

## The Physio's Spot!

In this edition of the ABC of Sport our resident physio, Will Colhoun, has provided some informative question and answers for all of us with knee problems. Will is a chartered physiotherapist and specialises in treating sports injuries at his clinic on the Springfarm Industrial Estate in Antrim



### What Causes Knee Pain?

Knee pain affects most people at some point in their life. This is usually increased in sporting individuals due to the extra stresses and strains placed on these important joints.

### What causes pain at the back of the knee?

One example of such pain is caused by a disorder known as Chondromalacia patellae. This is a softening of the cartilage that lines the back of the knee cap.

### What are the symptoms of this?

Pain often associated with a clicking or grinding noise. The

pain can be at the front of your knee, just behind the kneecap. It often feels worse when going up or down stairs, squatting and or sitting for prolonged periods.

### How do I know if this is my knee problem?

It's always best to have your problem examined by a GP or physiotherapist. A common way of diagnosis is having your knee cap pushed downwards whilst tightening your quad muscles. This complaint can also be associated with stiffness, locking and swelling.

### What are the causes?

This can often be very difficult to pin-point. Sometimes a fall on the point of your knee, squatting heavy weights, or poor quad muscle strength can be linked to the disorder.

### What can be done to prevent it?

Ensuring good flexibility is important and having good running shoes can really help. Building up the strength in the quads and avoiding hard ground running are also recommended.

It is important to seek professional assistance if the problem persists as failure to treat the problem can lead to long-term injury.

For anyone needing help or advice about a knee complaint or other such ailments contact Will Colhoun on Antrim 028 9446 9672.

## The Annual Sports Awards are coming!

The Antrim Sports Awards are organised by the Association in conjunction with Antrim Borough Council. This annual event celebrates the achievements of sports people and clubs in the Antrim Borough. The award winners will receive a trophy and sports bursary sponsored by local businesses.

A **£100** bursary is awarded in the individual sportsperson categories of:

- Sports Performer of the Year
- Junior Sports Performer of the Year
- Coach of the Year
- The Disabled Award
- Services to Sport Award
- Fair Play Award

and a **£200** bursary in the team categories of:

- The Senior Club / Team of the Year
- The Junior Club / Team of the Year.

Any individuals, teams or clubs from Antrim Borough are eligible to be nominated.

The awards winners are decided by the ASAA committee from all the nominations received from the public.

This year the Sports Awards are being held on **23rd Feb 2007 at the Comfort Hotel, Antrim.**

This special evening is again being hosted by Gerry Armstrong, Northern Ireland footballer extraordinaire, former Northern Ireland Assistant Manager and Sky Sports television reporter.



Gerry Armstrong, back to Antrim by popular demand to host the Sports Awards

### Come on, cast your vote!

To ensure your favourite local team, club or sportsperson has a chance of winning an award, return your nomination form before Friday 2nd February 2007.

Sports Award Nomination forms can be found at Antrim Forum, Antrim Civic Centre, in local libraries and community centres, at the Antrim Information Centre or on the council website, [www.antrim.gov.uk](http://www.antrim.gov.uk) under Sports Development.

# The ABC of Sport



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**Welcome...** to the second edition of the sports magazine produced by the Antrim Sports Advisory Association (ASAA). This association was established in the early 1990's as a forum for local sport and has the role to help develop local sport and in particular to promote appropriate activity courses, promote opportunities for training and education and provide information and advice to people involved in many types of sporting activities. Another of our tasks involves the organisation of the Annual Sports Awards but you can read more about this later!

## Special Olympics 2006

June 2006 welcomed the Special Olympic Ireland Games to Antrim and Belfast. Around 2000 athletes travelled from all over Ireland to compete in a bid to qualify for the World Games next year in China. Antrim Borough Council was delighted to play a major role in these prestigious Games. Events of this calibre present an opportunity to showcase the top class facilities available locally, help contribute to the future development of sport throughout the Province and instil a sense of pride throughout the Borough.

The Ireland Games featured 12 different sports across ten venues over four days, 22nd - 25th June 2006. Four out of the 12 sports and around 800 athletes competed within the Borough of Antrim. The largest event, Athletics, was held at Antrim Stadium; Basketball took place at Antrim Forum, Golf was hosted by Massereene Golf Club and Bocce (an Italian version of lawn bowling) at the Jim Baker Stadium.



Former Mayor, Councillor Drew Ritchie, starts the Antrim Fun Cycle which set off on Sunday 28th May from Antrim Forum. Cyclists got up early to raise funds for the 2006 Special Olympics Ireland Games. The event was organised by Antrim Special Olympics Committee.



Alderman Sam Dunlop, Mayor of Antrim, welcomes the Flame of Hope to Antrim from the Antrim Special Olympic Athletes from Riverside Special School. The Flame was accompanied by 40 Law Enforcement Torch Runners, motor bike outriders, police dogs and police

The icing on the cake was when the Law Enforcement Torch Run arrived in Antrim to a festival of celebration with over 120 local school children taking part in a colourful musical carnival parade. The crowds joined in the celebrations as the Torch made its way down High Street to Market Square where a beacon was lit to mark the beginning of the Games in Antrim.

In the view of the ASAA; Antrim did the athletes proud and Antrim athletes did our Borough proud! A very special thanks goes to all those who worked behind the scenes to make the event such a success.

### Joining the ASAA

Membership of the ASAA is open to all sporting clubs resident in the Borough of Antrim. At the time of going to press more than 35 local clubs are members of the Association. This is a record number but we still want more clubs to join! The annual fee is a mere £10 and an 'easy to complete' application form can be obtained from the Sports Development Officer at the Antrim Civic Centre, or by e-mailing us at [ASAAsport@hotmail.com](mailto:ASAAsport@hotmail.com). The ASAA has its own pages on the Council website. Find all current information and forms to download at [www.antrim.gov.uk](http://www.antrim.gov.uk). Click on Sports Development, then click on ASAA in the 'jump to' section.

### Benefits of Association membership

There are many benefits for local sports clubs and for individuals who are members of affiliated clubs in being part of the Association. Read on and decide if there is something you or your club could benefit from. If there is, then get your application formed filled in ASAP!

- Eligibility to apply for sports grants (see details later.)
- Priority tickets (and a ticket purchase offer) to the Annual Awards Evening
- 10% discount and priority booking on all Sports Development Coach Education Courses
- Advertising club membership and events in the Newsletter
- Right to attend Northern Ireland Sports Forum seminars and courses

## Sports Development in Antrim Borough

First of all, the Sports Association is delighted with the appointment of a new Sports Development Officer. Janine Harvey, a Ballyclare girl, has been involved with Sports Development for many years, as an athlete, a coach and an official. Janine formerly worked as Community Sports Development Officer for Larne Borough Council. A keen Badminton player and fitness fanatic, Janine tries hard to balance training and work. She commented "I have aspired to work in Antrim as Sports Development Officer since I was at University!"

Janine has already been very active in working with local sports clubs and below are a few examples of courses Janine has organised for early 2007. For more details contact Janine at the Civic Centre or email [janine.harvey@antrim.gov.uk](mailto:janine.harvey@antrim.gov.uk).

### CHILD PROTECTION WORKSHOP

### HOW TO COACH SAFELY

### SKILLS 4 SPORT

### COACHING DISABLED PEOPLE

### FITNESS AND TRAINING INJURY PREVENTION

### COACHING METHODS & COMMUNICATION

## Grants Available from the ASAA

Each year Antrim Borough Council make available to the ASAA significant financial resources to help fund activities in local sporting clubs and for individual sports performers. Recently the range of grants made available has been greatly widened to include:

### For Individuals

1. Up to £500 for participation in sporting events outside N.I. approved by the Governing Body and where the applicant has achieved the appropriate qualifying standard.
2. Up to £400 to attend Coaching courses. (Applicants may be asked to contribute occasionally to sports education courses in the Antrim Borough area).

### For Clubs...

3. Up to £400 for hiring coaches for specialised training sessions (coaching sessions open to other clubs within the Borough will be given a higher priority).
4. Up to £400 to purchase essential long-term use equipment
5. Up to £100 contribution to statutory fees.
6. Up to £500 to hold Special events/projects hosted by an affiliated club that has a club or community impact.

For further details of the grants available contact the ASAA via the Council website ([www.antrim.gov.uk](http://www.antrim.gov.uk)) and click on Sports Development, e-mail us on [ASAAsport@hotmail.com](mailto:ASAAsport@hotmail.com) or contact the Sports Development Officer at Antrim Civic Centre (028 9446 3113).

Some of the local Clubs that recently received assistance were 1st Donegore Indoor Bowling Club to purchase equipment; Hi-Elbow Triathlon Club had assistance in running it's successful tournament and Antrim Ju-Jitsu Club received coaching assistance.

## Youth Sport Bursary Scheme

This is a scheme for talented young performers managed in partnership by the Enkalon Foundation and the Association. The aim of the Bursary is to assist talented young sports performers with training and competition expenses to enable them to reach their full potential as the sports stars of the future.

Any talented sports performer under 25 who is a resident, attends school or is a member of a club within the Antrim Borough is eligible to apply.

Applications for bursaries are considered four times a year, at the end of February, May, August and November, and application forms are currently available. Information and forms for the Youth Bursary Scheme are available to download from the council website, [www.antrim.gov.uk](http://www.antrim.gov.uk) under the ASAA section in Sports Development.

Below are some of the beneficiaries of bursaries in recent times. Why not apply yourself???

- **Triathlon:** Richard Clarke
- **Athletics:** Stephen Scott, Laura McBride, Ian McCluney, David McCrudden, Ciara Redmond, Daniel Privett
- **Hockey:** Kate Saunderson, Laura McAlpine, Rachel King, Paul Gleghorne, John Jackson
- **Equestrian:** Lizzy Graham, Katie Wray
- **Squash:** Chris O'Kane
- **Archery:** Victoria McBurney
- **Bowling:** Ashleigh Rainey, Sarah Jane Coleman

## One Small Step Campaign Competition!

The One Small Step Campaign aims to support and encourage the building of a shared future and a shared society in Northern Ireland where all of our citizens can live, work and socialise together free from the threat of sectarianism or racism. What have you or your club done in the name of sport to help this campaign?

Please write and tell us and you could win a £25 gift voucher for your efforts. Send your letters to the ASAA at Antrim Forum or email [ASAAsport@hotmail.com](mailto:ASAAsport@hotmail.com). For more information on this excellent initiative please visit the campaign website: <http://www.onesmallstepcampaign.org/>



Well over 30 clubs are now ASAA members. Here are details of a few that might interest you, your children or a friend. If there's any interest give them a call today and make sport part of your New Year's Resolution!

### EDITOR'S CHOICE

#### AIKIDO

The first sporting club in the Borough to be highlighted in this edition is the martial arts Katsu Dojo Club.

Recently this ABC editor took part in some training sessions with the club. Katsu Dojo is a form of Aikido and believe me it is really a combination of good exercise and top quality coaching.

The club has been active in the Antrim Forum for about 15 years and training is at the Forum every Monday evening from 8pm. It is open to children and adults and everyone is made very welcome. Why not give it a go for yourself?

For more details come along on a Monday evening and talk with the instructors or e-mail Tom Henderson at [Tom.henderson1@hotmail.com](mailto:Tom.henderson1@hotmail.com)



A selection of the Katsu Dojo club members at a recent training session at the Antrim Forum.

### ANTRIM LAWN BOWLING CLUB

The club is now based at Allen Park and continues to grow both in numbers and confidence since the move to the new Green and successes both by individuals and by teams is evident.

The Ladies team continues to compete in the NIWBA league and has just had an excellent season. Wilma Adair, who in the past has represented Northern Ireland, was called up for the Irish International team for the British Isles' Championships. Ashley Rainey, who only took up outdoor bowls at the start of the season, was called up to compete as part of the under 25 team. Margaret Evans, Wilma Adair and Joyce Lithco competed in the NIWBA triples.

The Men's Section also competes in the NIBA League Intermediate Division 1 and are also well represented in the Veterans League. Donald Livingstone and Michael Teer represented the club in the Veteran's pair's competition and succeeded in reaching the finals. Antrim A was also successful in winning the Connie Scott Cup with a resounding victory over host club, Old Bleach of Randalstown, in the final.

### ANTRIM ROVERS SOCCER ACADEMY

Antrim Rovers is the largest and most successful junior soccer club in the borough. In 2006 they expanded to start up their very own Soccer Academy to cater for the football talent of the future. The primary school kids receive top level coaching each Tuesday evening at the Technical College and participate in the Friendship Soccer

## Club Profiles

League. For more details about the Academy contact Derek on 078 7740 9035 or E-mail Chris at [cstelliott@talk21.com](mailto:cstelliott@talk21.com)



A selection of the young talent training at the Antrim Rovers soccer academy

### ANTRIM SQUASH CLUB

Chris O'Kane from the Borough was selected for the Irish U19 Team in Junior Men's World Championships at Palmerston North, New Zealand. Chris did us all proud by winning the Plate Competition.



Chris O'Kane in action at the World U19 Championships in New Zealand

### KNIGHTS WHEELCHAIR BASKETBALL CLUB

Formed in 1990 the club has over 70 members and a very healthy trophy cabinet! The club has a high profile in sport in Northern Ireland and works hard to promote itself and basketball in general all around the region.

This year club members have played on the GB Junior and Ireland Senior teams in International tournaments. The Senior team finished a strong 3rd in Division One (North), and the Junior team also managed a third place finish in their league. The club has a wide range of members ranging from 8 year olds to seniors, with no upper age limit. Training is every Tuesday during the basketball season at the Antrim Forum; 7pm for development players, 8pm for senior players. Senior players also train on Thursdays.

Club Contact details:  
HB Hudson (Secretary) Tel: 079 7750 6138  
[heidibethhudson@sportni.net](mailto:heidibethhudson@sportni.net)

### MUCKAMORE CRICKET & LAWN TENNIS CLUB

The club owns 4 floodlight Tennis courts and 2 Cricket grounds at the Technology Park in Antrim. The club fields 4 senior and 3 Junior cricket teams, 2 senior and 1 Junior tennis team. This season 2006 the 1ST XI Cricket team won the White Horse Hotel Ulster Shield, played finished 3rd in the

league. Junior cricket coaching is on a Tuesday evening 6.30 to 8.00 pm April to August. Contact H McFadden 94468243 The senior team were runners-up in their division last season and Tennis coaching for boys & girls is held on Saturday mornings during the season. Contact Clare Telford on 07790 272898.



### RANDALSTOWN LADIES HOCKEY CLUB

This club was formed in 1949 as a factory team and in 1962 changed its name to Randalstown Ladies Hockey Club. The club has six teams competing in the various leagues of the Ulster Women's hockey Union with the 1st XI competing in the Senior League Section. The club's Veterans team (over 35's) includes some of it's founding members and competes in the Ulster Women's Veterans League. Underage teams have always been regarded as an essential part of the development of the club.

Many of our members both past and present have and do represent both Ulster and Ireland at every age level. Our most famous past player was Jackie McWilliams who represented Great Britain in the Barcelona Olympic Games. Clare Parkhill, our current 1st XI vice-Captain, recently lifted the Senior Inter-provincial trophy in Cork on behalf of Ulster.

Our website is [www.randalstownlhc.bravehost.com](http://www.randalstownlhc.bravehost.com) and our contact email address is [randalstownlhc@hotmail.com](mailto:randalstownlhc@hotmail.com).

### TEMPLEPATRICK ALEXANDRA YOUTH FOOTBALL CLUB

TAYFC is based in Templepatrick, Northern Ireland. Formed in 1998, we are a young, ambitious and forward thinking club with the aim of providing a fun and safe environment for children to further their footballing aspirations. TAYFC have forged strong links with Crewe United in recent years. For more information e-mail [tayfc@tayfc.com](mailto:tayfc@tayfc.com) or visit our website <http://www.tayfc.com>



One of the Templepatrick Squads training at Crewe Park.