

When & Where

Fridays 5.00-6.00pm (tbc) at Rednock Sportshall. These sessions start on the first week of the Winter school term and run for 12 weeks (breaking at half term).

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

These sessions are based on the national Sportshall League standards and aim to introduce a number of athletics based events developing core skills. These include; vertical jump, reverse board running and relays, standing long jump, standing triple jump, target throwing, balance beam, med ball throws, speed bounce.

In addition to this sessions include a bleep test for our athletes to test their endurance and a number of popular traditional athletics events such as high jump.

Weeks 1 & 7 – Bleep Test
Weeks 2 & 8 – Throwing
Weeks 3 & 9 – Circuits
Weeks 4 & 10 – Jumping
Weeks 5 & 11 – Circuits
Weeks 6 & 12 – Relay