



## **DALEY THOMPSON** **ATHLETICS ACADEMY**

### **Daley Thompson's Athletics Academy**

This Academy has been developed by Daley Thompson and is run by his hand picked coaches. Through this Academy we are offering the following club:

#### **Run, Jump, Throw**

Run, Jump, Throw is a fun and engaging club bringing all the fundamental movements of athletics into a vibrant and engaging club designed to teach your child athletic disciplines in a friendly and exciting environment.

The Academy will develop the following:

- Running Efficiently
- Speed Endurance
- Jumping activities
- Throwing skills (Javelin, Shot Put, Discus)
- Early principles of learning to jump, throw and run
- Agility, balance and Coordination
- Plus, Lots of Games and Fun with medals and prizes to be won

Clubs will run on a Friday afternoon for 13 Sessions (£7.60 per session) from 3:30-4:30

Club dates are - 09/09/2022 - 09/12/2022 inclusive

(No clubs during half term 24/10/2022 - 28/10/2022)

If you would like to book onto our fantastic athletics club, please register using the link below:

[https://www.participant.co.uk/asg/event/daley\\_thompson\\_academies\\_-\\_autumn\\_term\\_2022\\_09092022](https://www.participant.co.uk/asg/event/daley_thompson_academies_-_autumn_term_2022_09092022)

We look forward to seeing you soon!

If you have any questions please do not hesitate to contact Kate Staples or Sam Bass-Cooper on [kate@aspiretogreatness.co.uk](mailto:kate@aspiretogreatness.co.uk) / [sam@aspiretogreatness.co.uk](mailto:sam@aspiretogreatness.co.uk)

**Kind Regards**

**Daley Thompson Academies LTD.**