

Indoor Jumps Training



North London
Athletics Network



at Allianz Park

Greenlands Lane, Hendon, London NW4 1RL

After the success of the 2014/15 series, the North London Athletics Network, in conjunction with Shaftesbury Barnet Harriers, are promoting a further jumps training camp at Allianz Park.

High Jump, Long Jump & Triple Jump coaching

Wednesdays 7.15pm – 9.15pm

6 January – 16 March 2016

Warm-up and registration from 6.45pm

Pole Vault coaching

Wednesdays 6.00pm – 8.00pm

13 January – 16 March 2016

Warm-up and registration from 5.45pm

The programme is designed not only as an introduction to the event but is also aimed to improve the skills and knowledge of Network coaches and their athletes in all four events. The training camps will be under the overall supervision of **Clyde Gordon**, the coaching administrator of Shaftesbury Barnet Harriers.

Cost (including entry into the facilities) –
Young athletes (U20) & students: £3 per session
Seniors: £5 per session

For further information email or call
Clyde Gordon on clydeg67@hotmail.co.uk
or 07753 985525

Pole Vault

coached by

Steve Lowe



High Jump

coached by

Sue Smith



Long & Triple Jump

coached by

Gintare Dargeviciute