

# IMPACT REPORT

Swinton Judo Club

2016-2017



Swinton Judo Club was founded in 1957 and has had many homes but has been in the current premises since 2004.

We teach judo to people aged 5 upwards. We teach for recreation as well as competition, from beginner to black belt, from local to an international level.



**1.** We run 6 classes a week for all ages and have extra **YOU CAN** classes for disabled teenagers as well as extra adult classes on some Saturdays (get in touch to find out).

**2.** In a year we have approximately 60 children and young people attend and they join the most suitable class. For example a 14 year old may attend a junior or an adult class dependent on skill level. People progress through the belts at their own pace - there is plenty of support within the club to help people through.

**“The coaches and volunteers are brilliant and they all help improve the building. They have repanelled and painted the walls this summer. They are people from all walks of life and abilities. If we have a pupil who is struggling one of the coaches will support that pupil to gain the skills and to upgrade.”**

**3.** We bring people together for at least 4 big events each year. These events celebrate our community feeling - people muck in and prepare food, do the BBQ, clear up after and get involved with fundraising.

**4.** There are 4 opportunities a year to get higher on the grade system. We have the grading sessions here at the club and the Juniors have 18 grades.

**“Myself and my children found the club to have a warm and welcoming feel. It’s very well organised so you get more time to concentrate on the sport. There is a good variety of players to help with progression. That way you can fight with a wider range of abilities which builds your confidence and you become more fluent.”**

**5.** People come here to enjoy themselves in a safe environment. They can become disciplined athletes who can participate in a tough sport where they can defeat somebody without inflicting pain. The discipline of the sport can help them in all areas of their life.

**6.** We are working towards creating a bigger training area which will allow for better quality lessons and more adults and young people will be able to play at the same time.

**7.** We are family friendly and have a great community atmosphere.

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