Super 1s is a Lord’s Taverners programme that gives young people with a disability aged 12-25 the chance to play regular, competitive cricket. These community cricket hubs allow participants the chance to receive coaching, compete against their peers and enjoy the benefits of playing sport.

How does it help young people?

* Provides young people with a chance to realise their potential, both on and off the pitch.
* Improves participants physical and mental well-being.
* Combats loneliness by taking part in regular competitive sport.
* Gives a sense of belonging as they make friends and gain skills for life such as confidence and independence.
* Engagement in a variety of workshops allows crucial life-skills to be learnt.
* Progression for young people from participant to role model, whether as a player, coach or volunteer.

Super 1s provides much more than just cricket as we run workshops and employability sessions for the participants. We use cricket as a tool to engage young people but seek to provide more than that with it being a community hub.

Matthew, one of Middlesex in the Community full-time coaches was once a Super 1s player and is now a Super 9s county player. This is a statement from him:

“Hello everyone! I’m Matthew, a proud former participant of the Super 1s program. My journey into the world of cricket began through Super 1s. This came at a time when options were limited for me.

Super 1s provided me with lifelong friendships and a supportive environment where I could thrive. It instilled in me confidence to improve my cricket skills and encouraged me to aim for county selection. This journey eventually led me to the Super 9s programme.

Today, I’m grateful to have become into a community coach, where I have the privilege of coaching at Super 1s hubs. Thank you, Super 1s, for shaping my path and empowering me to give back to the next generation!”

