



2012 is here!

And so far in 2012 we have already hosted a training visit from an Olympic athlete.

Make sure you don't get left behind, volunteer or become a local leader (p3), nominate an inspiring group of people that you know to be Paralympic Torchbearers (p5) or attend one of our London 2012 Inspired events.

Whatever you do make sure you keep in contact with the Herts is Ready for Winners Team for all your updates.

The Herts 2012 Team
Jon, Sophie, John, Sally and Gareth
visit us online at
www.hertsisreadyforwinners.co.uk
or follow us on Twitter
www.twitter.com/readyforwinners

Herts trained gymnast qualifies for London 2012

A gymnast from Singapore, who last week completed her pre-qualification training at Marriotts Gymnastics Centre in Stevenage, has succeeded in qualifying for the London 2012 Olympic and Paralympic Games.

Twenty-two year old Lim Heem Wei arrived in the UK on last Friday along with her coaches. She spent the weekend training at Marriotts before taking part in the Test Event in London where she qualified for London 2012 finishing in the top thirty of individual finishers from teams that have not already qualified.

Lim Heem Wei won a silver medal in the Women's Beam event in gymnastics at the 2010 Commonwealth Games in Delhi.

Over 600 facilities across the UK are approved pre-games training camps for Olympic and Paralympic teams. Hertfordshire has 17 training camps, which offer wide ranging sports facilities from athletics to gymnastics and fencing to wrestling. Four Caribbean National Olympic Committees have committed to Pre-Games training in Hertfordshire. The British Virgin Islands (BVI) were the first team to commit to Hertfordshire in June 2009 with St Lucia, St Kitts and Nevis and St Vincent and the Grenadines following.

Derrick Ashley, Chairman of Hertfordshire is Ready for Winners said, "I am sure that her stay in Hertfordshire



was the perfect preparation ensuring that Lim Heem Wei qualified for the London 2012 Olympic Games. Now is the time for Hertfordshire to forge lasting friendships with communities around the globe and we hope that Wei will come back to train in Hertfordshire before the main event in the summer."

Before the London 2012 Test event Gymnast Lim Heem Wei said, "There are lots of uncertainties with the London 2012 Test Event so I am focussing on what I can control and practicing my routines. My preparation has been good and I just hope that I can deliver on the day. Training here in Stevenage is going well so far."



Hertfordshire can 'win business gold'

There is still time to register for the upcoming **FREE 'Win Business Gold' business breakfast on Friday 27 January at The Holiday Inn, Elstree, Borehamwood.**

The event is the latest in an award winning series of events arranged by Hertfordshire is Ready for Winners. The Business Breakfast event enables delegates to enjoy a cooked breakfast, hear about London 2012 contract opportunities, meet an Olympic medallist and local young talented athletes, find out about Hertfordshire's Olympic venue - the Lee Valley White Water Centre, and network with other local business people.

Olympian Mark Richardson, who won a bronze medal in Barcelona (1992) and silver in Atlanta (1996) both in the 4x400m relay, combined with our other speakers will be inspiring local businesses to get themselves ready for the London 2012 Games.

This business breakfast also includes a presentation from Deloitte on business preparedness, covering everything from travel disruption, consumer demand and staff unavailability.

To register simply download the registration form here, <http://www.hertsisreadyforwinners.co.uk/events/win-business-gold.html> and return it to herts2012@hertsc.gov.uk.

A Hertfordshire education for the Caribbean

Following on from the concordat signed by Hertfordshire County Council and the Government of the British Virgin Islands, Hertfordshire is Ready for Winners, this month, hosted a visit from British Virgin Islands Minister of Education and Permanent Secretary.

The delegation from BVI visited Sele School in Hertford where they went on a tour of the school, seeing sports, music and the inclusion unit. Honourable Minister for Education and Culture, Myron Walwyn, the Permanent Secretary Dr. Marcia Potter and Luce Hodge-Smith from BVI House, London then attended a series of meetings with education professionals at County Hall where they discussed issues such as special educational needs, strategic school place planning and school improvement in the county.



L-R Headteacher at Sele School Nick Binder, Honourable Minister for Education and Culture, Myron Walwyn, the Permanent Secretary Dr. Marcia Potter and Luce Hodge-Smith from BVI House, London



Get ready to celebrate - Make the Games local

Local Leaders is a programme being launched by London 2012 to invite the nation's organisers, planners and doer's to get ready for the Games. Across the whole of the UK, millions of people will be part of the celebrations. And at the heart of every celebration will be the one person who makes it happen. The person who makes a difference and just gets stuff done. If this sounds like you, why don't you sign up to be a London 2012 Local Leader?

Being a Local Leader is simple: all you need is an idea of how you will celebrate the Games and then get organising. Local Leaders can create their own events or get involved with the some of the ideas communities across the UK have suggested to London 2012. From Gardening for the Games to planning a Sports Quiz or an Opening Night In, get your friends, family and neighbours ready to celebrate.

When you sign up you will get hints and tips to help you plan your celebrations, plus access to exclusive toolkits as we get closer to the Games.

Join thousands of others around the UK to organise events to make the Games local. Sign up at www.london2012.com/localleaders

Sports development officer scoops world sailing title

Sam Brearey, Sports Development Officer at Lee Valley Regional Park Authority, has clinched a world title in the International Fireball World Championship in Mandurah, Western Australia.

In an exciting race with some nail-biting moments, Sam and team mate Tom Gillard secured a narrow lead as they crossed the finishing line. Having previously won the European title, it was the first time the pair had sailed in Australia. Last year, they came second in the world championship so they were determined to do better this time.

Sam, who is responsible for developing and implementing the Park's legacy plans, including encouraging children and young people to take up paddle sports at Lee Valley White Water Centre, said: "It's been an amazing 12 months, having worked so hard to get to a position to challenge for the world title, and it's a great feeling for it to have paid off. Adding the world title to become European and world champion at the same time is an incredible feeling!"





Olympic Hopeful – Frances Slater



Oaklands College student Frances Slater's Bobsleigh career is off to a flying start after being selected to represent Great Britain at the first ever Winter Youth Olympic Games in Austria this month.

17 year old Frances from Ware was selected for the Talented Athlete Scholarship Scheme (TASS) by GB Bobsleigh and now benefits from the Strength and Conditioning support provided

by coaches at Performance Hertfordshire and Physiotherapy with Bodybalance Sports Injury Clinic at Hertfordshire Sports Village.

A member of Herts Phoenix Athletics Club, Frances is currently ranked 2nd in the National Under 20 age category for the 60m indoor sprint. It was this talent that got her spotted by the Great Britain Bobsleigh youth squad last year.

Since being selected for the GB Youth Team, Frances has balanced her training with studying for a BTEC in Sport Science, Exercise and Performance at Oaklands College. Training camps in Germany and Austria mean Frances is often out of the country for long periods. Particularly as preparation for the Winter Youth Olympics has coincided with the Junior World Championships which take place a week later meaning Frances has had a very demanding winter season so far.

Commenting on her selection for Team GB Frances says *"I am very proud and excited to represent Team GB at the first winter Youth Olympic Games in Innsbruck. It will be a very special feeling to compete for my country in such a big competition. It has been my dream from a young age to represent my country at an Olympic Games."*

The Talented Athlete Scholarship Scheme is a national programme supported by SportsAid and delivered by universities around the country. The University of Hertfordshire leads the programme in the east region and currently supports 60 national and international level athletes. Athletes benefit from strength and conditioning, physiotherapy, lifestyle support and nutrition advice amongst other services.

For more information on young talent in the county please visit www.hertssportsvillage.co.uk/hertstalentedathletes

Fancy riding some winter rapids?

A new rafting season has begun at Lee Valley White Water Centre. This is the very last chance to experience the rapids before the world's best athletes battle for Gold during the London 2012 Games.

Prices start at £49 per person for a half-day Winter White Water Rafting Adventure.

For more information or to buy gift vouchers, visit www.gowhitewater.co.uk or call the booking hotline on **08456 770 606**.



Fire volunteer scheme is Inspired, says Seb Coe

Hertfordshire Fire and Rescue Service's fire safety community volunteer scheme has been granted the Inspire mark by the London 2012 Inspire programme.

The fire safety community volunteer scheme was launched in January 2008 and now has around 100 volunteers across the county, each contributing a few hours a month.

Volunteers - who help raise awareness of fire safety through a range of activities, including attending community events, supporting local fire safety campaigns and encouraging people who are most at risk from a fire at home to book a free fire safety check - are asked to give eight hours a month.

Interested?

Then why not volunteer yourself, contact Herts Fire & Rescue Service volunteer manager Roy Aldwin for more information or to request an application pack. Email him at roy.aldwin@hertsc.gov.uk or phone **07801 703965**.

Coach Education Week

Herts Sports Partnership's popular event is back. This year's coach education week takes place in February half term (11-19 February) at venues around the county.

There is a full programme of courses, workshops, seminars, lectures and other events. With more than 20 individual sports featured, including badminton, basketball,

boxing, cycling, dodgeball, fencing, football, netball, rugby, swimming, table tennis and trampolining this is an event not to be missed.

For further details or to book your place visit www.sportinherts.org.uk email info@sportinherts.org.uk or call **01707 2842229**.

Only one day left to nominate torchbearers to carry the London 2012 Paralympic flame!

Time is almost up for you to nominate a team of five to carry the London 2012 Paralympic flame. Do you know someone who has adopted the Paralympic values of courage, determination, inspiration and equality to make a difference; pushed the boundaries of what is achievable; or helped others to accomplish whatever they put their mind to?

BT is looking for the most inspirational teams to carry the Paralympic Flame during the London 2012 Paralympic Torch Relay. The relay will begin at Stoke Mandeville, the

spiritual home of the Paralympic movement, on Tuesday 28 August 2012. Then over 24-hours, Torchbearers will carry the Paralympic Flame to the Olympic Stadium to light the cauldron and officially open the London 2012 Paralympic Games on 29 August.

Nominate by visiting www.bt.com/London2012 or calling 08000 23 23 99. Nominators and Torchbearers must be at least 12 years old and nominations must be submitted by midnight on the 20 January.



HRC Students get the Chance of a Lifetime – working at the 2012 Olympics



Full-time students at Hertford Regional College (HRC) have been given the opportunity to gain an extra qualification, one which will give them the chance of working at the London 2012 Olympic and Paralympic Games!

Over 400 students rushed to sign up for the Level 2 award in Door Supervision. The course is being held this month all those who pass will be interviewed by global security company G4S, the main providers of security for the 2012 Olympics.

Over 100,000 people will be paid to work at the Games next year; HRC have encouraged their students to be part of that

team and provided them with the 30 hours training that leads to the qualification to apply.

Hertfordshire celebrates London 2012 Children's Promise Day

The Hertfordshire is Ready For Winners Partnership joined up with Paradise Wildlife Park, Broxbourne to celebrate London 2012's Children's Promise Day in Hertfordshire.

The Hertfordshire event, the only Children's Promise event in the region, took place on Tuesday 20 December at 2pm, in Paradise Wildlife Park. Local children born on "Children's Promise Day" the 20th December 2004 and registered on the London Organising Committee for the Olympic Games and Paralympic Games (LOCOG) scheme were invited to celebrate their birthday, meet an animal from Paradise Wildlife Park, Father Christmas and experience some London 2012 magic with the Animal Olympics.

The Children's Promise scheme, launched during the bid to host the 2012 Games in 2004, called for children across the UK who were born on the 20th day of the 12th month (20/12 day) in 2004, to register with LOCOG to have the opportunity to take part in the Games with a special role.

