



Mayfield News

Winter 2010

Seasons Greetings...

So the cold, dark winter months are back once again to lead us into the New Year but don't worry those warmer Spring months are just around the corner!

2010 delivered us an action packed year at Mayfield, from the Scottish Fencing Championship to the Scottish Universities Trampoline Championship along with all our Sports Programmes during the holiday periods and so far 2011 looks like it will be even busier!

In this edition of the newsletter I would like to bring your attention to 2011 however there are a couple events which are running before we blow the final whistle on 2010.

As always if there are any events you wish more information on please feel free to contact me at the sports centre or visit our website where you can view a full calendar of events with the relevant contact details.

Finally, I would personally like to thank everyone who kindly donated and supported me raising over £1100 for my Help For Heroes J.O.G.L.E cycling challenge. After 1048 miles of hill climbs and head winds I finally reached Lands' End to a tremendous welcoming party, 10 days after setting off from John O'Groats. Next challenge is the London Marathon in April so if you have any loose change please sponsor me and support Help For Heroes.

I hope you all have a Merry Christmas and best wishes for 2011!

Craig, Sports Centre Manager

Coerver Coaching @ Mayfield

Coerver Coaching in partnership with Mayfield Sports Centre and Adidas are delighted to introduce their world-renowned method for teaching soccer skills to players and coaches in Dundee.

For the last 26 years, Coerver Coaching has led the way in the development of players aged 5-17 years and is now recognised as the World's Number 1 soccer skill.

Coerver currently work closely with many top federations such as **FIFA, UEFA** and **The FA** along with top clubs such as **Arsenal, Real Madrid** and **AC Milan**.

Coerver are launching their Performance Academy for players aged 7-14 years starting Friday 26th November from 4.30pm (aged 7-11) and 6.00pm (aged 12-14). Session run on a weekly basis and are open to all players.

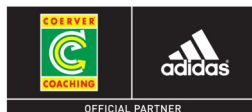
For more information please call 0844 8080 442 or email james.brash@coerver.co.uk

Inside this issue

- Coerver Coaching 1
- J.O.G.L.E 2010 1
- Winter Health..... 1
- Fitness Classes..... 2
- Easter & Summer 2011 2

Important Dates

- 26/11/10
Coerver Coaching Performance Academy starts
- 04/12/10
Midlands Indoor Hockey Tournament (Senior Girls)
- 11/12/10
Coerver Coach Education Clinic
- 21/01/11
Midlands Indoor Hockey Tournament (Junior Girls)
- 29/01/11 - 30/01/11
Scottish Fencing Championships



Sports Camps 2011

After the huge success of our 2010 sports programme we are in the final planning stages for 2011 and although Easter may be a few months off below is a proposed guide for the Easter Sports Programme (subject to change).

Multi Sports Activity Camp	Monday 4th - Friday 8th April	9.00am - 4.00pm
Tennis Coaching	Monday 11th - Friday 15th April	10.00am - 1.00pm
Soccer Coaching	Monday 11th - Friday 15th April	tbc



The above sports camps are an indication of what we propose to run over the Easter holidays, however the camps are subject to change. The forms and final dates for these camps will be available in the New Year and will once again be available through school classes and from our website as a download.

Proposed dates for the Summer Sports Programme 2011 will also be available in the New Year.

Health & Fitness Classes

In the last Mayfield News we talked about Health & Fitness Classes in particular Yoga and Pilates and the benefits on looking after our bodies mentally and physically, especially in today's hectic and demanding world! Now the cold winter months have caught up with us all again, we are pleased to announce we are running new classes which will bring out the Party and Dance fever in you all!

Zumba Fitness® was created in the mid-90s by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars. Zumba combines pulsating Latin rhythms with the red-hot international dance steps to give you the dance, fitness workout which will blow you away. We have 3 classes running on a weekly basis which, after 60 minutes of an exhilarating party workout, will leave you craving the next class!

For more information please visit www.zumba.com or you can contact each instructor direct (see below).

Monday	6.30pm - 7.30pm	Jessica	07921 823 058
Wednesday	6.00pm - 7.00pm	Lucy	07958 221 552
Friday	6.00pm - 7.00pm	Elaine	07878 817 867



For a full list of class available please visit our website www.mayfieldsportscentre.co.uk

PARKING @ Mayfield

Please be aware that the car park is extremely busy at 4pm & 5.30pm weekdays and Saturday mornings. Can I ask that you all use common sense and do not park across the emergency access points and in the disabled bays, unless required.

