



Summer of Sport Fund — Application Form

Contact Details

Club / Organisation Name	eeVo Training	Project Name	eeVo Summer of Sport
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Address	Sandyford Business Park, Prestwick, KA9 2SY	Constituted Group?	Yes

Project Overview

Please give an overview of the project or initiative you are proposing to deliver.

eeVo Training is a Club Ready accredited functional fitness facility based in Sandyford Business Park, Prestwick. We work with athletes of all ages and abilities from across South Ayrshire, spanning sports including football, rugby, hockey, swimming, ice hockey, tennis, and handball. We are proud members of the British Functional Fitness Federation (BF3) and currently have eleven young athletes aged 12–16 preparing to represent Scotland at the European Functional Fitness Championships, with several more in contention for World selection.

It is important to note that eeVo Training was already committed to delivering these initiatives regardless of this funding. We became aware of the Summer of Sport Fund through South Ayrshire Active Schools, who strongly support the project. The funding will allow us to involve more coaches, reach more children, and deliver at a higher standard. A significant amount of volunteer coach time will be contributed by our team over and above any funded hours.

Our Track Record with South Ayrshire Schools and Community

eeVo Training has a well-established and proven track record of engaging children and young people across South Ayrshire, entirely free of charge. This includes:

- HPX Secondary Schools Championship — We recently ran the HPX Secondary Schools Championship for all secondary schools in South Ayrshire, with over 100 students competing. We personally attended each secondary school in the lead-up to promote the event, and we are already confirmed to return next year for an even bigger competition.
- South Ayrshire Active Schools Primary Fitness Day — We partnered with South Ayrshire Active Schools to support their primary school fitness day, incorporating HPX-style functional fitness into the programme.
- Free School Gym Sessions — We regularly welcome South Ayrshire primary schools into our gym free of charge for fitness events. Most recently this included Annbank Primary School, and we are attending their school gala free of charge to help raise funds for the school. Girvan Academy have also attended for a free session.
- HPX Fitness Race — We run our annual HPX Fitness Race charity event at Riverside Sports Arena. This year, for the first time, we are introducing a dedicated Kids & Teens Division on Friday 28th August, further expanding access to functional fitness for young people in the area.

This track record demonstrates that our commitment to the South Ayrshire community is genuine, ongoing and not contingent on external funding. The Summer of Sport Fund will allow us to formalise and expand what we already do.

The project has two connected elements:

1. Free Weekly Running Sessions — Riverside Sports Track, Ayr

We will deliver free weekly running sessions at the Riverside Sports Track for children and young people aged 3–26 from across South Ayrshire. These are not traditional running club sessions — they are inclusive, fun, multi-ability sessions suitable for complete beginners through to competitive athletes. Sessions will be coached by qualified eeVo coaches, with a minimum of two coaches present at all times. We anticipate a minimum of 30–40 participants per session, with significant potential for higher numbers based on existing interest. South Ayrshire Active Schools have been consulted and are fully supportive. Sessions will run throughout summer 2026 and continue through to March 2027 and beyond. Should these sessions become busier we will fund any additional coaches to support the numbers attending.

2. Summer Sports and Fitness Camp — eeVo Training Gym

We will run a multi-day Summer Sports and Fitness Camp at our Prestwick facility, running approximately three days per week over four to five weeks during the summer. Camp content will include: introduction to gym-based movement and safety; Olympic weightlifting and functional fitness fundamentals; CrossFit and Hyrox-style training; endurance, speed and mixed-modal conditioning; and nutrition education focused on fuelling performance rather than dieting. We will also share evidence on how exercise supports academic performance, concentration and wellbeing. Early drop-off will be accommodated for families who need it, with a responsible adult present throughout.

Together, the track sessions and camp create a clear pathway — from accessible outdoor community sessions into structured gym-based development, and ultimately into sustained participation and competition pathways through eeVo Training and the BF3.

Alignment with Summer of Sport Objectives

How will this project demonstrate alignment with the objectives of the Summer of Sport Funding? (Targeting those at higher risk of poverty) Please include which groups your project will benefit and expected number of participants.

The eeVo Summer of Sport project directly addresses multiple funding objectives and is designed to be genuinely inclusive and accessible to all children and young people across South Ayrshire, with particular focus on those at higher risk of poverty.

Reducing Barriers to Participation

The weekly running sessions at Riverside Sports Track are completely free and held at a publicly accessible location well served by public transport — removing financial and transport barriers that would otherwise prevent participation. No kit, equipment or membership is required. The Summer Camp is also offered at no cost to participants during the funded period. Early drop-off provision removes childcare barriers for working families.

Target Groups

Working with Active Schools, we will actively target and engage children from families at higher risk of poverty, including:

- Lone parent families
- Families with three or more children
- Families with a disabled adult or child (we have attended the Sports Inclusion course)
- Minority ethnic families
- Looked after and accommodated young people
- Young Carers

Expected Participants

We expect a minimum of 30–40 children and young people per weekly track session, with ambition to grow significantly. The Summer Camp is expected to engage 20–40 young people per camp block. Across the full programme to March 2027, we anticipate engaging well over 100 individual participants, many of whom will go on to sustained participation through eeVo Training.

Pathways into Sustained Participation

A key strength of this project is the clear progression pathway it creates: free track sessions → Summer Camp → reduced gym membership → BF3 competition pathway. Post-summer, participants are offered significantly reduced membership at eeVo Training — more than half the standard rate — creating an affordable route into ongoing club participation. Our eleven young athletes preparing to represent Scotland at the European Championships demonstrate this pathway is real and achievable.

Education and Wellbeing

Our camp programme includes nutrition education focused on fuelling performance (not dieting) and information on the proven links between regular exercise, improved academic performance, information retention, and overall mental wellbeing — benefiting the whole child, not just their sporting development.

Proven Community Track Record

We have an extensive and evidenced history of delivering free sporting opportunities to children and young people across South Ayrshire. The HPX Secondary Schools Championship engaged over 100 students from every secondary school in South Ayrshire, with eeVo coaches visiting each school in person to promote the event. We supported South Ayrshire Active Schools' primary fitness day by incorporating HPX-style training. We regularly host primary schools at our gym free of charge, recently including Annbank Primary (whose school gala we are also attending free of charge) and Girvan Academy. Our annual HPX Fitness Race charity event at Riverside Sports Arena this year includes a new Kids & Teens Division on Friday 28th August. This track record gives the panel confidence that eeVo Training will deliver on its commitments and that the young people of South Ayrshire are already at the heart of everything we do.

Project Sustainability Beyond Summer

How can the club or organisation maintain the project's sustainability once the summer period ends?

Sustainability is central to the design of this project. eeVo Training was already planning to deliver these activities independently of this funding, and our commitment extends well beyond the summer period.

Reduced Membership

Young people who participate in the Summer Camp will be offered a heavily reduced membership at eeVo Training — priced at more than half the standard rate — creating a genuine and affordable pathway into long-term club participation.

Ongoing Free Track Sessions

The weekly free running sessions at Riverside Sports Track are planned to continue beyond summer and through to March 2027 and beyond, supported by our volunteer coaches. These sessions provide a low-barrier entry point that remains accessible to all regardless of financial circumstances.

British Functional Fitness Federation (BF3) Pathway

Through our BF3 affiliation, young people who show interest in competing have access to a structured national development and competition pathway. We already have eleven young South Ayrshire athletes preparing to represent Scotland at the European Functional Fitness Championships, demonstrating this pathway is real and achievable.

Volunteer Coach Commitment

A significant portion of coach time across both project elements will be delivered voluntarily by eeVo coaches who are committed to giving back to the South Ayrshire community. This ensures the programme can continue even without full external funding.

Active Schools Partnership

Our ongoing relationship with South Ayrshire Active Schools will support continued referrals, coordination and promotion of sessions beyond summer, helping to maintain participant numbers and reach target groups who benefit most.

Project Costs

Cost Item	Detail	Amount
Track hire — Riverside Sports Track	£40 per session x 15 sessions	£600
Track session coaches	2 coaches x £40/session x 15 sessions	£1,200
Summer Camp coaches (partial contribution)	2 coaches x £20/hr x 6 hrs x 10 days	£2,400*
	Total project cost	£4,200+
	Amount requested from fund	£3,000
	eeVo contribution (volunteer time & self-funding)	£1,200+

* Total camp coach costs exceed the fund maximum. eeVo Training will cover the shortfall through volunteer coach time and self-funding, demonstrating our long-term commitment to this programme.

Summer of Sport Approaches Met

Please detail what approaches your Summer of Sport project meets.

Opportunities

We deliver free, safe, welcoming and inclusive sessions at a publicly accessible venue (Riverside Sports Track) and at our Club Ready accredited gym. Sessions are designed to be barrier-free for all children and young people.

Pathways

The project creates a deliberate progression: free track sessions → Summer Camp → reduced gym membership → BF3 competition pathway/HPX Fitness Race. This takes participants from first contact through to sustained club participation and, for those with the ambition, national and international competition representation.

Enhancement

This funding builds on eeVo Training's existing provision and community relationships. It allows us to expand reach, deploy additional coaches and deliver more sessions — enhancing what we already provide rather than duplicating existing provision.

Targeted

Working with Active Schools, we will actively target children from families at higher risk of poverty, lone parent families, looked after young people, young carers, and families with disabled members. Free delivery at the track removes financial and transport barriers for these groups specifically.

Workforce

The funding supports qualified coach deployment across both project elements, while significant additional volunteer coach time from the eeVo team helps grow and sustain local coaching workforce capacity in functional fitness across South Ayrshire.

Profile

eeVo Training is at the forefront of functional fitness in South Ayrshire and Scotland. Our eleven young athletes preparing to represent Scotland at the European Functional Fitness Championships demonstrate what is possible. This project raises the profile of functional fitness as an inclusive, accessible sport and celebrates the achievements of South Ayrshire's sporting community.

Effective Partnerships

We have an established and active relationship with South Ayrshire Active Schools, who made us aware of this fund and are supportive of our proposal. We will continue to work closely with Active Schools coordinators and Community Sports Hub Officers to coordinate delivery, maximise reach and avoid duplication.

Co-creation

Our camp programme will be shaped around the needs and interests of the young people attending. We will seek feedback from participants and their families throughout delivery to continuously improve sessions and ensure they genuinely meet the needs of those we serve.