



# ULTIMATE SPORTS ACADEMIES

INSPIRING ENDEAVOUR

ABINGDON SCHOOL - TILSLEY PARK  
ABINGDON  
MAY HALF TERM  
& SUMMER

Our academies have inspirational coaches delivering progressive courses designed to improve confidence and skills in children aged 7 - 14 years.

Our Star Coach works with every group, improving and developing their skills and techniques as well as inspiring them and giving insight into performing at the highest level.



**ATHLETICS  
ACADEMY**  
With Dean Macey

**Age:** 7-14yrs

**May Half Term:** Thurs 3rd - Fri 4th June

**Price:** £99.00 (2 Days)

**Summer:** Mon 2nd - Thurs 5th Aug

**Price:** £199.00 (4 Days)

**Times:** 08:30 - 17:30\*



The Academy will cover:

- How to warm up, ready to perform
- Improving running style and speed
- Using blocks for effective sprint starts
- Sprint relays and baton changes
- Developing hurdling technique
- Throwing technique in shot, discus and javelin
- High jump, long jump and triple jump technique
- Improving competition & multi-discipline tactics

**SAVE 10%**

WHEN YOU BOOK 4 WEEKS IN ADVANCE

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[www.ultimatesportsacademies.co.uk](http://www.ultimatesportsacademies.co.uk)

\* Extended hours available