



## Seasons Greetings

The first edition of the new Hertfordshire is Ready for Winners e-newsletter went out last month, thanks to all of our readers and the positive feedback that we received.

This month the team have been getting into the festive spirit, (some more than others) and on page three is a photo gallery of our celebration of the London 2012 Children's Promise Day with Father Christmas at John Lewis Watford.

This month's newsletter also includes the Royal opening of the Lee Valley White Water Centre and how you can be one of the first to ride the rapids!

Thanks for subscribing to our e-newsletter and we would like to wish all of our readership a very merry Christmas and all the best for 2011.

### The Herts 2012 Team

Jon, Sophie, John, Sally and Gareth

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## Hertfordshire sets the standard as first brand new 2012 venue is completed!

**HRH The Princess Royal was in Waltham Cross on Thursday 9th December to see the unveiling of the new, world-class white water canoe centre for the London 2012 Games.**

The Lee Valley White Water Centre is the first brand new 2012 venue to be completed, before and after the competition in 2012, the venue will be open as a sporting and leisure facility for canoeing and white water rafting, as well as a major competition and training venue. The venue will open to the public for rafting and canoeing in April 2011 delivering an early legacy over a year before the Games begin.

A number of Team GB canoeists attended the event to try out the Olympic competition course for the first time. Campbell Walsh, Olympic Silver Medallist in Canoe Slalom said: "It's hugely exciting to test the rapids at the new Lee Valley White Water Centre for the first time. The course looks great and I'm sure it will make a spectacle of a race for the Olympic Games."



Seb Coe, Chair of the London 2012 Organising Committee, said: "This is another great story. Our vision has always been to use the power of the Games to inspire change and this is another world-class venue that would not have been built without Britain staging the Games. With the centre open to the public both before and after the thrilling action at Games-time, it really does demonstrate the great legacy that London 2012 will leave for users from elite athletes to kids from local communities."

We were at the Royal occasion saying, "Fantastic to be at the ODA handover of Hertfordshire's 2012 venue, the LVWWC today. Thundering waters, Team GB paddlers and Royalty too!" via Twitter.



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Derrick Ashley, Hertfordshire County Council's Executive Member for Planning and Chairman of the Hertfordshire is Ready for Winners Board, said: "It's a hugely exciting time as we prepare to open the doors to this world class venue. Tickets are on sale now for white water rafting and from April 2011 members of the public can experience adrenalin pumping white water on the same course that will be used by the world's best athletes. We will ensure that the venue is used by everyone from elite athletes to schools, sports clubs and community groups."



## Lee Valley Water Water Centre - the numbers!

### The Olympic standard competition course

- grade four rapids
- 300m long white water course, with a 5.5m descent from the start pool to the finish pool
- five pumps delivering/pumping up to 15m<sup>3</sup> of water per second

### The training course

- grade three rapids
- 160m long white water course, with a 1.6m descent from the start to the finish
- three pumps delivering/pumping up to 10.5m<sup>3</sup> of water per second

### The lake

- Total water 9,000m<sup>3</sup>
- Depth 1.8m

## Buy your ticket to ride the same rapids as the world's best athletes - now!

You can now book to go white water rafting at Lee Valley White Water Centre - the only brand new London 2012 venue to open to the public before the Games.



Rafting tickets start from £49 for this unique, adrenalin pumping rafting experience. Tickets will give you the opportunity to try out the same course that will host five days of intense canoe slalom competition during the Games.

To test your nerves and experience this brand new, custom-built venue visit <http://www.gowhitewater.co.uk/> or call **08456 770 606** to buy your ticket.

Rafters will take on the same wild rapids as the world's best athletes will face in the London 2012 Olympic Games. Skilled raft guides, including the captain of the Men's Senior GB rafting team, create a unique experience, pushing rafters to their limits.

Simon Ricketts, Lee Valley White Water Centre Manager, said: "The beauty of white water rafting is that it is open to everyone. Nerves will definitely be put to the test as rafters take on the Olympic Standard Competition Course, navigating 300m of obstacles, drops, waves and fast flowing white water - enough to fill a 25m swimming pool in 30 seconds."

Lee Valley White Water Centre, located five minutes from the M25, near Waltham Cross, Hertfordshire and 40 minutes door to door from central London, opens to the public in April 2011. It will be a major canoeing and rafting attraction drawing in thousands of visitors.



## Herts children born on London 2012's Children's Promise Day celebrate in Watford



We joined up with John Lewis Watford to celebrate London 2012's Children's Promise Day in Hertfordshire. 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 Father Christmas and experience some London 2012 magic.

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 an event or ceremony surrounding the London Olympic and Paralympic Games. Each child will play a special



role in welcoming the world at Games time and could take part in one of the Ceremonies including the Opening or Closing Ceremonies, Team Welcome Ceremonies, or in the programme of other events that will light up the UK.



Eight children from across the county enjoyed the celebrations receiving a birthday cake and gift of a London 2012 mascot, either Wenlock or Mandeville courtesy of John Lewis.



*The birthday boys and girls with Santa, left to right, Dylan Mence, Anna Murphy, Asa Bradshaw, Charlie Welton, Nicola Harrison, Maisy Norwood, Ruby Oliver and Lauren Brewin.*

John Lewis is the Official Department Store Provider to the London 2012 Games. As part of their partnership with LOCOG, John Lewis will offer their staff (known as Partners) the opportunity to work at LOCOG in the build-up to the Games, help to furnish lounge and reception areas at Games-time venues, and provide warehouse space. In addition, the John Lewis shop on Oxford Street and the forthcoming shop adjacent to the Olympic Park at Stratford (due to open in 2011) are set to become key retail outlets for Games-related merchandise. These shops will give back all net profit to London 2012 on Olympic and Paralympic merchandise sold.



## Denise Lewis Hotel Heptathlon



As part of her official role in promoting London's 2012 Olympic Games, Denise Lewis, the 2000 Olympic heptathlon gold medallist, led an Olympics themed day at the Holiday Inn Stevenage. The agenda was action packed with seven events for Denise to complete, kicking off with a cyclathon, then Denise made the almost perfect bed, she managed to pour the flawless pint, and impressed by completing a further four events.

Guests enjoyed an amazing authentic Greek lunch prepared by Denise Lewis, under the watchful eye of Head chef Adam Hale. Later, General Manager Gerard Ryan played Quiz Master and host "A Question of Sport" with a difference, in an attempt to see what Denise had learned about the hotel, it's staff and it's Stay Real commitment to guests.

Holiday Inn Stevenage, beat off strong competition from other Holiday Inns in the UK (official commercial partner of the London 2012 Olympics) to win the Intercontinental Hotel Group Ltd (IHG) competition to 'Host Denise Lewis' for the day. Having produced a packed programme of innovative activities, combined key elements of delivering a great hotel experience and the Olympics theme. Denise was one of the judges, she was particularly impressed with the hotel's bid and was excited to embrace the many activities planned for her.

The event, supported by the Hertfordshire is Ready for Winners Partnership also raised in excess of £1,000 for the charity TRACKS. Keen cyclists, including staff, hotel guests, sponsors, employees from local companies cycled for a minimum of 15 minutes each in aid of the local Autistic children's charity.

## Coach Education Week and Coaching Conference



From 19 - 25 February you can take part in one of the UK's biggest coaching events. It's a great way to access high quality professional development at an affordable price. And if you're a volunteer or professional coach, sports teacher or student, this week offers a full programme of courses, workshops, seminars, professional qualifications, lectures and the chance to network with coaches in your sport.

The week culminates in the Herts Coaching Conference on Saturday 26 February, a chance to learn from some of the country's leading coaches, including our keynote speaker and former NBA basketball star, John Amaechi.

This year's Coach Education Week takes place at three Hertfordshire venues:

- Hertfordshire Sports Village, part of the University of Hertfordshire
- Queens School, Bushey
- Marriots School, Stevenage

Our extensive programme has a number of specialist areas with a range of courses in:

- Disability Sport
- Rugby
- Leadership and Skills Development (including Sports Coach UK courses)
- Football
- Strength and Conditioning in Sport

We have over 300 coaching development opportunities on offer - view the full programme and book your place today at

<http://www.sportinherts.org.uk/coachingconference>



## Win Business Gold!



Following on from the hugely successful event at Paradise Wildlife Park Olympian Mark Richardson has agreed to attend the next Business Breakfast event at De Vere Hunton Park in Hunton Bridge near Kings Langley on Friday 21st January.

Mark, 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 free event 'Win Business Gold' is the latest in a series of award winning business breakfast events, which allow local firms to learn about London 2012's procurement system (CompeteFor) and how they might win contracts from Business Link experts. Hertfordshire businesses, large and small, already have contracts as suppliers and service providers for the London 2012 Olympic and Paralympic Games. The Business Breakfast event enables invitees to enjoy a cooked breakfast, meet an Olympic medallist and local young talented athletes, find out about Hertfordshire's Olympic venue, and network with other local business people.

This event, organised in partnership with the Hertfordshire is Ready for Winners, Business Link, De Vere Hunton Park Hotel as well as Three Rivers and Dacorum District Councils, includes a presentation from a Hertfordshire firm based in who have successfully won an Olympic contract.

The latest Business Breakfast event was attended by 62 representatives from 36 businesses who described Mark as a "very inspiring speaker" and found the event as "illuminating" and "a fantastic opportunity and a wonderful location".

These free events are very popular so book as soon as possible to avoid disappointment.

### Book online now:

<http://www.bookevents.org> and search for 'Win Business Gold'

Telephone: **0845 601 1000**

Text phone: **01707 398390**

## Beat the January bulge...start an exercise regime now!

On Christmas Day the average Briton gets through around 7,000 calories - that's more than double the recommended daily amount for men, and more than three times that for women. A slice of Christmas pudding, for example, contains nearly 300 calories!

Visit <http://www.lovetomove.org.uk> for ideas on how you can be more active more often, with listings of exercise opportunities across Hertfordshire. From swimming and dancing to cycling and walking through the Hertfordshire countryside, there is something for all levels of fitness and all tastes!

So put in the groundwork now so you don't feel guilty during the excesses of Christmas!

