

When & Where

Saturdays 9.30-10.00am at the Rugby Club for 4-5 weeks over the summer holidays.

Who

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

These sessions are for 4-7 year olds who want to see what athletics is like.

What

These short sessions include the **FUNDamentals** of athletics. There is some running over obstacles, a game and some basic technique development.

They aim to develop confidence whilst introducing sport.

