



Kera Kundanpur Youth Wing

What's New?????

- Circuit Training
- Badminton coaching - Adults and Under 16s
- Swimming Lessons
- Innovative Menu in the Canteen

Follow us on:



Instagram - kkyw1994

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For further information, please e-mail us on

kerakundapur@hotmail.co.uk

Also visit our website - www.kerakundapur.co.uk

KKYW Football

Masters 25th Anniversary Tournament April 2016

On Saturday 2nd April, KKYW participated in the Masters 25th Anniversary Football Tournament entering one over 16's team and two under 16's team.

The over 16's kicked off their group stage steadily, the team faced tough oppositions, but those Easter eggs eaten the week before definitely caught up with them and they crashed out of their group stages.



The Under 16's weeks of intensive practice prior to the tournament definitely paid off, both A and B teams got off to a flying start. The A team stormed their way through the group stages by winning three games and drawing one, finishing on top.

The B team who were a young team narrowly missed a place in the semi-finals by 15 seconds, had the boys held out we would have seen both KKYW A & B team go head to head in the semi's, but this was not meant to be, however impressive play from our Juniors. The A team went on to comfortably winning the semi-finals against Kingsbury to secure a place in finals against SSTW. Could this be 3rd time lucky for the boys! Both teams got off to a neryv start, then one KKYW player went down after a strong challenge and SSTW nicked a goal, the injured player had to be helped off by two of his team mates. The boys soon composed themselves and swiftly got back into the game, blasting the ball in the back of the net to 1-1.

Full time whistle was blown to take the game into penalties. SSTW go up first and go wide, KKYW take one step and score, SSTW missed again and KKYW went on to win the game 5 - 3 on penalties and crowned Champions of 2016. Masters organisers of the tournament presented the floating trophy to the players and individual trophies will be presented at their 25th anniversary celebration event to be held in November

By Jay Kerai — **KKYW Sports Co-ordinator & Football coach**

INDIAN FOOTBALL LEAGUE — IFL 2016

The Barclays premiership count down is on.....!!!! As teams prepare for their last nine games.....which team will hold its nerve and be crowned Champions!!!! Once the season ends don't despair as you can watch live action in the Indian Football League 2016.

KKYW team initiated the Indian Football League (IFL) for the under 20's with home and away matches played against five teams; SSTW, KMK (AVI), Masters, Swamibapa FC and KKYW over the year.

First match of the tournament kicked off in March for KKYW with an away match against Shree Swaminarayan Temple Willesden (SSTW). Both teams showed off great young talent, with passion and determination. Previous meetings with SSTW have seen most games left as a draw so fans who kindly took time out of their busy schedule on Sunday were not left disappointed as KKYW comfortably demolished their opposition after 40 mins of nail biting stuff to win 8- 5.

After first games have been played KKYW are currently sitting top of the IFL table, fans come and show your support for future gamesit's free unlike the hiked prices you pay to watch the English Football League !!!!

ARE YOU A TOUGH MUDDER??

On Saturday 1st October 2016 KKYW are considering to taking part in the Tough Mudder to raise money for charity. It will be a chance to achieve a goal, meet new people, work as a team and most of all it be fun and also get very muddy.

If you would like to join in on the fun please email us on kerakundapur@hotmail.co.uk



What's Going On????

Howdy y'all !!

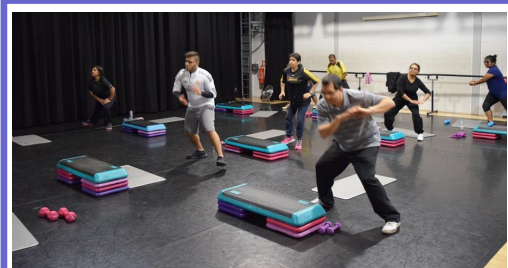
Right, summer is around the corner, have you all got your beach bodies ready to soak up the sun? For a quick tone up take advantage of our FREE 4 WEEK TRIAL !!!

Also, if you are looking for a new way to keep fit we have got an Intense Circuit Training Session , Spinning Classes and Fully Equipped Gym.

Feeling stressed, exam periods over, need a drink up or just want to chill out? So every Saturday from 6pm - 10.30, join us whether it be for sports or social reason.

We really do hope to see more and more of your faces at the Aspire centre. Spread the word and join the KKYW family!

Circuit Training 2016



This year KKYW have introduced a new activity... Circuit Training from 7pm in the dance studio! It's an excellent way to improve mobility, strength and stamina. The circuit training ranges from 6 to 10 strength exercises that are completed one exercise after another and separated by short rest periods. Each exercise is performed for a specified number of repetitions. The training is supervised by a trained Aspire employee and ideal for all levels of fitness! So come test your agility in the most fun way imaginable.

By Sheela Patel



KKYW/KKC Sports Day

KKYW & KKC will be hosting our annual Sports Day at SKLPC Northolt Samaj the day will be filled with lots of fun packed activities and games for all ages. The event is free for all members. There will also be amazing food made onsite by our members. A fantastic day not to be missed. See you there!!!

Venue: SKLPC Northolt, West End Road, Northolt, Middlesex, UB5 6RE

Date/Time: Sunday 10th July 2016 from 10am onwards

Everest Base Camp 2017



KKYW are taking you on an adventure of a lifetime trekking in Nepal to reach Everest Base Camp, this is an unforgettable expedition into the most mountainous corner of the world. First conquered by Tenzing Norgay and Sir Edmund Hillary in 1953, Everest has traditionally been the ultimate goal for mountaineers. Today hard-core trekkers seek the challenge of reaching the mountaineer's Base Camp. Flying in to Lukla, explore the mountains and valleys around the towering peak, rest in Nepalese teahouses, learn about the traditions and cultures of the famous Sherpa and spend time in exotic Kathmandu.

Please Contact Shival Vekaria on 07956 542392 if you would like to participate in this expedition.

St Luke's Hospice Midnight Walk 2016

Get the girls and ladies together for Harrow's Biggest ladies night the Midnight Walk 2016 for St Luke's Hospice on the 17th June 2016. Last year we had a blast encouraging all the walkers and boosting their spirits. We are hoping for members, family and friends of members to register under Team KKYW to help us support this wonderful organisation. Whilst registering you will be asked for a team name so please add **KKYW**. Once done please message Bhavik Khimani or Rithen Hirani so they can add your name to our team list. To register please go on www.stlukes-hospice.org.



Swimming Lessons

KKYW have started swimming lessons for all ages run by a professional coach, 30 minute session available to block book for 10 weeks for a fantastic price of £20 per session.

Next 10 weeks session starts Saturday 7th May 2016. If you would like any more details please contact us on kerakundanpur@hotmail.co.uk or come down the club on Saturday and see what fantastic activities are on offer.

Our Fantastic Home Ground



Aspire National Training Centre Wood Lane, Stanmore, Middlesex HA7 4AP

HOME
is where the
Heart is

& KKYW is our HOME

How can you help?

If you have any ideas to help us improve our club, any events that we could organise please email us on kerakundanpur@hotmail.co.uk

