

# Handball

*Anita Ganguly was recently selected to represent England in the World Handball Championships later this month. Anna Pink spoke to Anita about playing one of the fastest growing sports in the world*

**Q: How did you first get involved in this sport?**

A: Whilst at school at St. Olave's in Orpington, I started playing a sport called Eton Fives, and around two years ago I started playing a related sport called One-Wall Handball.

**Q: Can you play Handball in Bromley?**

A: Handball is based in Westway sports centre in the borough of Hammersmith and Fulham, and there are several coaches who go



to schools in that area to teach handball. Over the next three years we plan to extend handball coaching into 30 or more schools

in six or more boroughs, including Bromley. Anyone can get a head start on playing Handball by marking out a court with chalk on the ground and hitting a tennis ball against the wall.

**Q: Do you think it will become an Olympic Sport?**

A: Handball is one of the fastest growing sports in the world and as it becomes more recognised worldwide, the Olympic Committee should take notice. Handball is an excellent all-round sport and is exciting and fast-paced to watch, so maybe we will be considered for the 2016 Olympics.

**Q: What goals are you aiming for?**

A: My immediate goal is to attend the World Handball Championships in Portland, Oregon in October. In this competition I aim to reach the Women's final of the B grade tournament. For Team England as a whole, our aim is to finish fourth or fifth in the world, improving on our current position of sixth.

**Q: How can the people of Bromley help you?**

A: As England Handball does not receive any financial aid from external sources; we have to pay for all our training, kit and tournament expenses ourselves. We are aiming to raise money towards travel to the World Handball Championships by sponsorship, and any financial help or corporate sponsorship would go such a long way towards helping us achieve our goals.

**Q: How does it help you to keep fit?**

A: Handball involves bursts of running and hitting the ball with both hands. This improves cardiovascular fitness, muscle strength

and endurance. It also improves flexibility and agility, and burns on average 751 calories per hour in a top-level game. And it's great fun so it doesn't even feel like exercise!

**Q: What would make me a good player?**

A: Hand-eye coordination is helpful to be able to hit the ball well. Of course, this improves the more you play so beginners of any standard can join in. Handball requires you to hit the ball with both hands, so it is excellent for improving co-ordination on both sides of the body.

*If you would like to understand how this game is played then view: [www.Englandhandball.co.uk](http://www.Englandhandball.co.uk)*

*Training sessions for beginners run every Sunday from 11am-1pm at Westway sports centre (nearest tube station Latimer Road). You can follow their success on Twitter: [twitter.com/Englandhandball](https://twitter.com/Englandhandball) or if you would like further information you can email: [anita.ganguly@Englandhandball.co.uk](mailto:anita.ganguly@Englandhandball.co.uk)*

