

ST IVO RACKETBALL DETOX COMPETITION

The St Ivo Racketball Detox Competition in December gave attendees the chance to work off the Christmas season's excesses.

What was planned to be an hour and a half session, became an all afternoon affair, hosted by Byron Williams at the St Ivo Outdoor Centre.

The children in attendance had a chance to try Racketball for the first time whilst others were able to hone their skills. It was an opportunity to learn the basic strokes and get a feel for the game, with the emphasis on fun. Coach for the day Byron, explained each exercise after which there was time to practice before the competition. As mentioned the day was finely rounded off with a mini Racketball tournament. Those that played had a great time with the top 3 places receiving a medal.

A big thank you to Byron Williams and the St Ivo Racquet club for taking the time to organise the event.

