



## **Two day Athletics academy at Brickfields, Plymouth**

**For juniors from 8 - 15**

**Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> August**

**10am - 3pm**

**Cost £15 for one day or £25 for two days**

**Expert coaching will be offered in all athletics events including sprints, jumps, throws, endurance and sportshall events.**

**This is a chance for either the complete beginner or a more experienced athlete to improve their athletic ability over a wide range of events over two days. Athletes can register for one or both days and we would hope to cover all the events over the two days.**

**The academy will take place on the track at the Brickfields, Madden Road, Devonport, Plymouth.**

**We need at least 10 per day to run the course up to a maximum of 30 per day.**

**For further details contact Keith Reed, Armada Athletics on 01752 307349 or by e-mail on [keith.reed@plymouth.gov.uk](mailto:keith.reed@plymouth.gov.uk)**

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**Name \_\_\_\_\_ Age \_\_\_\_\_**

**Address \_\_\_\_\_**

**POSTCODE \_\_\_\_\_ email \_\_\_\_\_**

**I would like to attend on Tuesday 17<sup>th</sup>/Wed 18<sup>th</sup>/Both days**

**Please make cheques payable to Armada Athletics Network for £15 (one day) or £25 (two days)**

**I agree to my son/daughter taking part in the Athletics academy and whilst every effort will be made to minimise risks, your child does take part at their own risk**

**Signed \_\_\_\_\_ Date \_\_\_\_\_**

**Send to Keith Reed, Athletics Co-ordinator, Armada Athletics Network, Plymouth City Council Sports Development Unit, Windsor House, Tavistock Road, Plymouth, PL1 2AA**