



London Youth Games 2010

Westminster's Trials and Sessions



City of Westminster

The London Youth Games (LYG) is a unique competition at the heart of youth sport in the city. The Games are free and open to all young people, aged between 7 and 18, living in or going to school in London.

The Games offer competitive opportunities for participants of varying abilities and experience and has been a stepping stone in the careers of international and Olympic athletes.

The LYG begins in May when 33 London boroughs will compete in a variety of sports.

You can trial to represent Westminster in the 2010 London Youth Games if you live or go to a school in Westminster. Participants can trial and compete in more than one event.

Events include: Angling, Archery, Athletics, Badminton, Basketball, Canoeing, Cycling, Disability Sports, Diving, Fencing, Football, Gymnastics, Hockey, Indoor Rowing, Judo, Netball, Rowing, Sailing, Squash, Swimming, Tag Rugby, Table Tennis, Tennis, Trampoline, Triathlon – Aquathlon, Volleyball, and Weightlifting.

Trials will take place from March 2010 at venues throughout the city so book your place in advance.

To view a full list of Westminster's LYG session and trial dates visit www.westminster.gov.uk/londonyouthgames

Book your FREE session now

For more information please contact Westminster's Team Organiser, Coreen Brown on **020 7641 5874** or cbrown@westminster.gov.uk

Other links:

www.londonyouthgames.org

www.westminstersports.org/secondary_school_sports/

