



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

### **Daley Thompson's "Aspire to Greatness" Athletics Academy**

This Academy has been developed by Daley Thompson and is run by his hand-picked coaches.

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

Run, Jump, Throw is a really 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 club is scaled per age group to ensure that ages 6-8 and 9-11 are catered for with their individual needs as your child grows and matures. The club will give your child a fantastic foundation for all sporting movements to take with them into their teens and young adulthood whilst being fun and exciting for everyone involved.

The Academy will develop the following:

- Running Efficiently
- Speed Endurance
- Jumping Activities
- Throwing Skills (Javelin, Shot Put, Discus)
- Early principals of learning to run, jump and throw
- Agility, balance and co-ordination.
- Plus, lots of games and fun with medals and prizes

The club will run weekly on a Sunday morning, 7th November-12th December 2021 held at Ellesmere College's Sports Centre

Session 1: 9.00-9.45am for 6-8 year olds

Session 2: 10.00-10.45am for 9-11 year olds

Please follow the links below to book your child(ren) onto our club for the upcoming term:

**Session 1 – Ages 6-8:**

[https://www.participant.co.uk/asg/ellesmere\\_college\\_community\\_club\\_6-8\\_07102021#init](https://www.participant.co.uk/asg/ellesmere_college_community_club_6-8_07102021#init)

**Session 2 – Ages 9-11:**

[https://www.participant.co.uk/asg/ellesmere\\_college\\_community\\_club\\_9-11\\_07112021#init](https://www.participant.co.uk/asg/ellesmere_college_community_club_9-11_07112021#init)

If you have any questions please do not hesitate to contact Kate Staples or Sam Bass-Cooper on: 0333 600 0121 / 07980 976126 / 07917 054401

**Kind regards**

**Daley Thompson Academies**