

Craig Heap speech



Craig Heap at Gresham's. Picture: ED FOSS

Ex-Olympian and Commonwealth Games gold medallist Craig Heap gave an inspirational speech to dozens of young people, as part of the launch of this year's Sporting Centre of Excellence (SCoE) scheme.

About 80 youngsters have signed up for the scheme, which is hosted by Gresham's School in Holt.

The second year of the programme, funded by North Norfolk District Council, again aims to help young people excel in a sport and give them an excellent coaching experience and the opportunity to achieve their sporting dreams.

Last year's pilot saw more than 70 youngsters, aged 11 to 14, attend 24 weeks of coaching at Gresham's. They were given specialist coaching across four sports - hockey, netball, cricket and running.

Although participants can stay on the programme for two years, about a quarter of those who signed up last year have already moved on to greater things and have signed up for clubs.