

STEP INTO SPORT CAMP 2008



Loughborough was one of those experiences that don't come round very often, and when they do they really are something special. It was one of those learning experiences that you don't expect to learn as much as you do. Sue Campbell didn't really help when it came to explaining this "you'll understand what I mean at the end of the week". To be honest we were a bit clueless but when the week was over, it really did make a lot of sense. Loughborough makes you feel that you have become part of a community and everyone you get to know, you will want to stay in touch with. You bond so well that you feel that you have become a family, literally. No one judges you but gets to know you on a personal level. An important thing to remember is that everyone is special, different and unique in their own way and we should accept them for who they are and not what they do. I think that if everyone in the world was like this life would be so much better. However that will never happen, it is just the way our society had formed. When at Loughborough we learnt about how to be a "great leader" not a good leader but a great one. There were three things needed to do this, they were called the 3 C's: Communication, Courage and Compassion. Communication is about listening to the meaning of the words not just the sound. To be a good communicator you don't just need to be able to speak out loud but be able to listen to others. Courage is about being able to face your fears and step out of your comfort zones. For example if you are a shy person standing up and speaking to a group of people that you don't know or your peers, you would be showing a great deal of courage. To be able to accomplish this something has to be done by others and that is encouragement. Finally compassion is about taking into account how people feel around you and how you should make them feel part of the group by showing empathy not sympathy. There is a big difference between the two.

At this trip we met a range of people that was very inspirational from sporting celebrities such as Darren Campbell to ordinary people our age. However the most inspirational and powerful woman you could ever meet in the sporting world is Sue Campbell who is the head of the Youth Sport Trust (YST). When she spoke you took in everything she said and over the course of the four days she spoke mainly about the 3 C's and how we should use them to become great leaders.

On the third day we did a National Governing Body (NGB) and the highlight of that evening was the luminous themed disco where we all came together as a big family and had the time of our lives literally.

I just want to say a huge thank you to Mrs. A. Woodrow and Mr. C. Gibson for making this experience for us possible. Thank you both.

I am going to end on a quote that Sue Campbell gave us which she got from the first man ever to climb Mount Everest, Sir Edmund Hilary. These words are the strongest and most meaningful words you can ever come across:

"It is not the mountain we conquer but ourselves."