

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 and 10-15 years at Allianz Park.

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.

EMMA GOUGE | Senior Development Manager for Participation
Saracens Sport Foundation - *'Inspiring Communities and changing lives through the power of sport'*

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For any enquiries about the above parents can email –

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