

## **Athletics for people with Disabilities**

### **Area Covered?**

Anywhere with access to Ipswich

### **Age Group?**

11 to 99 years

### **Cost?**

£17 p.a. plus £1 each training session

### **Safe?**

Yes! Clubmark Accredited

### **Where?**

April to September—Northgate Stadium

October to March—Chantry Sports Centre

### **When?**

Wednesdays

Summer: 6.30 to 8pm at Northgate

Winter: 6.30 to 8pm at Chantry

[www.orwellpanthers.co.uk](http://www.orwellpanthers.co.uk)

Wednesdays 6.30pm—8.00pm  
Northgate Sports Centre  
Sidegate Lane West  
Ipswich

### **Contacts**

#### **Membership Secretary:**

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#### **Head Coach:**

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#### **Fundraising:**

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#### **Secretary:**

Margaret Nicholls—01473 411639

#### **Treasurer:**

Toiny Cheatham—01473 311290

#### **Orwell Panthers AC**

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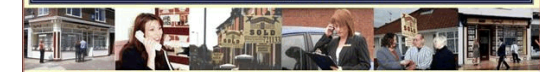


**Information  
Winter 2007/8**

**Principle Sponsor**



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***Fun in  
athletics  
however  
able.***

## Who are Orwell Panthers

Young athletes with disabilities who competed in the 2003 Suffolk Youth Games, wanted to continue with their sport and found no facility to do so. The coaches and their assistants began to work with the youngsters after school. The popularity blossomed until it was necessary to find bigger accommodation and the group moved to Northgate and so the Panthers were born. In 2005 UK Athletics the governing body, awarded the club “Innovative Club of the Year” for the East of England. In 2006 we had progressed to “Junior Club of the Year” and in 2007 we were awarded the “Inclusivity” Club of the Year. We have also achieved “ClubMark” accreditation which gives evidence that we provide excellent and safe coaching and are properly managed. Many sponsors have supported Panthers over our short existence for which we are very grateful even though more will always be needed and welcome. From our humble beginning we are now affiliated to UK Athletics, England Athletics and Suffolk County Athletics. Our athletes compete in County Championships on the Track and at Cross Country. We competed in the Suffolk Winter Cross Country League and the Suffolk Sportshall League. Our athletes compete in Regional Games for athletes with disabilities and we had three qualifiers for the 2006 National Championships. The club competes against other local groups in the annual Panther Challenge.

### How much does it cost?

The annual membership fee for athletes is currently £17. In addition athletes are required to pay a subscription of £1 per week for attending training sessions. Associate members pay an annual fee of £2.50.

Athletes may have a four weeks trial period before they are required to pay the annual membership fee.

Club vests are available to purchase at £12.50 and training polo shirts at £10.

### When and Where?

The club meets on a Wednesday evening. Between April and September we meet outside at Northgate Stadium in Sidegate Lane Ipswich, starting promptly at 6.30 p.m. and finishing at 8 p.m. From October to March we move indoors to Chantry Sports Centre, Birkfield Drive, Ipswich.

### How old do I have to be?

We have no upper age limit but athletes must be 11 years of age or over on 31st August of the current year.

### What disabilities are catered for?

We accept everyone regardless of their disability though we will make an assessment of what work is suitable, based on grounds of safety and good practice.

### Do I need specialist equipment?

Not normally although spiked running shoes may be recommended to some athletes by their coaches. Wheelchairs are not currently provided though we are seeking to acquire track chairs and throwing frames.

### Are the coaches CRB checked?

Yes, all coaches are licensed or working towards qualification for license by UK Athletics and have to be CRB checked before the license is granted. No-one will work unsupervised until they are checked and licensed.

### Is there a social side?

Oh Yes! The club has parties and Discos and the parents are always organizing some event or other. Its great fun at Panthers.