



Sporting Champions Campaigning Visit Report

Get Active UK at Hertsmeare Leisure
Photo call with Ian Rose
29 March 2006



The Background

East of England launch of the Get Active campaign in which over 400 centres across the UK are opening their doors free of charge for the public to try activities.

Ian's Report

From the moment I arrived to the moment I left, I felt part of a kick off that I could tell the organisers were very passionate about.

It seemed like the whole sports centre got involved, right from the photo call through to mixing with the kids in the children's gym. Right from when I arrived they had planned the schedule and not a minute went by, when I wasn't introduced to someone new. I especially felt mixing with the kids went very well. Seeing their faces light up when they saw an Olympic medal and having the chance to wear it seemed to please both them and their teachers. Many questions came from the kids including "How many times do you train a week?" and "Where do you train?" and you could see they were genuinely interested in sport and getting fit.

It was a pleasure to be involved in such a worthwhile event and to meet so many likeminded people.

Ian Rose – Double Paralympic Medallist for Judo