

SARACENS SPORT FOUNDATION – Whose mission statement is '*Inspiring Communities and changing lives through the power of sport*' and provide athletics for children aged 4-9 years at Allianz Park. **EMILY NEILAN** is the SSF Athletics Run Activator, who is a former member of Shaftesbury Barnet Harriers. She is actively involved in local athletics, running in the Oak Hill parkruns, the London 10k and North London Half Marathon in 2016.

LAP – Little Athletics Programme

LAP is an athletics 'Multi Skills' programme for children aged 4-9 years. The programme is designed to teach children fundamental movement skills of athletics – running, jumping and throwing. The sessions are game based and as of September there will be a progression throughout the term.

LAP runs on a Tuesday and Thursday from 4.30-5.30pm – Term time only.

1st Leg AC – 1st Legacy Athletics Club

1st Leg AC is a pathway club for children aged 10-15 years new to athletics. Children are introduced to all the different athletics disciplines and have the opportunity to develop running, jumping and running skills that we hope they will then go onto use as a participant in the formal athletics club structure or in any other sport for activity they choose to progress to. The lead coach is Gintare Dargeviciute who brings a wealth of experience and knowledge to the club.

1st Leg AC runs on a Tuesday and Thursday from 5.00–6.00pm – Term time only.

Summer Athletics Camps 2016

We are running summer holiday camps this year, 4 days for 4-9 year olds and 4 days for 10-15 year olds. With Rio 2016 Olympics just around the corner, this is an opportunity for children to experience the Olympic spirit first hand and take part in its premier sport; athletics!

The camps are on the following dates:

1st, 2nd, 22nd and 23rd August – 4-9 years

3rd, 4th, 24th and 25th August – 10-15 years

To book or for any enquiries about the above parents can email athletics@allianzpark.com or call **Emily Neilan** on 07713 159 706 (**work hours only** – 9-5.30pm).

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