



Stuart Brierton Interviews Graham Hillick

Stuart Brierton is completing the Gold Award for the Athlete Leadership Programme (ALPs) with Special Olympics

Ireland. "I had the opportunity to interview Graham Hillick who is the head coach of the Ireland football team for this year's Special Olympics world summer games. The team has an interesting line up for the upcoming games in Abu Dhabi including a few guys from the Eastern Region and even Lakers very own Paul Condron who I have known personally for a long time.



Stuart: *I understand you are travelling to Abu Dhabi for the World Games as a coach to the football team. When will these Games take place and how long will you be there for?*

Graham: The games will take place from the 14th to the 21st of March. We leave on the 7th of March and arrive back on the 22nd of March

S: *How many footballers and coaches are travelling to the games?*

G: A total of 12 footballers and 3 coaches

S: *What preparations and training are you doing for the Games?*

G: We train every month as a team sometimes 2 days a month and sometimes 1 day a month along with extra training.

S: *What are your hopes for the team?*

G: I think we will do well and I am confident that the guys will give it 100%. Medals will be our least concern until we are in a position to get one.

S: *How did you get into football?*

G: I started playing when I was very young but can't remember my age. My dad brought me to a local football club when I loved every moment of it. I played competitively right up to my 20's where footballers have to stop to prevent ongoing injury's which is when I got into coaching

S: *What training did you have to do to become a coach?*

G: I had to do coaching courses and workshops as part of the FAI. Which has the skills to help people become a good fundamental coach. Through hard work and dedication, I managed to get my qualifications to becoming a coach.

S: *Tell me a bit about the team members who are going – and are there any from Lakers?*

G: The team are made of 12 players. There are 4 from the Eastern Region, 8 from the Munster Region. In the Eastern region three of them are based at a club in Rathcoole and Paul Condron is the only one from Bray.

"I wish the whole team the best of luck for the upcoming games and in giving us as Irish Citizens something to be proud of."

Calendar of Events Jan to June

Feb

- ⇒ Launch Engagement Raffle – 14th
- ⇒ Volunteer coffee morning 28th Feb TBC

March

- ⇒ Launch 3 Peaks Challenge
- ⇒ St Patricks Day Parade

April

- ⇒ Roundwood Run 13th

May

- ⇒ 1st Peak Challenge
- ⇒ Swimming Gala Shoreline Bray 20th– 24th

June

- ⇒ Women's Mini Marathon 2nd June
- ⇒ Engagement Ring Draw
- ⇒ Lakers Annual Mermaid Show 13th & 14th
- ⇒ 30th Anniversary Gala Day 27th/28th June

Lakers Closure Dates

Easter 2019: Classes will finish on Wednesday 17th April and resume Monday 29th

Summer 2019 Classes to finish on Friday 28th June and resuming 2nd September

Welcome to Kathy Baker

We would like to welcome Kathy Baker to the Fundraising Team. Kathy joined Lakers in January 2019 and will be working on community fundraising and Lakers events.

If you wish to contact the fundraising team please see our contact details below.

Kathy Baker (Wed to Fri)

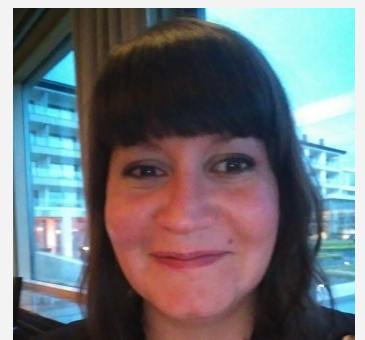
kathy.baker@lakers.ie

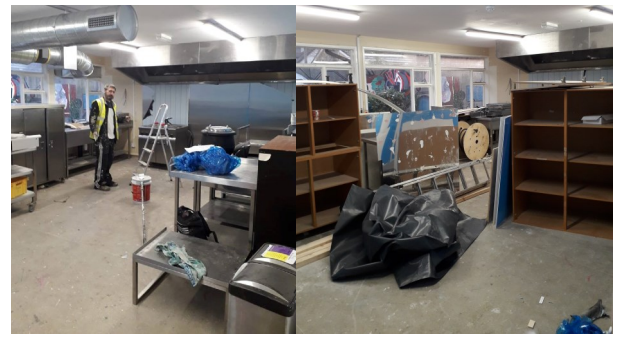
mobile 086-7860111

Anne King (Mon to Wed)

anne.king@lakers.ie

mobile 086-6062913





Thank You For All Your Support

As we come in to the New Year we wanted to take the time to be grateful, and to celebrate all that we have and those we hold dear. Your support has meant so much to us

Lakers and our members went through so much in the last few months of 2018. The fire in October ravaged our centre, destroyed 4 of our buses and broke the hearts of many of our staff and members who love Lakers and all we do.

We are happy to say we have been back in action, and have found a temporary home, and while we still have a lot to do to improve our facilities, we are looking at the new year as a fresh start filled with opportunities.

In Lakers we support adults and children with special needs, with almost 400 members ranging from 5 to 75 who attend a variety of sports and recreation activities with us. Thanks to your kind

support we can start to improve our new home for our members, and ensure that they can continue to enjoy activities and sport this year in their own clubhouse.

We are currently trying to replace our fire damaged supplies for our Kitchen. You can view our donation wishlist here <http://amzn.eu/hLoXuaQ>

We want to thank everyone sincerely who has given to this wishlist.

To all who supported us thank you from the very depths of our hearts for your kindness.

If you wish to donate to Lakers please visit www.lakers.ie.

If you wish to fundraise please email

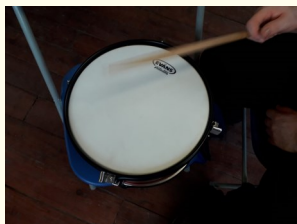
fundraising@lakers.ie

Close Up

Each month in our Newsletter we will have take a closer look at a couple of interesting events and activities happening at Lakers. This month we are profiling our **Music & Movement** class on a Wednesday morning and our **Boxercise** class on a Saturday.

Music and Movement is a fun and social class for all members. The focus is on having fun and getting everyone up and dancing, singing and having a laugh. We do fun games that teach us musical skills such as listening and rhythm.

We also encourage members to bring their own music in with them so that we can share our interests. We learn about the different sounds we can make from instruments. You would be surprised how many different sound you can get from one instrument.



You don't need to know how to play an instrument to come to the class. If you are interested in joining these classes there are a few places available. The class takes place on a Wednesday Mornings at 10.30-11.15 and a second class from 11.15 to 12.00

Boxercise

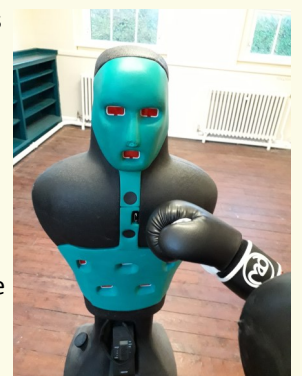
Ever fancy being the new Katie Taylor, or Rocky? Boxercise will teach you the skills and discipline involved in boxing but with the emphasis on personal health and training. Coach Gerry guides everyone through different exercises that help strengthen your muscles and develop concentration and focus. But despite the serious nature of the sport, this class is fun and light-hearted and

doesn't include contact as punch pads and punch bag are used instead.

There may be a few spaces available in this class, for further information contact the office and ask for Sandra.

Other Classes with availability

Drumming (Contact Lakers for more info)



Upcoming Special Olympics Competitions

Bowling

Sun 10th & Tues 12th March – Tallaght

Men's Basketball

Men's Basketball Div 1 away to Killester 1st Feb
Men's Basketball Div 1 away to Blackrock 5th Feb
Men's Basketball Div 1 home 9th Feb

Football

Football Team 2 Blitz 3rd Feb Sallynoggin
Football Team Blitz 16th Feb Sallynoggin

Bocce

Bocce Thurs 7th Feb Tues 12th / Thursday 14th

Ladies Basketball

Ladies Basketball Tues 19th Feb home shoreline
Ladies Basketball Friday 5th April away to Killester

Badminton

Badminton home Sat 16th Feb
Saturday 23rd March away Terenure grade 3 & 4