PARiS 2024

IT'S OLYMPICS YEAR!
COME AND GET INSPIRED AT OUR

ATHLETICS FUNDAYS!

England Athletics
Coach & Club of the Year!

North Somerset
Athletic Club

inspiring the next generation of athletes...

summer / august 2024 dates

PROFESSIONAL COACHING WITH ALL ABILITIES WELCOME FROM AGES 8 - 12

£22 PER DAY – £80 FOR ALL FOUR DAYS

Monday August 12th to Thursday August 15th	Clevedon School BS21 6AH	10.00am – 4.00pm
Monday August 19th to Thursday August 22nd	Clevedon School BS21 6AH	10.00am – 4.00pm
Tuesday August 27th to Thursday August 29th	Clevedon School BS21 6AH	10.00am – 4.00pm

DIFFERENT & UNIQUE

We know that older athletes are capable of more, generally, than younger ones.
We give each athlete plenty of optional down–time, and breaks as necessary.

Our team are on hand to cover any need your child may have throughout the day (drinks, toilet breaks, rests etc). Similarly they will deal sensitively with any issues such as tiredness, illness or disagreements.

Our aim is for your child to want to come back and see us again, to be keen to join our enviable athletic club, and to tell all their friends!

IMPORTANT BOOKING INFORMATION

Places are not secured until payment and booking forms are received.

It is highly recommended that this is done within 7 days of contacting us as most days we will be fully booked.

what we offer

If you are seeking a fun introduction to Athletics then look no further.

We have been delivering courses for more than 15 years. We run them during all school holidays (except Christmas) and have created a scheme of work that enables us to cover all events when athletes visit us for a whole week.

Athletes of mixed ages work alongside one another as our Coaches support each athlete to work at their level. The balance of fun and coaching has been tweaked over the years to give the best experience of our amazing sport. This means the activities your child will enjoy the most are featured every day.

Our Fundays are held at Clevedon School where we take advantage not only of our own Athletics facility, but also sports hall and gym to ensure all events are covered. Events include;

HURDLES

Every day we have a different focus on hurdles, with races and relays. We have various sized hurdles to suit all.

SPRINTS

Most children love to race each other and aim to run as fast as they can. After some basic coaching points, they run through our state–of–the–art Timing Gates! A favourite of all our athletes, this features every day.

LONG JUMP

Who doesn't love jumping into the soft sand? We offer some basic coaching tips on run–ups, jumping for height and technique, then play loads of relevant games.

HIGH JUMP

We've lost count of the number of times we have heard "I can't high jump". After 30 minutes with us, those words have long since disappeared! Very popular, appearing at some point during every single Funday. Always finished up with a light–hearted competition, and quite often a limbo game as an extra!

POLE VAULT

Yes, we can give you some basic pole vault coaching! Who is brave enough to give it a go?

RELAYS

At least 30 minutes per day is given up to relays and is always fun. The day finishes with our mad obstacle relay, dubbed 'The Eliminator'!

GAMES

So many running games we struggle to fit them all in! The favourites such as 'Run the gauntlet', 'Stuck–in–the–mud' and 'Shark tag' are never far away.

THROWS

Every day we have a focus on one of our throwing events, whether it is hammer, discus, shot or javelin, children get the chance to have a go. With our throws cage, discus and hammer can be taught safely.

ENDURANCE

We prefer to call this 'strength running'. We give an option every day for this, but it is by no means a compulsory element of the day. 600m runs are our standard, with various options for intervals and even a look at steeplechase!

CERTIFICATES & MEDALS

If you want to test yourself, win a certificate, and see how far up our unique 16–level table you can get, then Mondays are the day for you. We test in Speed Bounce, Standing Long Jump, Vortex, 50m sprints and 600m. Points are scored and medals are awarded every day to our Athlete(s) of the day, and to our winning team on 'Team Challenge' day.

TEAM CHALLENGES

Every Tuesday and Thursday afternoon we split into teams and compete in a whole host of events against other teams. The winning team at the end of the day is rewarded with medals. An amazing afternoon that zips by!

best in the west!

Formed in 2004, we provide expert specialist coaching for athletes aged 8+ across the full breadth of athletics events, from beginner to International.

Our award–winning club (South West Club of the Year 2018, UK Development Club of the Year 2012) competes regularly and successfully across a spectrum of athletic disciplines, winning local track & field and cross–country leagues.

Our National Governing Body (NGB) qualified expert coaches are fully insured, first aid trained, and with up–to–date DBS certificates. With ongoing input from our NGB, our session plans and development model are fully supported by up–to–date best practise, enabling us to maintain the highest standards.

Our days are available to anyone aged 8 – 12, no matter their ability

**Timings 10am – 4pm
(Register 9.40am – 9.55am)**

Our home venue is Clevedon School, Valley Road, Clevedon, BS21 6AH

Cost per day per child is £22

* If booking a whole week (Monday to Thursday), then we can offer discounted daily rates

We have so much to cram in, why not book a whole week? You can see the full spectrum, learn plenty, save some money, and get a real feel for our sport. Individual days are available also, just ask!

We have maximum numbers for each day to ensure all children get plenty of support.

Our Fundays are run by **South West Coach of the Year 2018 Mr Chris Millard** (NGB Level 3, NSAC founder and Head Coach, plus GB and Welsh International) and supported by **NSAC–trained Ambassadors and Assistant Coaches**. We anticipate ratios of 1 coach per 6 children.

For more information, please visit www.nsac.org.uk/fun–days and to book email fundays@nsac.org for availability and booking form.