

When & Where

Thursdays 6.00-7.00pm at the Rugby Club. These sessions start on the first week of the Autumn school term and run for 6 weeks (by which time it is too dark in the evenings to continue for any longer).

Who

Lead Coach is Caroline Jones, with regular support from Dave Durden, Annette Keevil and Kevin Jackson and others who kindly give their time.

These sessions are for all of our junior athlete members (ages 7-18).

What

Week 1 – Strength & Conditioning

Week 2 – Agility, Balance, Co-ord.

Week 3 – Throws

Week 4 – Endurance Running

Week 5 – Jumping

Week 6 – Running for Speed

Each session includes a mixture of run, throw, jump activities with some additional core skills development.

