

KENT MESSENGER

Sports Pages

13.3.08

I think that when people get involved with their neighbours, communities become better places. The same is true of joining sports clubs – you get fitter, make new friends and the wider community benefits from youngsters being involved in something outside of school and the home.

Through my website I am promoting various sports associations and clubs and would like to invite clubs to upload their details onto the link.

<http://www.adamholloway.co.uk/Sports/index.php>

(Don't worry, we will be independently verifying every entry before it goes up)

Boys in particular benefit from sports, particularly when they leave school and sports activity is no longer compulsory. If they can vent their energy into some form of exercise perhaps they will not be tempted into binge drinking, drugs and anti-social behaviour. Whilst I am not suggesting that anything anywhere near all inactive teenage boys indulge in this sort of behaviour, there is a growing minority that do. And it would be great for the others too. So come on parents, grandparents, teachers and community leaders – push those teenagers into a sports activity. Maybe I should get a bit more exercise too.