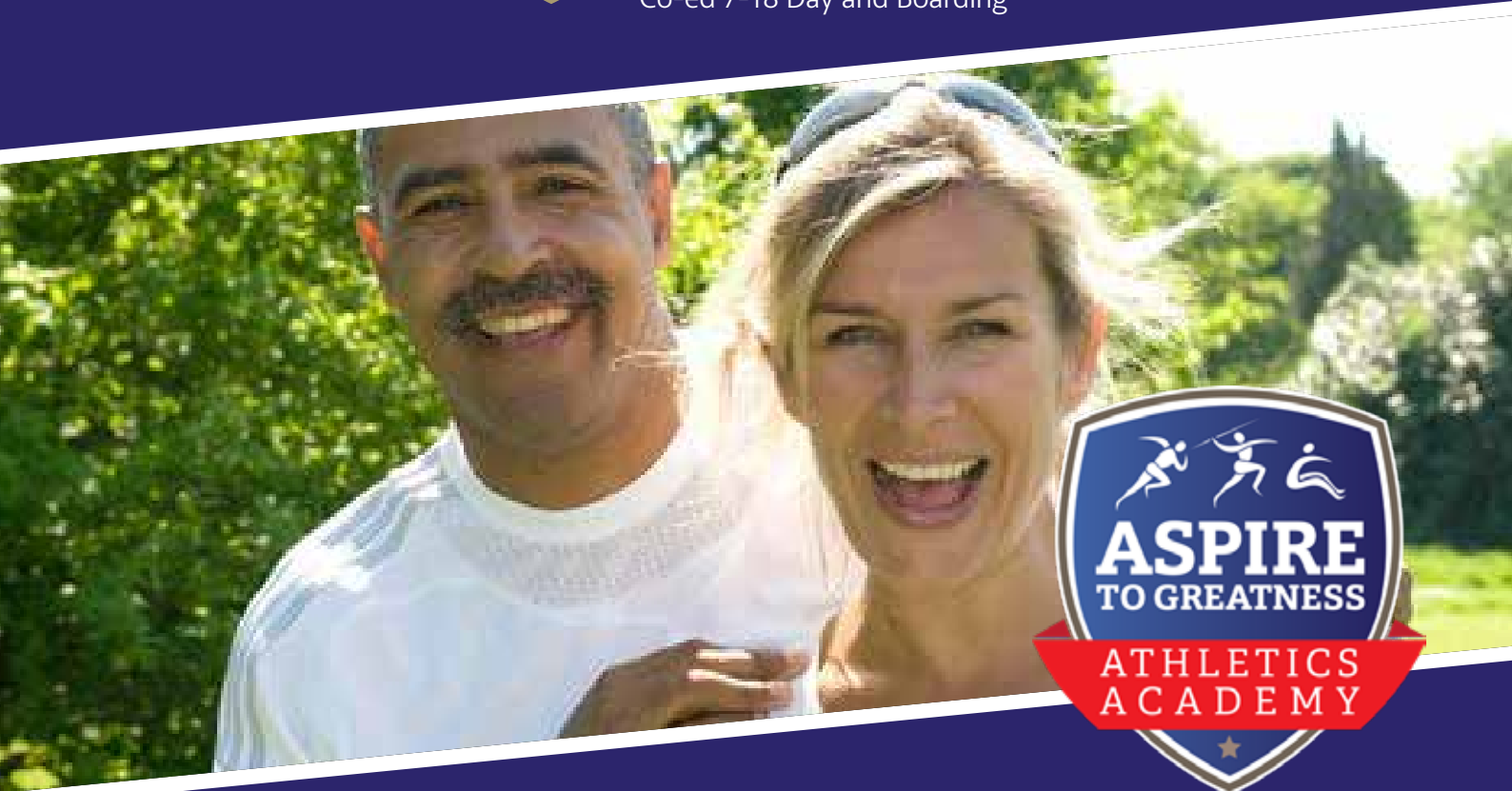




Ellesmere

Co-ed 7-18 Day and Boarding



A fun sport and fitness programme for schools

Daley Thompson's Athletics Academy

It's not just about Athletics! Our club teaches youngsters the basic skills needed across all sports in a fun and inspiring way, making them stronger, faster, fitter and more motivated. Whatever their chosen sport.

Aimed at pupils in years 3-7, each high-energy session lasts between 30-60 minutes divided into a range of individual and team training activities with expert guidance designed to help:

- Running efficiently – running drills and sprint starts
 - Increase speed and stamina
- Jumping – movement mechanics, long jump and landing concepts
- Throwing - push, pull, sling (Shot put, Javelin, Discus)
 - Improve hand/eye co-ordination
- Games and lots of fun developing fitness

www.aspiretogreatness.co.uk

What are the benefits?

Run by our own hand picked world class trainers, many of whom have themselves been sports professionals and athletes, our programme brings many benefits:

Health & Fitness

Whether or not they become our next Olympians as a result of our Academy, the experience will leave your child fitter, healthier and more positive about sport for life

Confidence building

Children of all abilities and sizes increase their skills and fitness at our Academy, boosting their confidence as well as energy levels. Concentration improves with exercise too!

Maximising potential

Our basic skills training will provide your child with the best possible foundation for all sport and fitness throughout their lives.

- Available to students in years 3-7
Wednesday - Years 6-7, 4.15-5.00 pm
Thursday - Years 3-5, 4.15-5.00 pm
- Termly programme costing £9 per session
- All abilities and standards welcome
- Mental motivation for life skills
- Coached by international athletes
- Sessions crammed with inspiration, instruction and fun
- Founded by **Daley Thompson**, double Olympic Champion and former TV Gladiator, **Kate Staples**

Contact olivia.beckett@ellesmere.com
to book your child's place

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I am thrilled about our Club which we will be running at Ellesmere College. I have always been passionate about getting kids active and to enjoy sport, as it has been such an integral part of my life. With the co-founder Kate Staples our aim, first and foremost, is to get as many children learning the early skills of athletics and to enjoy running, jumping and throwing in a fun environment

Daley Thompson,
Double Olympic Decathlon
Champion



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For more insights into Ellesmere College, follow us on:

