

Try a NEW sport for Free this New Year

Korfball is a fantastic sport that has only been in MK for 3 years, and we are very actively looking to recruit and expand right now. And since we know a lot of people like to get fit in the new year, training is FREE for all newcomers (both beginner and experienced) throughout January, with a dedicated beginners coach to teach you all you need to know if you haven't played before.

With the MK Roos now settled in at Shenley Brook End Sports Centre they are now on the lookout for some new recruits. During the whole of January there will be free training for all new players so if you fancy taking up a new sport, want to get fit or just fancy meeting some new people why not try Korfball this year.

It's a game made of mixed teams that is a mix between handball and netball offering a great work out as well as teaching new skills. There are now three clubs in Milton Keynes with plenty of space to increase in the future.

Planning has already started to organise a tour of New Zealand in early 2008 as well as other social events throughout the year.



The three Mk Teams train at the following venues:

MK City - Woughton Leisure Centre in Leadenhall – Mondays 6:15pm-7:15pm

MK Roos - Shenley Brook End School Sports Centre – Wednesdays 8pm – 9.30pm

MK Bucks – Courtside, Milton Keynes College, Sherwood Drive, Bletchley – Thursdays 8.30pm – 9.30pm

WHAT IS KORFBALL?

Korfball is a dynamic mixed team sport, originally from Holland. It has been described as a mixture of Handball, Netball & Basketball. The pitch is divided into 2 halves with a basket (korf) in each division- the idea being to score as many goals as you can! It's great fun and very easy to pick up. It's mainly played inside in winter, when there are league matches, but also outside in summer, with all-day fun tournaments. Being mixed, korfball is a very friendly sport, great for anyone looking to meet new people, and is also ideal for couples looking to do an activity together.

Korfball is played by two teams of 8 (4 men, 4 women) on a rectangular pitch 40m by 20m, divided into two halves. There is a goalpost in each half with the basket at the top at the top of the 3.5m pole (1.5ft higher than a netball post) and no backboard. The ball is similar to a football. The two zones defence and attack are occupied by two men and two women from each team.

Action consists almost entirely of passing the ball by hand from person to person. There is no running or dribbling with the ball, although the rules on footwork are not as strict as netball (which many netball players find a relief when they take up korfball!). Attackers try to lose their defenders in order to create a shooting chance, because they are not allowed to shoot if the defender is within arms' length and nearer to the post. Players may only mark a player of the same sex. Apart from playing within one half of the field there are no set positions and players need to have all round skills since whenever two goals are scored in the match the players change zones (ie those who were attacking now become defenders and vice versa). Many people particularly enjoy that aspect of the game, because they are not stuck in the same playing position for the whole match.

So if you fancy a new challenge why not pop along to a session near you now.

To Contact us, call Darren on 07949 411502 Darren.gray@milton-keynes.gov.uk or Claire on 07980 779105 or visit www.mkkorfball.co.uk