



# SWINTON LIONS

RUGBY LEAGUE FOOTBALL CLUB

'THE ELLESMERE'

93 Walkden Road

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## CHALLENGE 4 CHANGE

Hi Chris can I just say a massive thank you for fitting us in at C4C.

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 team mates giving each other encouragement while pushing each other to their limits while 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.

Thanks for everything

Ian Watson & Paul Smith  
Swinton Lions

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