



## Athletics Clubs

## Summer Term

**2024**



Alex Beck (2022 leaver)  
Commonwealth Youth Games  
Trinidad & Tobago, 2023  
400m Bronze Medallist  
4 x 400m Silver Medallist

	Day / Time*	Event	Details
<p><b>Monday Lunch Time</b></p>		<p><b>Run Club</b></p>	<p>Additional training for students wishing to improve their times. Hard work is rewarded in running. If you train you will get better. Training will include races, relays, harnesses, parachutes, strength work and interval training. It will be hard work but very satisfying.</p>
	<p><b>Wednesday Lunch Time</b></p>	<p><b>Relay Practice</b></p>	<p>Our relay times are famous for a reason – they practise each week. Sessions will include technical work and races.</p>
	<p><b>Wednesday After School (until 1645)</b></p>	<p><b>Multi-Events</b></p>	<p>Numerous disciplines will be offered each session and students will be able to practise two each afternoon. These include running events, hurdles, long jump, triple jump, shot put, discus, javelin and high jump.</p>
<p><b>Thursday Lunch Time</b></p>		<p><b>Shot put, discus, javelin, long jump and triple jump practice.</b></p>	<p>This is a chance to practise important technical elements for these activities and will often include video analysis.</p>
	<p><b>Thursday After School (until 1645)</b></p>	<p><b>High Jump</b></p>	<p>A session for our serious high jumpers to help them master the technical aspects of the event and the run-up.</p>