

## Hoops 4 Health programme

Leopards' players have been busy in the London Borough of Redbridge community over the last few weeks as the Big Cats' Hoops 4 Health programme has proved a great success in its opening phase.

"It has been a real pleasure to work with the London Leopards' players to deliver the exciting Hoops 4 Health programme into schools in Redbridge" said Leopards' H4H Administrator Ian Mitchell.

"To say that we have had a rapturous reception is an understatement. The Hoops 4 Health two hour roadshows have been very well received not only by the children and but the teachers as well. Feedback from the schools has been very positive with all schools rating the programme as excellent."

Key healthy living messages are delivered in an interactive way which promotes both learning and enjoyment whilst ensuring that the children get every opportunity to take part in fitness routines and basketball skills and drills, leaving them wanting more.

Kate O'Riordan of Churchfields Primary School in Redbridge commented "Many thanks for another successful session yesterday, the children really enjoyed the roadshow"

Leopards' players Leigh Greenan, Josh Sharlow and Marlan Henry along with assistant coach Rikki Broadmore have been delivering the project to nearly 500 children across the Barking & Dagenham.

The next phase of the project is to deliver six hours of quality coaching to all the classes enrolled with the Leopards coaches particularly looking forward to harnessing the overwhelming enthusiasm for basketball experienced during the roadshows.

The culmination of the project is the Hoops 4 Health tournament which will take place at the Brentwood Centre on Sunday 19th December when participating schools will compete for the Hoops 4 Health Trophy.

