

**NSAC TRAINING TIMETABLE**  
**MARCH 29<sup>TH</sup> – AUGUST 30<sup>TH</sup> 2021**  
**PLEASE ARRIVE 10 MINUTES BEFORE SESSION START TIME**

DAY	TIME	VENUE	AGE GROUP	SESSION DESCRIPTION	LEVEL	LEAD COACH COACH/ ASSISTANTS/AMBASSADORS	MAXIMUM NUMBERS
MONDAY	5.15PM - 7.00PM	CLEVEDON SCHOOL	YEAR 6-9	COMBINED EVENTS OPTION OF STRENGTH RUNNING	INTERMEDIATE	<b>CHRIS</b> CHRISIE PLUS AMBASSADORS	32
MONDAY	6.45PM – 7.45PM	CLEVEDON SCHOOL	YEAR 9+	LONG JUMP	INTERMEDIATE/ADVANCED * INVITE ONLY *	<b>CHRIS</b>	12
MONDAY	7.15PM – 9.00PM	CLEVEDON SCHOOL	YEAR 8+	SPEED DEVELOPMENT	INTERMEDIATE/ADVANCED	<b>CHRIS</b>	32
MONDAY	6.00PM - 7.30PM	NAILSEA SCHOOL	YEAR 4-7	SPORTSHALL ATHLETICS	BEGINNER	<b>SAM</b> LUKE, ELOISE, MATT, SEB	32
TUESDAY	6.15PM – 7.45PM	CLEVEDON SCHOOL	YEAR 8+	ENDURANCE ROAD SESSION	INTERMEDIATE/ADVANCED	<b>JULIAN</b> STEVE, PAUL, ANDY, RUSS	32
WEDNESDAY	6.30PM – 8.30PM	CLEVEDON SCHOOL	YEAR 7+	SPRINTS	INTERMEDIATE/ADVANCED	<b>CHRIS</b> SOPHIE	32
WEDNESDAY	6.30PM – 7.30PM	PRIORY SCHOOL *CHECK VENUE	YEAR 4-7	SPORTSHALL ATHLETICS, TRACK AND FIELD AND GAMES	BEGINNER	<b>TBA</b>	32
WEDNESDAY	7.30PM – 8.30PM	PRIORY SCHOOL *CHECK VENUE	YEAR 7+	TRACK AND FIELD, ENDURANCE AND FITNESS	BEGINNER/INTERMEDIATE	<b>TBA</b>	40
THURSDAY	5.30PM – 7.00PM	CLEVEDON SCHOOL	YEAR 4-7	COMBINED EVENTS OPTION OF STRENGTH RUNNING	BEGINNER	<b>CHRIS</b> SAM, CLAIRE PLUS AMBASSADORS	44
THURSDAY	6.45PM – 8.30PM	CLEVEDON SCHOOL	YEAR 7+	SPEED DEVELOPMENT	INTERMEDIATE	<b>CHRIS</b> SAM	32
THURSDAY	6.45PM – 8.00PM	FILTON TRACK – WISE CAMPUS	YEAR 9+	ENDURANCE	ADVANCED * INVITE ONLY *	<b>JULIAN</b>	20
SATURDAY	8.30AM – 10.30AM	CLEVEDON SCHOOL	YEAR 7+	SPRINTS, HURDLES, THROWS, LONG JUMP OPTIONS	INTERMEDIATE/ADVANCED * INVITE ONLY *	<b>CHRIS, SOPHIE, BRUCE</b>	50

SATURDAY	10.30AM – 12.00PM	CLEVEDON SCHOOL	YEAR 4-8	COMBINED EVENTS OPTION OF STRENGTH RUNNING	BEGINNER	<b>CHRIS</b> SOPHIE, CLAIRE, JACK PHOEBE, ANGUS, CHRISSIE, SAM PLUS AMBASSADORS	50
SATURDAY	TBA	CLEVEDON SCHOOL	YEAR 8+	POLE VAULT	BEGINNER/INTERMEDIATE * INVITE ONLY *	<b>DOUG</b>	8
SATURDAY	9.30AM – 10.45AM	CLEVEDON SCHOOL	YEAR 9+	ENDURANCE WOODLAND RUN	ADVANCED	<b>JULIAN</b> RUSS	20