

ATHLETICS SPRINT CAMP 12-16 years



Monday 12th April- Friday 16th April

Coaching: 9am-12pm

Venue: Palmer Park Sports Field

- Sessions will be led by UKA sprint specialist coaches, and assisted by current competing sprint athletes.
- Athletes will be split into small groups to ensure training sessions are challenging for everyone attending.
- Sessions will include fundamentals such as speed, strength and reaction times as well as sprint specific techniques and conditioning.



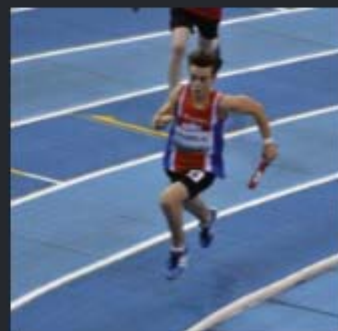
£70 for full week

£15 per day if booked individually

* Discount offered to Reading Athletics Club athletes on full week bookings

To reserve your space please complete the booking form available on the website below, and return to charlotte@fitnessandathletics4kids.co.uk

www.fitnessandathletics4kids.co.uk



UNITED
KINGDOM
ATHLETICS

Mobile: 07500230321 Email: charlotte@fitnessandathletics4kids.co.uk

Specific information regarding session venue, equipment and COVID-19

Venue: Palmer Park Sports Field.

At this point in time we are unsure if the athletics track will be open or available to use, so we will plan the camp to be on the fields to the left of the stadium. The fields are large and flat which will allow us to effectively coach a full range of athletics events. If the track becomes available we will aim to get partial access during the sessions, however this is not guaranteed.

Equipment

Where equipment needs to be touched by athletes eg. throwing events, implements will be allocated to one child for the whole session and disinfected before being used again.

Drop off/ Collection:

Each group will be allocated a 10 minute drop off/ collection slot at a specific location to help minimise the amount of people registering at any one time. Details will be confirmed once when final details go out.

COVID-19

- Small group ratios, in line with latest Government and England Athletics guidance.
- Athletes will remain in the same groups throughout the week.
- Maintain a minimum of 1m distancing, 2m distancing encouraged where ever possible.
- Coaches will maintain at least 1m distance from athletes in their unless supporting first aid or other similar tasks.
- All group coaches will have sanitisers available to athletes to use.
- COVID specific risk assessments carried out prior to sessions, available to view on request.
- Coaches and athletes asked each day to sign to confirm they do not have any of the COVID-19 symptoms. Anyone displaying symptoms will be unable to attend sessions.

Reading Athletics Club Athlete Discount

Members of Reading Athletics Club shall receive a £10 discount when booking onto a full week. Price for full week for Reading AC members will be £60 instead of £70, day prices will remain at £15 per day.