

X-STATIC

Welcome to **X-STATIC**
brought to you by Danielle
Slater, Ella and Leann Dore.

This is a pull-out section for
you teenage readers of The
Wychwood.

We are producing this pull-out
section as well as a magazine
as part of our Duke of
Edinburgh award scheme.

We have gathered
information on our local
runner Nikki Slater, on how
her running career is getting
on, and how she started
running.

Also in our pull-out section
we have information on the
Mellow House youth club and
how it has progressed over the
past few months.

That's enough about it. Now
see what you think of it for
yourself!

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THE MELLOW HOUSE

The Mellow House is a youth club for 13 - 18 year olds. It is held on a Tuesday night at Shipton Village Hall. From 8pm to 10pm.

Since The Mellow House Started in May 1994 the number of teenagers which have attended has risen greatly.

I think the reason why people have started going there is because it's got such a good atmosphere. You can just go down there to socialise and listen to music.

The Mellow House has got a tuck bar which is run by two members of the club.

They are responsible for buying the food in on a Tuesday and checking the money at the end of the evening.

Instead of having someone stuck behind the tuck bar all night the members are left responsible to take and pay for the goods.

When you arrive at The Mellow House you must pay 50p to pay for the hire of the hall and also to pay for equipment for example a radio, computer, etc.

Come along and join in.

You can meet new people or meet up with old friends.

Come on, it's a laugh!!

CAKE SALE

For our Duke of Edinburgh award we have decided to raise money for the Romanian Orphanage Trust.

The Romanian Orphanage Trust does exactly what its name tells you. It helps lots of children who live in DISGUSTING homes for orphans.

The television programme Blue Peter covered this subject and raised money to improve the lives of thousands of children.

All that most of them need is to be loved and learn how to have fun. That is why we want to ask for your help. We are organising a door-to-door cake sale.

What happens is we will knock on your door (if you live in Shipton) and take orders for cakes. The prices for our goods will be as much as you can afford to give (within reason!)

We will be visiting on Tuesday 6th June and Wednesday 7th June.

If you live outside of Shipton and still wish to place an order please phone (01993) 831357

Between 4 pm and 7 pm.

From Wednesday 7th June to Friday 9th of June.

**PLEASE HELP US
TO HELP THEM!**

A Cross Country Runner

Burford schoolgirl Nikki Slater looks to be one of the country's best middle distance prospects. At only eighteen she is already the holder of five English schools gold medals in events ranging from 1500m to cross country. She has captured four national titles and the trend looks set to continue in the future.

One influential figure in Nikki's achievements has been her coach Harry Wilson, former coach to Steve Ovett. Nikki has often said that a lot of her success is down to her coach; "Harry has given me a lot of confidence and he gets me in the right shape for the big races when it really matters".

Nikki's first taste of victory came in an English Schools International Competition when she was still only fourteen years old. She flew the flag in style for England and has continued to do so ever since. Since those early days the West Oxfordshire teenager has continued to dominate the ranking list in events such as 1500m, 3000m and in cross country.

Nikki's first real break came in 1994 when she strolled home to victory in the National Cross Country Championships, which subsequently gained her selection for the world class country championships in Budapest. In that race she finished a creditable 11th saying "So far this has been the biggest achievement I know, but I didn't think I would come that well placed". What makes Nikki's performance even more pleasing was that one British girl and two Europeans only had 2 years left in the under 20 age group.

In that summer, 1994, Nikki continued her winning streak and won the under 20 national 3000m in Bedford. Victory in that race assured her selection for the World Junior track Championship in Portugal. There, after a series of heats she finished 12th, whilst still dominating the British ranks. The 1995 cross country session again saw Nikki on superior form as she collected another national cross country title and demonstrated a sure footed display in a series of races from October to January.

However Nikki's plan to success has not all been smooth. When favourite to obtain selection for the World Cross Country Championship in Durham, she managed only 5th. Clearly this was below par performance for Nikki who had previously been unbeaten by a British Junior girl for two years. Nikki said "I don't know what happened but I think I must have been too tired from all the training and my A Level studies were beginning to get on top of me". But Nikki's determination managed to lift her to 27th in the World Cross Country Championships and 2nd British Girl.

Although she is slightly down on her previous year's performance she is still eligible for the under 20 Age Group. She says "This year has been a difficult year as I have had my A Level exams in the summer. It is important for me to get the grades as I want to go to university". Next year she hopes to go to Birmingham where she will benefit from the sparkling facilities on offer. But for now her sights are firmly set on gaining selection for the European Junior Track championships in Hungary.

We wish her luck.

ABOUT THE DUKE OF EDINBURGH AWARD SCHEME

The Duke of Edinburgh is an award scheme for young people between 14 - 25 years old. You can join this scheme and do it in your own leisure time.

There are three different awards which you can gain. They are Bronze, Silver and Gold.

BRONZE AWARD = You can start at any time after your 14th birthday.

SILVER AWARD = You can start at anytime after your 15th birthday.

GOLD AWARD = You can start anytime after your 16th birthday.

All of these awards must be finished before your 25th birthday.

All of the awards are separate. As long as you are old enough you can start from Bronze, Silver or Gold. You don't have to start from bronze.

When you have completed the award you have been working towards you will receive a badge and a certificate.

Each award contains a Service, a Skill and Physical Recreation. Also you will have to undertake an expedition. The expedition will vary from 2 to 4 days depending on the level of the award.

Here are a few ideas which you can choose from for your Skill, Service and Physical Recreation.

SERVICE

Child care

First aid

There are over 100 to choose from.

SKILL

Music

Magazine Production

There are over 200 activities to choose from.

PHYSICAL RECREATION

Swimming

Keep Fit

Over 70 to choose from

YOU MUST BE ENTERED FOR ANY OF THE AWARDS BY YOUR 23RD BIRTHDAY

At the moment we are at the stage in our Bronze Award scheme where we are planning our expedition. We are hoping to carry out our expedition in the summer of this year. We are looking forward to this greatly.

If you would like to find out more about the award scheme, write or phone.

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