

Sports Newsletter - January 2023

Dear Parents, Carers and children of The Willows,

We have had a quiet start to 2023 with the weather postponing some events but our calendar is looking really busy for the coming months.

The children have really enjoyed our extra PE slot which we started in the new year and it is amazing to see so many children enjoying our new Tabata sessions and exercising with their friends. See this months sports ambassador's challenge where they have created a tabata for you to try at home.

We have planned another Fitness Friday for Friday 3rd February, look out for the photos from that next month.

Please continue to email me your out of school sporting successes -
ssmalley1@willowsprimary.com

Miss Smalley

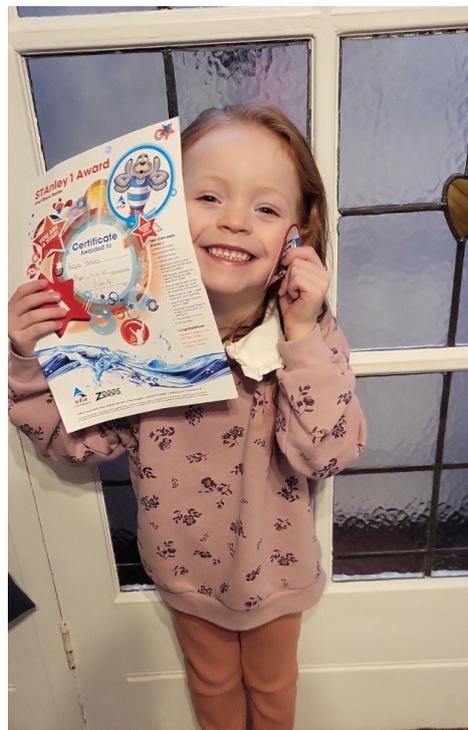
January's results

The girls have kicked off the new year for us with a couple of matches. They played against St Teresa's at home and then away the following week. They also got to debut their new fancy kits. (see picture below!) They were unlucky in both games but played their brand new pink socks off! Player of the match for the home game was Macy and player of the match for the away game was Zara.



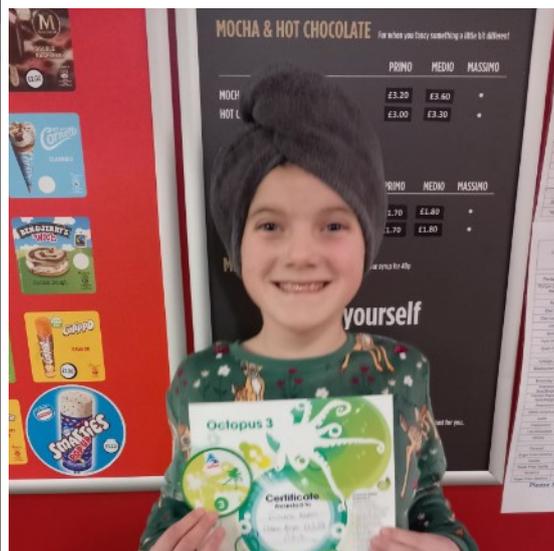
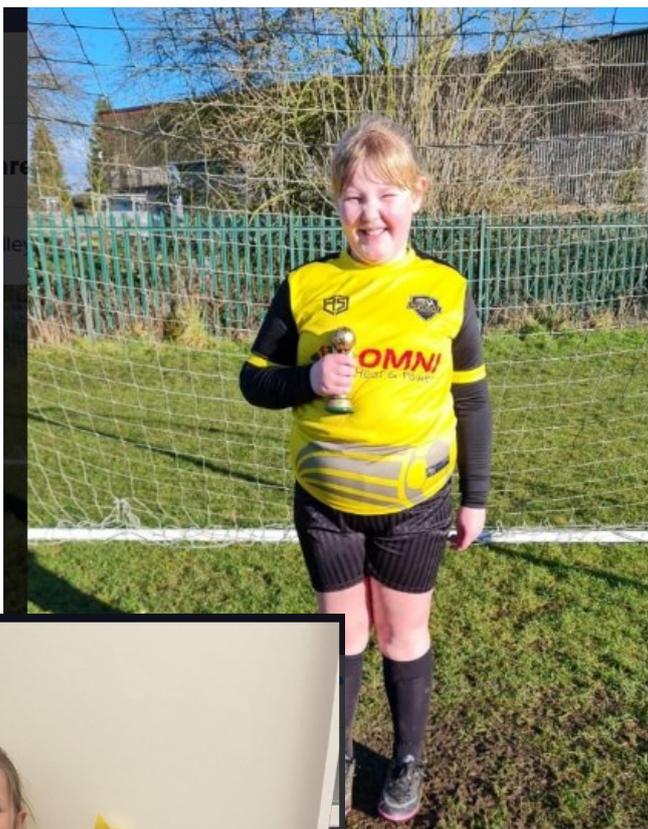
Out of school sporting successes!

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Our inspirational person for this month is Jaime Hibbert who owns a local gym. Read on to hear the answers to our sports ambassadors grilling questions...

Why did you start the gym?

I started the gym to follow my passion for health and fitness. I was a police officer before, did fitness before that. Whilst I was a police officer I couldn't put this away I was always doing clients and classes on the side so I decided to follow my dream, I left the police and opened the gym. Part of the reason to set up the gym was that I wanted to inspire people to take part in fitness.

Who was your inspiration?

I wasn't inspired to open the gym because of anybody. It was because of my own passion. Sportsman wise I am inspired by all athletes, track and field athletes are amazing.

What is your favourite part about running the gym?

The people, seeing the development of people as well. I get to meet so many people from different walks of life. All different personalities, all different characters. Different abilities, it's really good to help develop them. I have had some sports people, some Stoke City players. To help them develop from lots of different stages of fitness. To see people make changes to their health and help their well-being as well.

What is your favourite class to run?

Boot camp. I love boot camp. Boot camp is a 4 or 6 week course. A group of people come 3 times a week religiously. Same group of people so they build a community within themselves. The atmosphere is always great.

What's the hardest part about running your own business?

The admin, the business stuff that takes so much time. The constant drive and push that you have to put behind the scenes to be able to run your dream. The bills, all the boring bits.

When did you open your own business?

1st June 2015. 7 years ago, 8 years this June.

Will you expand your gym to other areas?

I would love to but coming back to the boring bits. If I did that it would take me away from here which I wouldn't want to do. I don't really want to go through the boring bits and being away from here but maybe in the future it would be nice.

Have you always enjoyed fitness and exercise since being a child?

Yes, I would probably say from about 7-8 years old. I was always doing bits of fitness at primary school after school clubs and things. My mum got me into martial arts when I was about 8, she gave me 2 choices I could join the army or do martial arts. I chose martial arts a couple of times a week. From there I did PTing and then I loved sports. I carried on from martial arts and expanded into different things.

What was your favourite sport when you were a kid?

I love athletics so 100m, 200m, hurdles track and field and athletics. Triathlons now which I have just got into. Swim, bike and running.

Are your smoothies all healthy?

All healthy stuff, they don't need a treat in because they taste amazing! When I set up a couple of friends helped a lot with the set up of the business and Scott suggested a smoothie bar, he set everything up for me and he experimented with recipes and every single one is now amazing! We just got rid of the spinach one!

Do you have a favourite piece of equipment?

I love free weights and deadlifting. I don't particularly like running machines and cardio things. I am more strength and conditioning based.

Do you use the gym?

Yes, I do a lot of strength and conditioning and I do all of the classes apart from boot camp with the people so that's all part of my training. I love doing triathlons, although wish had come to them earlier on in my life.



January's Fitness Challenge

Our sports ambassadors challenge you to is their own tabata;
Complete each round 3 times, 20 seconds on, 10 seconds rest

Round 1: Russian twists

Round 2: Frog jumps

Round 3: Squat reach up

Round 4: Spotty dogs

Round 5: burpees

Round 6: curtsy lunges

Round 7: high knees

Round 8: star jumps