk](http://www.eventbrite.co.uk), limited VIP tickets £25, contact [info@keepingabreast.org.uk](mailto:info@keepingabreast.org.uk)**