

# NORTH SOMERSET ATHLETIC CLUB

# ATHLETICS FUNDDAYS!

PROFESSIONAL COACHING WITH ALL  
ABILITIES WELCOME FROM AGES 8 - 12



England Athletics  
Coach & Club of the Year!



*inspiring the next generation of athletes...*

# easter & may 2023 dates

## £18 PER DAY – £65 FOR FULL WEEK

Monday April 3rd to Thursday August 6th	Clevedon School BS21 6AH	10.00am – 4.00pm
Monday April 11th to Thursday April 13th	Clevedon School BS21 6AH	10.00am – 4.00pm
Tuesday May 30th to Thursday June 1st	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 10 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 7+ 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 £18 for non NSAC/NSAA members \* £15 for members**

*\* 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/NSAA 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.nsap.org.uk/fundays](http://www.nsap.org.uk/fundays) and to book email [chrisbtg@blueyonder.co.uk](mailto:chrisbtg@blueyonder.co.uk) for availability and booking form.**

