

# NSAC TRAINING TIMETABLE

JANUARY TO APRIL 2024

PLEASE ARRIVE 10 MINUTES BEFORE SESSION START TIME

DAY	TIME	VENUE	AGE GROUP	SESSION DESCRIPTION	LEVEL	LEAD COACH COACHES/ ASSISTANTS	MAXIMUM NUMBERS
MONDAY	6.00PM - 7.30PM	NAILSEA SCHOOL SPORTSHALL	YEAR 4-7	INTRODUCTION TO ATHLETICS	BEGINNER	<b>SAM</b> PLUS AMBASSADORS/HELPERS	32
MONDAY	5.15PM – 6.45PM	CLEVEDON SCHOOL FACILITY	YEAR 4-8	COMBINED EVENTS OPTION OF STRENGTH RUNNING	INTERMEDIATE	<b>CHRIS ADE</b> PLUS AMBASSADORS/HELPERS	40
MONDAY	6.30PM – 7.45PM	CLEVEDON SCHOOL FACILITY	YEAR 7+	LONG JUMP	INTERMEDIATE/ADVANCED * INVITE ONLY *	<b>CHRIS</b>	12
MONDAY	7.15PM – 9.00PM	CLEVEDON SCHOOL FACILITY	YEAR 8+	SPEED DEVELOPMENT	INTERMEDIATE/ADVANCED	<b>CHRIS</b>	24
TUESDAY	6.15PM – 7.45PM	CLEVEDON SCHOOL ASTRO	YEAR 8+	ENDURANCE ROAD SESSION	INTERMEDIATE/ADVANCED	<b>JULIAN</b> STEVE, ANDY, RUSS PLUS HELPERS	32
WEDNESDAY	5.15PM – 6.45PM	CLEVEDON SCHOOL FACILITY	YEAR 4-7	COMBINED EVENTS OPTION OF STRENGTH RUNNING	BEGINNER	<b>CHRIS</b> PLUS AMBASSADORS/HELPERS	40
WEDNESDAY	6.30PM – 7.15PM	CLEVEDON SCHOOL FACILITY	YEAR 7+	HURDLES	INTERMEDIATE/ADVANCED * INVITE ONLY *	<b>CHRIS</b> PLUS HELPERS	12
WEDNESDAY	7.00PM – 8.45PM	CLEVEDON SCHOOL FACILITY	YEAR 7+	SPEED DEVELOPMENT	INTERMEDIATE/ADVANCED	<b>CHRIS</b> PLUS HELPERS	24
WEDNESDAY	6.30PM – 7.30PM	PRIORY SCHOOL SPORTSHALL	YEAR 4-7	INTRODUCTION TO ATHLETICS	BEGINNER	<b>SUSIE &amp; JIM</b> PLUS AMBASSADORS	32
WEDNESDAY	7.30PM – 8.30PM	PRIORY SCHOOL SPORTSHALL	YEAR 7+	ENDURANCE OPTION OF SPEED DEVELOPMENT	INTERMEDIATE	<b>JIM, CHRIS</b> PLUS HELPERS	30
THURSDAY	5.15PM – 6.45PM	CLEVEDON SCHOOL FACILITY	YEAR 4-8	COMBINED EVENTS OPTION OF STRENGTH RUNNING	BEGINNER	<b>CHRIS</b> CLAIRE, NICKY PLUS AMBASSADORS/HELPERS	40
THURSDAY	6.30PM – 7.30PM	CLEVEDON SCHOOL FACILITY	YEAR 7+	HIGH JUMP	VARIOUS * INVITE ONLY *	<b>CHRIS</b>	10

THURSDAY	7.00PM – 8.45PM	CLEVEDON SCHOOL FACILITY	YEAR 7+	SPEED DEVELOPMENT	INTERMEDIATE	<b>CHRIS</b>	32
THURSDAY	6.45PM – 8.00PM	FILTON TRACK – WISE CAMPUS	YEAR 9+	ENDURANCE	ADVANCED * INVITE ONLY *	<b>JULIAN RUSS</b>	20
SATURDAY	8.30AM – 10.30AM	CLEVEDON SCHOOL FACILITY	YEAR 7+	SPRINTS, HURDLES, THROWS OPTIONS	INTERMEDIATE/ADVANCED * INVITE ONLY *	<b>CHRIS, SOPHIE, BRUCE</b>	30
SATURDAY	10.30AM - 12.00PM	CLEVEDON SCHOOL FACILITY	YEAR 4-8	COMBINED EVENTS OPTION OF STRENGTH RUNNING	BEGINNER	<b>CHRIS</b> SOPHIE, CLAIRE, JACK PLUS AMBASSADORS/HELPERS	50
SATURDAY	TBA	CLEVEDON SCHOOL FACILITY	YEAR 8+	POLE VAULT	BEGINNER/INTERMEDIATE * INVITE ONLY *	<b>DOUG</b>	8
SATURDAY	9.30AM – 10.45AM	CLEVEDON SCHOOL ASTRO	YEAR 9+	ENDURANCE WOODLAND RUN	ADVANCED	<b>JULIAN RUSS</b>	20