



# WILL YOU BE SERENITY IN THE STADIUM'S LEADING SPORTING CLUB?



**CHALLENGE EACH AGE GROUP TO COME ALONG & OFFER A PRIZE FOR THE MOST REGISTRATIONS.**



**USE THE MORNING AS A PRESEASON ACTIVITY AND ENCOURAGE CLUB MEMBERS TO JOIN IN.**



**ENCOURAGE YOUR CLUB TO SUPPORT LOCAL MENTAL AND PHYSICAL HEALTH INITIATIVES.**



**KEEP THE CLUB CONNECTIONS GOING IN THE OFF-SEASON.**



**NOMINATE SOMEONE OR SEVERAL PEOPLE IN YOUR CLUB WHO HAVE CHAMPIONED WELLBEING AS A PRIORITY DURING THE SEASON AND PAY FOR THEM TO ATTEND.**



**ORGANISE A PRE-SEASON ACTIVITY TO GET THE BODY & MIND ACTIVE.**



**START THE WELLBEING CONVERSATIONS EARLY IN YOUR SEASON.**



**ADD THE EVENT TO YOUR GROUP CHATS - FIND A FRIEND TO TAG ALONG WITH.**

**WE WILL BE RECOGNISING THE LOCAL SPORTING CLUB WITH THE HIGHEST NUMBER OF ENTRIES.**

**WE LOOK FORWARD TO SEEING YOU ON THE 10TH OF OCTOBER!**