

August 2019 Newsletter



Club of the Year 2019

Coach of the Year 2019

Community Sports Project of the Year 2019

Congratulation everyone for helping to make our club become something truly amazing.

I feel privileged to be part of such an great group of dedicated athletes, volunteers and leaders 😊

#stronglikeahurricane



Claire and Jason Coombes have kindly offered to lead a family cycle ride on Saturday 25th August starting at 10am. The flat route is suitable to all. The route will bring us back through Hythe Food Festival. The route is approx. 15miles so make sure your bikes are in good condition and your little ones can manage the distance 😊 *cycle helmets MUST be worn*

charlie

Hawkinge Hurricanes RC donated club session fees and additional donations for Charlie who lives in Aylesham an was seriously injured in a road accident. We gave a cheques for £150 to his mum and she was overwhelmed and wished to send her heartfelt thanks



Fun Facts about Smiling:

- Smiling boosts your immune system
- Smiles relieve stress by releasing endorphins
- It is easier to smile then frown
- It takes 5 to 53 muscles to smile
- Babies are born with the ability to smile
- There are 19 different types of smiles



Club Schedules

Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site!
All sessions are £3.00.

Aylesham Branch Schedule

2019

Date and time	Location	Session	Notes
Saturday 3 rd 0900	Hawkinge Village Hall	Penalty Box Fitness (£3pp)	ALL WELCOME
Monday 5 th 1830	AWLC	Club Session	
Wednesday 7 th 1830	AWLC	Club Session	
Monday 12 th 1830	AWLC	Club Session	
Wednesday 14 th 1830	AWLC	Club Session	
Monday 19 th 1830	AWLC	Club Session	
Wednesday 21	NO CLUB RUN		
Sunday 25 th 1000	Folkestone Seafront	Nr Coastal Park Carpark	Family cycle ride (15miles, flat route)
Monday 26 th	NO CLUB RUN	BANK HOLIDAY	
Wednesday 28 th 1830	AWLC	Club Session	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Saturday 3 rd 0900	Hawkinge Village Hall	Penalty Box Fitness (£3pp)	ALL WELCOME
Monday 5 th 0800	HCC	Club Jolly Morning Jaunt	Kate to lead
Tuesday 6 th 1830	HCC	Club Session	
Monday 12 th 0800	HCC	Club Jolly Morning Jaunt	Two distances
Tuesday 13 th 1830	HCC	Club Session	
Monday 19 th 0800	HCC	Club Jolly Morning Jaunt	Two distances
Tuesday 20 th 1830	HCC	Club Session	
Sunday 25 th 1000	Folkestone seafront	Nr coastal Park carpark	Family CYCLE ride (15miles, flat route)
Monday 26 th	NO CLUB RUN	BANK HOLIDAY	
Tuesday 27 th 1830	HCC	Club Session	
Saturday 31 st 1000	HCC	RunAbility (DSActive group)	