



Love sport.

If you love sport, getting involved in your local sports club is easier than you think. Because whatever sport you're interested in, there's a club near you that'll welcome your help and support.

You don't need any experience, just a bit of spare time. You can help with anything from coaching to finance and marketing. But, no matter how you get involved you'll be helping a variety of people to share your enthusiasm for sport, and you'll be getting just as much out of it as they do.

To find out how you can help, visit

www.activenorfolk.org/getinvolved



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