

Come and Throw It

Saturday 24th September

2011

Woodside Stadium

Watford

9.15am – 5pm



The aim is to provide an introduction to the four athletics throws, through coaching and competition.

The day is open to anyone from the age of 12 upward.

Athletic Leaders, Assistant Coaches and Coaches working with young athletes welcome.

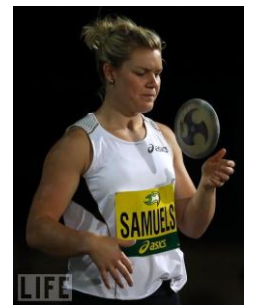


The day will be organised and staffed by qualified UK Athletics coaches/officials who have all been subject to CRB checks.

Parents and/or guardians are welcome to stay, and join in, if they wish but this is not essential as coaches and organisers all hold current CRB checks. However children under the age of 16 should be accompanied to the event and will not be allowed to leave without appropriate adult supervision.

Athletes will need:-

Trainers that can be securely laced, Shorts and T shirt, Jumper and track suit bottoms or loose stretchy trousers, Windproof jacket, Hat and sun cream (even if the day looks cloudy the weather can change quickly), Bottle of water, Suitable packed lunch and snacks, Any medications that they may need and can self administer. (We are not allowed to give medication).



Cost: £3 payable on the day

Registration, in advance please, places are limited

To

Mick Shortland

Telephone

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or email

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State:

**Name, school, age/year group,
address and phone Number**