

Athletics Training Sessions



Wells City Harriers



What Sort of Training?



Every Monday evening on track and field these training sessions, with qualified uk athletics coaches, will help build up the individual athlete's strength, stamina and technique through a variety of related running, jumping and throwing activities and games. Years 3-5 Fun Athletics trying everything; Years 6-10 development training where athletes can start to specialise.



We aim to make all the training fun as well as challenging!

Competition

For those who would like to compete there are opportunities all year round. In spring & summer we concentrate mainly on all the track and field events: running, jumping & throwing. We hold competition evenings once a month on a Monday so that the athlete can see what progress they are making. Many of our juniors do well at the mini-Olympics for Year 6 and below, whilst the older ones look to achieve their personal bests at County Championships, with some going on to compete at the English Schools Championships.

In autumn and winter we concentrate mainly on cross country and are probably the top team in the South-west region with many County and regional champions, and team successes at the different age groups.

When?

Mondays 6.00 – 7.15pm

(Registration starts 5.50pm)

Where?

Millfield Track, Street

How much?

Wells Harrier Members £2.00

Non-Members £3.00

More Info?

Visit www.wellscityharriers.org.uk

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