

NEWHAM'S EVERY CHILD A SPORTS PERSON

Give sports a go

in partnership with



GIVE SPORT A GO with Newham's Every Child a Sports Person

Newham's Every Child a Sports Person programme (NECaSP) was offered for the first time last year; helping our young people to take part in sport and become more physically active. This year, working once again in partnership with activeNewham and the University of East London, we will offer you – along with every other Year 7 pupil in a Newham secondary school – the opportunity to choose from a range of more than 20 exciting sports. Many of these activities are ones you may not have the opportunity to try at school.

NECaSP is part of the Council's wider commitment to helping young people take charge of their own lives and ensuring that you have the same opportunities as every other child in the country. I am delighted that Newham's Every Child programme is offering you the opportunity to do more and really get involved with activities that are available in your area through activeNewham and local sports clubs.

Wherever you live in Newham, we are bringing together the very best that is on offer locally in our leisure centres, parks and sports facilities to help you get up, get out and get active. By working in partnership with local clubs in Newham and supporting local community activities, we provide sports programmes for everybody which can bring you together with other young people in the borough.

The introductory NECaSP sessions and the information in this booklet will help you discover the right sport for you, and expert staff at activeNewham and at our local clubs will provide you and your family with all the support and guidance you need.

Building on the legacy of the 2012 Games, I strongly believe that sport can inspire you to lead a more active, healthy life, to make positive lifestyle choices and to achieve your potential.



Sir Robin Wales
Mayor of Newham

HOW TO TAKE PART

The NECaSP programme provides introductory sessions in schools to encourage young people to try a variety of up to 20 sports and activities and encourage them to become physically active on a daily basis. The sports available to you would not usually be delivered as part of your normal PE curriculum and the day provides a great opportunity to try out new activities. During your NECaSP assembly you will have the opportunity to vote for the six sports you would like to take part in during your introductory day. As part of your introductory day you will also be able to vote for the sports you would like to be delivered in your school for the next six weeks.

Whether you are interested in competing or just want to stay active, there is a vast range of clubs to choose from in the borough. You can access many of these sports clubs at a subsidised rate after taking part in the introductory sessions.*

Your school may choose to have its introductory day at the University of East London (UEL). The UEL Sports Dock will host a number of activity days which schools can take part in. These also provide six different sports for you to enjoy. All of these sports can lead on to sports clubs hosted at UEL SportsDock.

This booklet outlines the various ways you can continue taking part in any sport that has captured your interest through joining a local club. Keep reading to see the wide range of clubs and opportunities open to you and to find out about the following sporting opportunities:

- Sports clubs in Newham
- Leisure centres in Newham
- UEL SportsDock

*Contact the individual clubs directly for more information.

WHAT YOU NEED TO DO NEXT

STEP 1

A range of new sports and activities will be available for you to participate in as part of your PE curriculum. These will be presented to you at your NECaSP assembly where you will have the choice to vote for six sports to be delivered at your introductory day. This will be delivered either at your school or at UEL Sports Dock. For example you will have the opportunity to try out the following sports as part of your introductory day.

- Athletics
- Cheerleading
- Futsal
- Judo
- Volleyball
- Zumba

STEP 2

From the sports run at the introductory day, you and your class mates can choose two sports to be delivered at school for six weeks as part of your extra-curricular school programme.

For example you could choose the following sports:

- Cheerleading
- Taekwondo

STAYING ACTIVE

Now is your chance to really think of all the sports you have tried and how you can continue to take part. To do this you can:

- use the contact name your sports coach gave you and ask your parents/carers to contact the club/organisation to attend a session
- use this guide to find a sport you are interested in and contact the club or organisation to attend a session
- speak to your PE teacher about how to join a club or attend particular sports sessions
- ask your parent/carer to contact activeNewham for more information on 020 3124 0123.

SPORTS CLUBS IN NEWHAM FOR YEAR 7'S

Here is a directory of the sports clubs in Newham taking part in NECaSP where you can learn new sports, or develop the sports that you already enjoy.

ATHLETICS

Newham and Essex Beagles Athletic Club

Terence McMillan Stadium, 281 Prince Regent Lane, London, E13 8SD
020 7366 8587

elyzabethsb@gmail.com or jacqueline.ramsden1@btinternet.com

www.newhamandessexbeagles.co.uk

 NewhamAndEssexBeaglesAC

 BeaglesAC

BADMINTON

Black Arrows UEL Badminton Club

UEL SportsDock, Docklands Campus, Beckton, London, E16 2RD
07749 438 558

blackarrowsbc@gmail.com

www.blackarrowsbc.com

Ramgarhia Junior Badminton Club

Kingsford Community School, Kingsford Way, London, E6 5JG
07803 834 037

ramgarhia.bc@gmail.com

www.ramgarhiabadmintonclub.com

 RamgarhiaBC

BASKETBALL

Newham All Stars Sports Academy (NASSA)

UEL SportsDock, Docklands Campus, Beckton, London, E16 2RD
07949 322 333

info@nassasports.org.uk


www.nassa2012.org.uk



Newham Youngbloods Basketball Club



St Angelas Ursuline School, St. Georges Road, London, E7 8HU
07958 307 657
caroline.charles@stangelas-ursuline.co.uk
www.ybbc.co.uk

Baltic Stars Basketball Club

Benton Complex, Eastlea Community School, Pretoria Road,
London, E16 4NP
07543 049 014
balticbasketball@mail.com
 BalticStarsBasketballClub

BOXING

Fight For Peace Academy

Fight For Peace Academy, Woodman Street, London, E16 2LS
020 7474 0054
info@fightforpeace.net or m.ride@fightforpeace.net
www.fightforpeace.net
 FightforPeaceUK
 fightforpeace

Newham Boys ABC


Boxing Old Bath House, 141 Church Street, Stratford, London, E15 1SE
020 8519 5983
newhamboxingclub@hotmail.co.uk

Peacock ABC

Peacock Gymnasium, Caxton Street North, London, E16 1JL
020 7511 3799
martin@peacockgym.com or info@peacockgym.com
www.peacockgym.com
 Peacock-Gym
 PeacockGym





West Ham Boys ABC

West Ham ABC, 2 London Road, E13 ODN
020 8472 3614
liannejameson@yahoo.com
 WestHamABC

CHEERLEADING

Ascension Eagles

Talent Central Unit 27a, Armada Way, Beckton, London, E6 7ER
07866 612 610
emily@acensioneagles.com
www.ascensioneagles.com
 ascensioneagles1
 acensioneagle1

CRICKET



West Ham Cricket Club

West Ham Park Cricket Nets, Upton Lane, London, E7 9PU
07748 114 811
wpcc@hotmail.com or ratan.cricket@gmail.com

FEMALE ONLY ACTIVITIES

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD
020 8671 2402 or 07947 498 007
nicole.napier@activenewham.org.uk

SalsaPam

Plaistow Park Community Centre
63 Queens Road West, Plaistow, London, E13 0PE
07916 327 541
pamrene1@me.com
 Zumba-with-SalsaPam
 salsapam



DISABILITY SPORT

Newham Ability Camp

NewVic 6th Form College,
Prince Regent Lane, London, E13 8SG
07811 671 082



FENCING

Newham Swords Fencing Club

UEL SportsDock, Docklands Campus, Beckton, London, E16 2RD
07956 618 898

lindastrachan@hotmail.com

www.newhamswords.org.uk

 NewhamSwordsFencingClub

FOOTBALL


Elite Pro Sports FC

Memorial Recreation Ground, Grange Road, London, E13 0EQ
07903 134 139

lester.thomas01@gmail.com

eliteprosportsfc@gmail.com

www.eliteprosportsfc.com

 Elite-Pro-Sports-FC

Newham Warriors

Wanstead Flats, adjacent to the changing rooms on Capel Road,
Forest Gate, London, E7

Tony 07886 177 620, Neville 07919 888 188 or Keith 07765 903 160

club@dadsnlads.org.uk or neville@dadsnlads.org.uk

www.newhamwarriors.co.uk

 Newham-Warriors-FC

Newham WFC

Memorial Park, Memorial Avenue, London, E15 3DB

ikejbuk@yahoo.co.uk

www.newham-women-fc.webs.com

Pro Star (Youth) FC

Memorial Park, Memorial Avenue, London, E15 3DB

07957 439 066

cjinternational@aol.com

Sombrit Youth

Memorial Park, Memorial Avenue, London, E15 3DB

07527 997 838 or 020 3609 7025

zeinaby@sombrityouth.org

www.sombrityouth.org

 Sombrit-Youth

FUTSAL

Genesis Futsal Club

Rokey School, Barking Road, London, E16 4DD

contact@genesisfc.co.uk or rich_t6474@hotmail.com

www.genesisfc.co.uk

 Genesis-Futsal-Club

 GenesisFutsal

GYMNASTICS

Amplitude Gymnastics Club

Cumberland School, Oban Close, Plaistow, London, E13 8SJ

07533 561 418

nat49@hotmail.co.uk

East London Gymnastics Club

East London Gymnastics Centre, 1 Triumph Road, London, E6 5LW

020 7511 4488

eastlondongym@aol.com

www.eastlondongym.co.uk

 EastLondonGym

 EastLondonGym



London Sport Academy

Sarah Bonnell School, Dearney Road, London, E15 4LP
07595 744 628

londonsportacademy@yahoo.co.uk
www.londonsportacademy.co.uk

 LondonSportAcademy

HANDBALL

Newham Flames Handball Club

Rokeby School, Barking Road, London, E16 4DD
07747 712 321

gm@newhamflames.co.uk
www.newhamflames.co.uk

 newhamflames

 NewhamFlames

Olympia Handball Club

UEL SportsDock, Docklands Campus, Beckton, London, E16 2RD
020 8223 6888

info@olympiahandballclub.co.uk
www.olympiahandball.co.uk

JUDO

A1 Judo Club

Kensington Primary School, Kensington Avenue, Manor Park, London, E12 6NN
07986 402 242

tahirjanjudo@hotmail.co.uk or tahirjan@live.com

 A1JUDO

Stratford Judokwai

Carpenters and Docklands Centre, 98 Gibbins Road, London, E15 2HU
Mick Foulger 07985 601 260 or 020 8471 2706 or 07774 739 739
stratfordjudo@hotmail.com
www.stratfordjudo.com

KARATE

Docklands Shoujin Karate Club

UEL SportsDock, Docklands Campus, Beckton, E16 2RD
07507 070 638

docklands@shoujin.co.uk
www.shoujin.co.uk/clubs/docklands-shoujin

 Shoujin-Karate-Kai

 shoujinkarate

Newham Shoujin Karate Club

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD
07508 070 638

info@shoujin.co.uk or newham@shoujin.co.uk
www.shoujin.co.uk/clubs/newham-shoujin

 Shoujin-Karate-Kai/110814578979115

 shoujinkarate

RESISTANCE SLIDING (WRS)

SLIDING (WRS Weinger Resistance Sliding)

Langdon School, Sussex Road, London, E6 2PS

020 8252 3864 or 07958 655 421

info@weingers.com

www.resistancesliding.com

 WRS-Weinger-Resistance-Sliding

 WRSistance

RUGBY

East London Rugby Union Club

Memorial Park, London, E15 3BA

020 7476 5526

www.pitchero.com/clubs/eastlondonrfc

RUNNING

Newham Run in England

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD

07718 394756

cnourrice@englandathletics.org

www.runengland.org

SWIMMING

Newham Otters (Disabled) Swimming Club

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD

www.ottersswimmingclub.com

 ottersswimmingclub

 OttersSwimClub



Newham and University of East London Swimming Club

East Ham Leisure Centre, 324 Barking Road, London, E6 2RT

07749 724 696 or 07741 492 513 or 020 8470 7399

webmaster@newhamswimmingclub.org.uk or

stuckeymartin@hotmail.co.uk

www.nuelsc.org.uk

 UelSwimmingClub

Newham Young Britons A.S.C.

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD

07956 304 518

mo_monknybc@hotmail.com

TABLE TENNIS

Beckton Table Tennis Club

St Mark's Centre, 281 Tollgate Road, London, E6 5YA

020 7476 4580

juliandias2@aol.com or juliandias@talktalk.net

www.becktontabletennisclub.co.uk

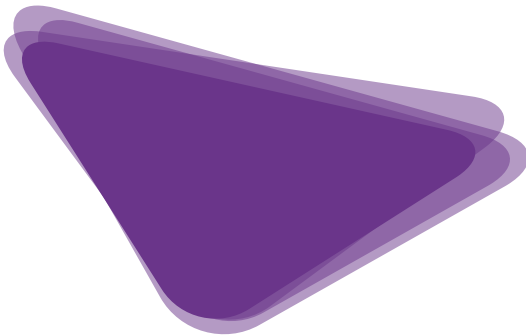
Lister Table Tennis Club

Little Ilford Youth Centre, 1a Rectory Road, London, E12 6JB

07888 830 179

admin@listerttc.co.uk

www.listerttc.co.uk



TENNIS

Langdon City Tennis Club

Langdon School, Sussex Road, London, E6 2PS
07752 015 168
pat.hector@langdon.newham.sch.uk

TRAMPOLINING

Pegasus Gymnastics Club

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD
07939 631 240
sarahstwinkle@aol.com


TRIATHLON

KIS Tri Club

Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD
07979 261 647
olabisi.imafidon@ntlworld.com

VOLLEYBALL

East London Lynx Sitting Volleyball Club (Disabled)



UEL SportsDock, University of East London, London, E16 2RD
07597 696 085
karenyhungy@yahoo.co.uk
www.lynx.clubbz.com
 East London Lynx Sitting Volleyball

London Lynx Volleyball Club

UEL SportsDock, University of East London, London, E16 2RD
07904 586 359
g.beckford@hotmail.com
www.londonvolleyball.co.uk

WATERSPORTS

London Youth Rowing

London Regatta Centre, Dockside Road, London, E16 2QT
020 7511 2211
mrostron@londonyouthrowing.com
www.londonyouthrowing.com
 LondonYouthRowing
 LYRowing

UNIVERSITY OF EAST LONDON - SPORTSDOCK

UEL SportsDock opened in March 2012 and hosted the US Olympic team during the London 2012 Games. It is open to anyone and everyone and boasts some of the best equipment and sports areas in the country.

SportsDock is a great venue for you to learn a new sport and to train and compete at the highest level, with several local clubs based there (such as London Lynx Volleyball, Newham All Stars Basketball, Newham Swords, Newham Shojjin Karate, Black Arrows Badminton, Genesis Futsal and Olympia Handball).

From SportsCamps through to sports clubs and junior sports courses, SportsDock is a local world-class sports centre.

University of East London - SportsDock

University Way
Beckton, E16 2RD
020 8223 6888
www.sportsdock.co.uk

ENJOYING SPORT IN NEWHAM

Our priority is making sure you have every opportunity to get active and participate in sport. The friendly and supportive staff at activeNewham can help make sport and physical activity part of your everyday life. There are many ways for you to enjoy sports in Newham. Read on to find out what's available in the borough.

LEISURE CENTRES

activeNewham manage three leisure centres in Newham:

Balaam Leisure Centre

14 Balaam Street
Plaistow
E13 8AQ

East Ham Leisure Centre

324 Barking Road
East Ham
E6 2RT

Newham Leisure Centre

281 Prince Regent Lane
Plaistow
E13 8SD

Our leisure centres offer you a wide range of opportunities to get fit and stay in shape. We offer a wide range of sports activities. From basketball and football to badminton and table tennis. Whatever your age and whatever your level of fitness, our centres have an activity to get you in the best shape of your life.

In conjunction with Newham Council, we also offer free swimming for under 16s. Please visit www.activeNewham.org.uk for details and times of sessions.