



Introduction to Athletics

The sessions will provide an introduction to the main athletics events. Participants will take part in a mini Athletics 365 programme designed as an introduction to 'Run, Jump, Throw'. Participants will take away a 'Passport' which shows which skills they have experienced. Participants do not need to attend all sessions and will be given credit on their passport for those activities they complete.

The final session on 24th March will be a mini competition and assessment.

Saturday 14th January 2012:	9:00 AM - 10:15 AM
Saturday 21st January 2012:	9:00 AM - 10:15 AM
Saturday 28th January 2012:	9:00 AM - 10:15 AM
Saturday 4th February 2012:	9:00 AM - 10:15 AM
Saturday 11th February 2012:	9:00 AM - 10:15 AM
Half term break	
Saturday 25th February 2012:	9:00 AM - 10:15 AM
Saturday 3rd March 2012:	9:00 AM - 10:15 AM
Saturday 10th March 2012:	9:00 AM - 10:15 AM
Saturday 17th March 2012:	9:00 AM - 10:15 AM
Saturday 24th March 2012:	9:00 AM - 11:00 AM

Linford Christie Stadium
Du Cane Road W12 0DF

Age 8-14 years, Beginners welcome

Participants are asked to wear comfortable sports clothing and trainers. Running spikes are not required. In the case of wet or cold weather a rain top and additional warm clothing is advised.

Contact

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Or

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