

# Olympics Summer Athletics Camp



Open to children in school years 3-7



**CONNOR COACHING**  
RUNNING - PHYSICAL PREP - MOVEMENT

Wed 31<sup>st</sup> Jul - Fri 02<sup>nd</sup>  
Aug 2019

Venue: Watford Harriers Athletics Stadium, Woodside

Time: 9.30am-12.30pm

Cost £20 per day or £50 for all 3 days

To register please use the booking form at  
<https://connorcoaching.net/holiday-camps> or for more  
info email head coach Ross Connor, at  
[connorcoaching@hotmail.com](mailto:connorcoaching@hotmail.com)

Come and learn to sprint, long jump, high jump and throw  
the discus, javelin and shot.

Run in conjunction with *Watford Harriers Athletics Club*, and  
supported by *Everyone Active* & *Watford Borough Council*.

The camp will be run by qualified UK Athletics coaches and  
assistants.

Places are limited so early registration is advised.

In line with UK  
Athletics, we focus on:

- Ensuring a strong technical base to optimize speed and power
- Instilling confidence and a positive attitude
- Making it fun



**WATFORD  
BOROUGH  
COUNCIL**

**everyone  
ACTIVE**