

SPARTA Newsletter

September 2021



AUTUMN EVENTS

Welcome to the September edition of the SPARTA newsletter.

Well the big sporting activities of this summer are finally coming to an end only a couple of test matches left before we move into the autumn sporting activities.

The SPARTA clubs are busy trying to recruit new members and there are still a few club events currently taking place.

The SPARTA Golf Society have the Hastings Challenge coming up at the end of this month and Superstars Cricket club still have a couple of fixtures left in their cricket season.

It's good to see Emma Raducanu's progress through to the Final of the US Open tennis champs. If you want to play tennis, then the brilliant SPARTA tennis club is

waiting to hear from you.

The SPARTA History Society is holding a number of their very popular history talks between now and Christmas. Details of their talks can be found on our website.

Personally, I am looking forward to the talk on Spartan Warriors which is coming up in October, Before that on September 15th there is a talk on the English Civil War, which these days is often referred to as the "English Revolution".

If you have not joined any of these talks then you are really missing out on some fascinating lectures by some of the top historians in the country. Don't miss out get in contact with the history society today (details on our website).

If you need to contact us then you can find us at SPARTA@dft.gov.uk

INSTRUCTORS NEEDED

Do you know or are you a Yoga or Martial Arts Instructor?

Following the long break for Covid 19 the Yoga Club and the Martial Arts Club instructors have now both retired from their roles. We thank them for all of their fantastic work for SPARTA.

Both clubs are now looking for new instructors.

Do you know any good Yoga or Martial Arts instructors, or are you a qualified instructor, who may be interested in leading either of these clubs?

Both clubs are looking forward to working with new instructors so please get in touch with us at the email below if you have any ideas.

SPARTA@dft.gov.uk



Check out the SPARTA website for upcoming events



SPARTA FITNESS CLASS

The SPARTA Fitness Club meets every Friday lunchtime virtually and in GMH. Coach Jason Marchant gives us an insight.

Ever since I can remember the SPARTA Fitness Class has been taking place in the basement of the Department for Transport and the Ministry of Housing, Communities & Local Government and their predecessors.

In 2011 the class was in danger of folding so, after some coaxing by my colleagues, I took over coaching the class. The classes used to be a mixture of boxercise and circuit training. As I had no background in boxercise, I had to reluctantly drop that aspect of the class.

It took a little while for me to find the right formula to fit the one-hour time slot and get the maximum use of the room but eventually I worked out the plan that I still use today.

It's a fairly simple formula of a warm up followed by the main exercising then some cool down exercises. It's not rocket science, but it gives you a good work out in a short space of time.

To describe the session in detail we start with a first few minutes of gentle warm up running with simple exercises mixed in. This gets your heart and lungs working.

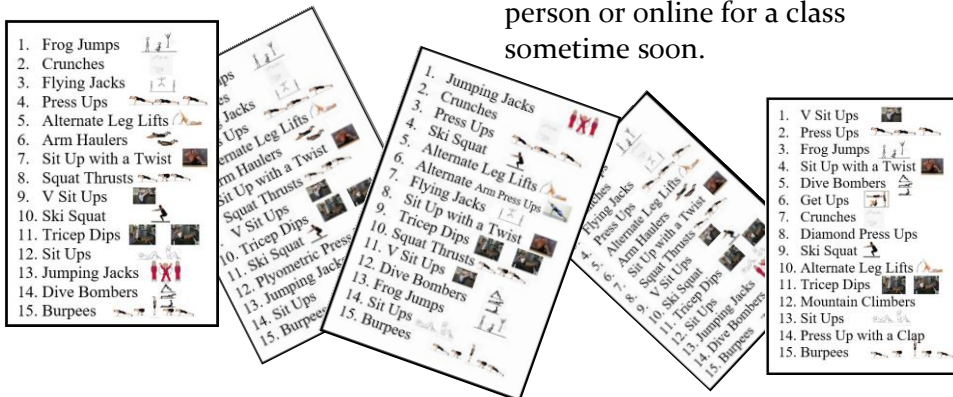
Next comes some stretching exercises to get all your muscles ready to work and to give you a chance to catch your breath.

Then we start the hard work, the circuit training. The circuit lasts 30 minutes and can be really tough at times. It is very often referred to as High Intensity Training (HIT).

We finish with some gentle stretches to help your muscles recover from the exercising.

A whole class lasts around an hour and brings lots of health benefits. Circuit training exercises the majority of the body's muscles, it can help strengthen you in so many ways and finishing the class gives you an immense sense of achievement.

I hope that you will join me in person or online for a class sometime soon.



CHECK OUT THE SPARTA WEBSITE
www.spartarecreation.co.uk

UPCOMING SPARTA CLUB FIXTURES/EVENTS

September

8th – Superstars Cricket Club v SMCC Midweek XI – Forest Hill 1pm

11th – Superstars Cricket Club v Prince's Head – Richmond Green 1pm

15th - History Society Talk- Professor Ann Hughes: Why the English Revolution matters - 12:45pm

29th – SPARTA Golf Society - Hastings Challenge Match Play - Westerham Golf Club, Kent

October

14th - History Society Talk- Spartan Warriors? Modern Myths and Ancient Realities' - 12:45pm

Details of club contacts can be found on the SPARTA website
www.spartarecreation.co.uk/

Anyone who is interested in attending the SPARTA Fitness Class either online or in person can get in contact with Jason at:

jason.marchant@dfc.gov.uk



THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

CD CLUB 
www.spartarecreation.co.uk/cd-club

SPARTA GOLF SOCIETY 
www.spartagolf.co.uk/

YOGA CLASSES 
www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB 
www.superstarscricket.org.uk

SOFTBALL CLUB 
www.spartarecreation.co.uk/softball

RAILWAY SOCIETY 
www.spartarecreation.co.uk/railway-society

CIVIL SERVICE CHOIR 
www.civilservicechoir.org.uk

HISTORY SOCIETY 
www.spartarecreation.co.uk/history-society

FITNESS CLASSES 
www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 
www.spartarecreation.co.uk/tennis

TENPIN BOWLING 
www.spartarecreation.co.uk/tenpin-bowling



Check out all the SPARTA clubs on our website

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