

West Kent Athletics club

Athletics October Camp 2021

U9s/u11s/u13s/u15s/u17s

Everyone will be split in groups and go through a plan suited to their age and ability.

This is a great opportunity to learn these athletics events in more detail.

****WEST KENT ATHLETICS CLUB - T-SHIRT INCLUDED****

Events we will cover:

DAY 1 – SPRINTS – HIGHJUMP – SHOT PUTT
DAY 2 – POLEVAULT – JAVELIN – HURDLES
DAY 3 – LONGJUMP – DISCUS - ENDURANCE

Details

Dates – Monday 25th October – Wednesday 27th October

Duration – 09:00am – 12:00pm *Monday/Tuesday/Wednesday*

Location – Judd School, Brook Street, Tonbridge, TN9 2PN

Cost - £65 for full course (Please book online)

- £25 for 1 day (Please email to book)

- family discount £55 per additional sibling (Please email to book)

Age range – 6-16 years old

Website: <https://www.westkentathleticsclub.co.uk>

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