

**RBKC LONDON YOUTH GAMES
SEASON 2020 - SPORTS**

Sport	Age group	Date of LYG event	Information about event	RBKC Sessions / Club links	Trials
Archery	Yr 12 & Under	Sat 4th Jul	Must be a competent archer taking part in school or sports club		
Aquathlon	Yr 7-11	Sun 5th Jul	Aquathlon is a continuous, two-stage race: swimming first, followed by running.		
Athletics	Yr 7-8	Sun 5th Jul	Track and field is a mix of athletics events for Years 7 and 8	Thames Valley Harriers	
Athletics - ParaGames	Yr 7-13 (restrictions apply)	Tue 23rd Jun	Paragames Athletics is a mix of track and field events for Years 7-13. It's a pan-disability and SEND event (Special Educational Needs and Disability).		
Badminton	Yr 4-12	Sat 20th Jun	Badminton for Years 4-12 covers a big age range and is a team sport for girls and boys.	Harrow Club Kensington Leisure Centre	
Basketball (M)	Yr 12 & Under	Sat 23rd May	Basketball event for Years 12 & U	Kensington Leisure Centre One London Basketball London Knights	Wed 18th Mar Kensington Leisure Centre (4 - 7pm)
Basketball (F)		Sun 24th May			
Basketball (IZB)	Yr 11 & Under	Thu 30th Jan	Inclusive Zone Basketball is a pan-disability sport, open to all skill levels.		

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Boccia - ParaGames	Yr 12 & Under	Thu 27th Feb	Boccia is designed for disabled athletes. Players take it in turns to throw leather balls, always red or blue, as close as they can to a white target ball or ""jack""		Tue 18th Feb Westway (12 - 2pm)
Cricket	Yr 8 & Under	Sat 1st & 8th Feb	Cricket is played by two teams, who each score runs (points) by running between wickets.		
Cycling	Yr 11 & Under	Sat 13th Jun	Cycling Road is for Years 7-11 and takes place at the superb tracks in the Lee Valley venue. <i>Must be a competent cyclist with racing experience</i>		
Diving	Yr 12 & Under	Sun 5th Jul	Diving is all about jumping into water from a platform or a springboard, usually while performing acrobatics.		
Football (M)	Yr 8 & 9	Sat 4th Jul	Football for Years 8-9 follows the standard rules of "the beautiful game" but the games are shorter and participants get to play against more boroughs.	Westway	Tue 20th May Westway (5 - 7pm)
Football (F)		Sun 5th Jul			

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Fencing	Yr 6 - 13	TBC	Fencing is 'the European martial art' and it's all about co-ordination, balance and flexibility. <i>LYG competition focuses on the foil</i>	Sussex House School Chelsea Fencing Club Knightsbridge Fencing Club	
Handball (M)	Yr 7 - 11	Sun 14th Jun	Fast and furious invasion game where teams use steps, dribbling and passing to advance to their goals	Chelsea Handball Club	Fri 24th Apr Kensington Leisure Centre (6 - 8pm)
Handball (F)		Sat 13th Jun			
Hockey (M)	Yr 9 & Under	Sun 21st Jun	Format follows the standard rules of hockey but the games are shorter, making them action-packed	London Edwardians Hockey Club - Battersea	
Hockey (F)		Sat 20th Jun			
Indoor Rowing	Yr 7-11	Sun 5th Jul	Races were rowing machines simulate watercraft rowing	Trials TBC	
Indoor Rowing - ParaGames	Yr 7-11	Sun 5th Jul		Trials TBC	
Judo (M) & (F)	Yr 4-13	Sat 13th Jun	Judo is a martial art where the skill is to throw your opponent to the floor and pin them down. <i>Needs to attend a club and be graded.</i>	The Budokwai	

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Kayaking Sprint and Slalom	Yr 7-12	Sat 6th Jun	In a kayaking, the 'paddler' competes in a sitting position with a double-ended paddle. There are two types of kayak race: Sprint and Slalom	Selection coordinated by Canalside Activity Centre Tuesdays & Thursdays 4:30 - 7:30pm	Ongoing on Tuesdays and Thursdays Canalside Activity Centre
Netball	Yr 9 & Under	Sun 21st Jun	Netball players cannot run with or dribble the ball and are restricted to certain parts of the court.		Mon 8th Jun Holland Park School (5 - 6:30pm)
	Yr 10-13	Sun 5th Jul			
Swimming	Yr 7-12	Sat 4th Jul	LYG event includes individual races and team relays	Selection coordinated by Chelsea and Westminster Swim Club & West Brompton Swim Club	Ongoing CWSC & WBSC Sessions
Swimming - ParaGames	Yr 13 & under	Thu 30th Apr			Ongoing CWSC & WBSC Sessions
Sailing	Yr 4-13	TBC	Sailing is all about harnessing the power of the wind to propel a boat forwards. <i>Must be a competent sailor with racing experience</i>	Westminster Boating Base Royal Thames Yacht Club	

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Squash (M)	Yr 12 & Under	Sat 20th Jun	Squash is a fast racket sport: the ball can reach up to 170 miles per hour on a small indoor court.	Portobello Fitness Centre Kensington Leisure Centre	Fri 8th May Kensington Leisure Centre (4 - 7pm)
Squash (F)	Yr 12 & Under	Sun 21st Jun			
Tennis (Jr & Snr)	Yr 7-12	TBC	Tennis for Years 7-12 is a team sport. Juniors and seniors play together in teams of 8 <i>Must have an LTA rating and attend a club</i>	Westway	Ongoing - Westway Sessions
Table Tennis	Yr 11 & Under	Sun 21st Jun	It's a fast game with small bats played across a 9-foot table – and the ball moves at an incredible pace.	West London Ping	Ongoing - West London Ping Sessions (Fox & Ashburnham)
Trampolining	Yr 12 & Under	Sun 14th Jun	Trampolining is for Years 12 and under, aiming to provide a platform for developing gymnasts.		
Volleyball	Yr 13 & Under	Sat 30th - Sun 31st May	LYG Volleyball event follows standard volleyball rules but the games are much shorter and faster.	Lycee Francais London Polonia	
Weightlifting	Yr 9-13	Sat 4th Jul	In weightlifting, athletes attempt a single lift of a barbell loaded with weights.	Westway Portobello Fitness Club Canalside Activity Centre	Ongoing - Westway Portobello Fitness Club & Canalside Activity Centre

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Waterpolo	Yr 7-10	Sun 7th Jun	In water polo, the object is to score goals by pushing, carrying or passing an inflated ball around a swimming pool.		

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¹ ***If your club is not listed here, you are still able to register your interest or that of your child to represent RBKC in the London Youth Games please go to the link below and click on the registration form to register your interest. <https://www.epiccic.org.uk/london-youth-games>***

ParaGames events are for young people with Special Educational Needs and Disability.

Alternatively you can also contact RBKC's Borough Team Organiser via email sone.coetzee@epiccic.org.uk or call the Epic Sports Team on 02089684500 or Sone Coetzee on 07958495179