

Sport



Swinton Lions

Challenge4Change is the perfect venue for sports groups wishing to train and improve their teamwork, and the Centre has been used by various 'big name' clubs including Sale Sharks.

They arrived, they soon amazed themselves by rapidly building in confidence and quickly moving onto activities and 'stunts' that they would have never imagined themselves doing only a short while earlier!

"As new coaches of Swinton Lions we wanted to get all the squad new and old in to a different environment for their first session. We felt that we wanted the boys to meet away from rugby and to do something that would help them instantly bond as a team, as well as giving them a good solid conditioning session."

"The club and players thought that the session was brilliant. They were amazed at how your session got everyone to gel together in such a short space of time. All the players commented on how tough the session was but how fun it was. The confidence and team work that we took from this environment has filtered through to our training camp with teammates giving each other encouragement while pushing each other to their limits and always keeping the focus on team work that was brought out by our visit to C4C."

"We had never met some of the players before and they had never met each other before this night but they are now working together like a team who has been in each other's company for a long time and we feel it is down to the first session at C4C."

"We would definitely recommend this activity to any team who wish to become a highly motivated and ambitious team in sport or business. Its bonding qualities are second to none."

About Challenge4Change

Challenge4Change is a registered charity that provides learning through fun to make a real difference. We teach effective communication skills and team skills, inspire confidence and motivate.

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Swinton Coaches

Our coaches are our main asset and we offer the only indoor training centre of its kind in the North of England, combining training facilities with a 13 station aerial runway over 35 feet off the ground, a high ropes training course and a low level obstacle course. We are based in the former Tate & Lyle building and have given this important old industrial building a new lease of life.

Sports Programmes at Challenge4Change

The Challenge 4 Change centre is designed with sports clubs in mind. Our trainers are experienced sports coaches and can fully utilise the excellent facilities we have. At C4C we believe in training the full body and the mind. With the use of our assault course, high ropes activities and 13 stage aerial challenge course over 30 feet off the ground we have a truly challenging experience for all.

With over 10 years experience working in professional sport, especially with rugby players from Wigan, Widnes, Leigh, Lancashire and Scotland we have gained a formidable reputation. Our training works pre-season, mid season and end of season.

Some of our sports customers are: Wigan RLFC, Leigh RLFC, Oldham Roughyeds, Salford Reds RLFC, Rossway United Plc, Saddleworth Rangers, St Patrick's Under 16s, St Helens RLFC.

