



## Really enjoy athletics, but it has finished at School until next year? Maybe we can help?

We will start our Indoor Sportshall athletics at Taverham High School on September 24<sup>th</sup>

If you like running, jumping or throwing, want to keep fit, learn a new skill, make new friends or bring your friends along with you, or you just want a bit of fun on a Saturday morning, then Indoor sportshall athletics is for you!

We are offering local children the opportunity to train and develop their athletic skills on a regular basis with our own athlete's.

Saturday morning will be split into two training sessions:

- 09.30 – 10.45 ages 8 to 11
- 10.45 – 12.00 ages 12 to 14

☺ **Admission only £2.50 on the door for each session**  
**Just look how many times you can go!**

Sept 24<sup>th</sup>, Oct 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

Nov 12<sup>th</sup>, 19<sup>th</sup>, Dec 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>

Jan 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

Feb 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, March 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

(Plus - we are hosting the '**Norwich & District open sportshall championships**' on March 3<sup>rd</sup> 2011 when you could compete for a medal!)



**You will be under no obligation to become a full member of our Club**, however if you enjoy sportshall athletics so much you then decide to join, ☺ you get a £1 reduction on NORMAL entry prices and you just might get asked to become one of our CoNAC team members and compete in the Norfolk sportshall league competitions\* – Who knows, you could even end up representing Norfolk\*. All coaches are UKA approved with CRB checks in place. All parents/guardians will be asked to sign a registration form with name, address, contact numbers and relevant details.

Young athletes are required to wear appropriate sports footwear and suitable clothing without exception.

Check for updates at [www.conac.org.uk](http://www.conac.org.uk) sportshall section or contact  
**Helen Stubbs, Mary Jubb or Julie Brand – Sportshall**  
**coordinators on [sportshall@conac.org.uk](mailto:sportshall@conac.org.uk) or 01603 781944**

\*CoNAC are members of the 'Norfolk Sportshall Athletics League'. This body is responsible for organizing the county league competitions, as well as selecting U11, U13 and U15 squads to represent the county of Norfolk for regional and national events - age limits and NSAL selection criteria apply.