



Crawley County Local Committee Community Initiative Fund application



CLC Reference: 362/C

Local Councillor: Chris Oxlade

Status: Fundraising Stage

Overfunding enabled (refer to 'what we'll deliver' section)

Project Cost: £3,163.00 (as found under crowdfunding goal total)

Project Title: Bring handball on

About:

We want to deliver Handball to the community, to compete in the existing competitions and for that we need finance for equipment, sports hall rent, travel. We are a new club and we started with the adult men team. In the future we plan to extend with both a youth and women team.

Project Delivery Manager: Arctic Handball Club

About me:

Arctic Handball Club is a new sports club which try to deliver the handball game in the community. The handball game has the following attributions:

1. **It provides a full body workout:** Apart from the aerobic benefit, the fast paced game of handball helps to build up muscle tone and strength.

2. **Increases cardiovascular endurance:** The court is 40 meters long and 20 meters wide, so players can run several miles during each 60-minute game. This helps increase the heart rate and boost aerobic endurance.
3. **Teaches agility:** Develops agility of hands and feet, with sudden changes of pace and direction required. Accuracy is also crucial. Many people compare handball to golf. Both are extremely challenging to play well, because they involve striking a small ball with a great deal of precision.
4. **Keeps you fit as you age:** Hall-of-Fame NFL quarterback George Blanda credits the sport for keeping him fit and effective well into his 40s.
5. **Improves mental focus and self-confidence:** Being successful is 95% mental and 5% physical.
6. **Heart healthy:** Provides the body with a good cardiovascular workout, feeding more oxygen to the muscles via the bloodstream. The constant running up and down the court ensures that the heart is vigorously pumping throughout the match.
7. **Calorie and fat burning:** A University of Utah study showed handball to be superior to racquetball—a sport that’s no stroll in the park—in all four of the fitness indicators that were measured: calories burned per hour (751 vs. 644), average heart rate (164 vs. 137), average oxygen uptake (30.1 vs. 25.8), and average ventilation rate (85.9 vs. 70.9).
8. **Develops hand-eye coordination:** Learning to anticipate where the ball will end up isn’t easy. Timing and technique are everything.
9. **Teaches you to be balanced and agile on both sides of the body:** Handball develops and sustains muscles on both sides of the body because you use both hands.
10. **Unlike many sports, handball can be played and for a lifetime**

Why we're pitching for a pledge:

Our aim is to promote a healthy lifestyle and bring people from our community together making handball a common ground.

What we'll deliver:

- Help people remain healthy and active

How any extra funds raised from overfunding will be spent:

- Travel expenses
- Referees' payment
- Refreshers
- Technical meetings

Why it's a great idea:

Beginner handball players might develop a few bruises on their hands, but the excitement and competition of the game can be a fun and rewarding experience, both

physically and mentally. Here are the Top 10 Health Benefits of Handball: It provides a full body workout: Apart from the aerobic benefit, the fast-paced game of handball helps to build up muscle tone and strength. All of the jumping, turning and slamming means most muscles are getting a vigorous workout. Increases cardiovascular endurance: The court is 40 meters long and 20 meters wide, so players can run several miles during each 60-minute game. This helps increase the heart rate and boost aerobic endurance. Teaches agility: Develops agility of hands and feet, with sudden changes of pace and direction required. Accuracy is also crucial. Many people compare handball to golf. Both are extremely challenging to play well, because they involve striking a small ball with a great deal of precision. Keeps you fit as you age, etc.

Steps to get it done:

- Buy the equipment, balls and grips that we need for the official games
- We will pay the sports hall rent advance to be sure that we have it booked in block for the future