

## When & Where

Thursdays 6.30-7.30pm at the Rugby Club. These sessions start on the first week of the Summer school term and run for 12 weeks (break at half term) ending with our Annual DRC Junior Athletics Championship Event & BBQ.

## Who

These sessions are split into 3 groups and each group has a lead coach; coaches are rotated so that athletes get the benefits of each coach's style and experience. Groups are decided by age and ability allowing the coaches to better tailor the sessions to the groups needs.

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

## What

In addition to the basic core skills and stretches sessions cover a wide range of activities including; maximum velocity running (60/100m sprints), 200/400/600/800m running, relay running, hurdles, speed walking, standing long jump, standing triple jump, speed bounce, scissor high jump, push throws (shot put), pull throws (javelin) and swing throws (discus).

