

Tonbridge Athletic Club

Tonbridge Athletic Club is running an athletics week at **TONBRIDGE School Track**.

Dates: 21st to 25th August 2017 inclusive, from 9.30 am until 3.30pm.

Ages: 6 – 12 year olds girls and boys

Cost: £90 for the week or £25 per day

Full payment is required in advance to secure a place on the course. Online payment preferred.

They will learn **Long Jump, High Jump, Shot, Discus, Hammer, Javelin, Hurdles, Sprinting and Distance running**.

They will need a packed lunch and drink for the day, sun hats and sun cream, shorts, t-shirt, tracksuit trousers, rain coat. Athletes should be prepared for all weathers!

To book your place email **Chris Hogwood** on chris@tonbridgeac.co.uk