

## Club Training Sessions over Christmas

Written by Nathan Jones

Saturday, 15 December 2018 07:56

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Please read the details below regarding club training sessions on a Tuesday Evening, Wednesday Evening and Thursday Evening during the Christmas & New Year holiday. **NO TRAINING ON CHRISTMAS DAY & NEW YEARS DAY. BACK ON 03/01/19.**

Please read the details below regarding club training sessions on a Tuesday Evening, Wednesday Evening and Thursday Evening during the Christmas & New Year holiday.

### **TUESDAY EVENINGS (Club Nights): Junior Training Sessions: Sprints, Middle Distance, Throws and Indoor Groups at 6pm - 7pm**

**Please note that the last training session for the groups this side of Christmas will be on TUESDAY 18TH DECEMBER at 6pm** before the Christmas break.

There will be a two week break on Tuesday 25th December (Christmas Day) and Tuesday 1st January (New Years Day). No coaches will be present and the track/leisure centre facility will be closed or open part time hours during the period.

Training commences again as normal first week back in school, which is **Tuesday 8th January 2019.**

### **Junior Secondary & Senior Training Sessions: Middle Distance Groups at 6.30pm - 8pm**

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**Please note that the last training session for the groups this side of Christmas will be on TUESDAY 18TH DECEMBER at 6.30pm** before the Christmas break.

There will be a two week break on Tuesday 25th December (Christmas Day) and Tuesday 1st January (New Years Day). No coaches will be present and the track/leisure centre facility will be closed or open part time hours during the period.

**Please check with Carol and Delyth to see if there are any sessions being arranged elsewhere on other days over the holidays.**

For the seniors who train on a Tuesday evening at the same time, speak to others to find out the schedule.

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### **WEDNESDAY EVENINGS (Synergy):**

For those involved in the synergy circuit training inside the Leisure Centre, **Please note that the first 10 week block this side of Christmas has already finished on WEDNESDAY 28TH NOVEMBER.**

There will be a two week break on Wednesday 26th December & Wednesday 2nd January.

The sessions will start back as normal first week back in school, which is **Wednesday 9th January 2019.**

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For existing people the cost will reduce to £35 for a 10 week block in the New Year which will run until 20th February. Speak to Jake Morgan for more details and to pay also stating if you'd like to continue attending these sessions, as we do currently have a waiting list.

### **THURSDAY EVENINGS (Invite Only):**

**Please note that the last training session for all groups this side of Christmas will be on THURSDAY 20TH DECEMBER at 6pm** before the Christmas break.

Athletes involved on a Thursday should note that training **is scheduled for Thursday 3rd January** for those around at the normal time. Extra training for those competing at the Indoor meeting the following weekend can be used on this date.

Training commences as normal first week back in school, which is **Thursday 10th January 2019**

Thursday Night Training is invite only and athletes should speak with coaches available on planned session. It will be arranged through the WhatsApp which parents are invited to join the Harriers' U11 & U13 group for updates.