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APC NEWSLETTER

Athlete Performance Centre Ltd

Gavin Roberts plays at Twickenham!

APC Academy Coach, Gavin Roberts, outside-centre and kicker for Caldy RFC, following a fantastic season in National League 3 North, has been selected to represent Cheshire County Team and has proved to be a force to be reckoned with.

Cheshire got through to the County Championship finals held at the Mecca of English rugby, Twickenham.

Gav came on as a replacement in a squad packed with talented players from throughout the Cheshire region and literally turned the game around.

Hertfordshire were 15-nil up at half time, until Mini Coach was unleashed and very rapidly began to tip the scales in Cheshire's favour.

Cheshire were eventual winners with a scoreline of

30-22, with Gav scoring a try, slotting penalties and converting with his usual style and aplomb.

Gavin has had a tremendous season with Caldy and has scored 360 points this season via 13 tries, 65 conversions and 55 penalties, placing him 3rd overall in the National League statistics.

We are all really proud of you Gav. Well done!



Special Interest Articles:

- Power Hour
- Breanne Loucks
- Andy Jones

Coaching Diary Re-Structure...

Following a thorough review of our availability and requests for coaching sessions at APC, we have decided to re-profile our evening availability.

Rather than sessions running at half past the hour from 5:30pm, they will now commence hourly from 5pm; 6pm, 7pm, 8pm.

We feel that this will enable us to deliver more coaching to individuals and teams.

This new timing system will be phased in from

Monday 8th June 2009.

We will be able to accommodate a maximum of 3 groups per hour (depending upon availability of coaches) and the cost per hour has remained the same at £32.00 for 1 to 8 participants.

Academy bookings (13 to 16yrs) will continue to operate alongside the structure of school terms in 5 or 6 week term blocks.

Payment must be secured in advance for us to

allocate a coach to a reserved time slot for each term. Payment can be made by cash, cheque or card.

Power Hour sessions will now be conducted at 8pm on a Monday and Wednesday evening and at 10am on Saturday morning.

If you wish to book a regular time slot for yourself, a group or your team, please contact us as availability is strictly on a first-come-first-served basis.

Power Hour



**Mon & Wed 8pm
Saturday 10am.**

Sessions have proven to be a popular addition for members and guests, Coach explains his thinking behind the Power Hour:-

“The whole concept of APC was based around the ethos of training movement not muscles. The key to this philosophy is diverting attention from

saturating individual muscle groups and moving toward a more functional approach.

Sessions are a fusion of traditional methods and innovative concepts, where attendees will experience a range of core strength & stability, footwork & agility, movement strength and power training systems.

Non members are more

than welcome to attend and we have found that Power Hour is a great vehicle by which, potential members can experience what we do at APC.

Plus, once you are a member, it's FREE". The cost to guests is £5.

So, there you have it. Power Hour gives you access to the very best in movement training and functional strength.

Breanne Loucks: Golf European Ladies Tour



Wales' premiere amateur golfing talent, Breanne Loucks, earned her European Ladies Tour Card earlier this year at La Manga.

Bre' has a highly decorated CV to take with her into the paid ranks with her roll of honour in 2008 including the South African matchplay and stroke play crowns, the Irish Open, the Welsh

order of merit title, as well as helping Wales lift the Home International Series for only the second time in their history.

A product of Wrexham Golf Club, where club Professional Paul Williams oversees Bre's technical and psychological coaching, this first pro-season is shaping up nicely.

In France at the Dinard

Trophy she shot a 71, one over, and followed that with a 67, three under and another 67 to finish in second place behind the European Tour number one player Gladys Nocera

In the German Open she had a level par third round and finished with a good final round of three under par to finish in 25th place.

Onwards and upwards!!!

Andy Jones: British Super Heavyweight Champion



Many congratulations to big Andy on his fourth successive defence of his Welsh Super Heavyweight title this year and also his recent tri-nations win at Liverpool Olympia against Scotland's Ross Henderson.

Andy won the bout in convincing style, 9-4, including giving his opponent a standing 8 count.

Andy is yet another fighter from Deva Police Community Boxing Club, based at Deva Academy

in Saltney, who has achieved championship results this year. The club is going from strength to strength, firmly establishing itself amongst the most progressive clubs in Wales.