

WE'RE BACK! – BETTER THAN BEFORE – WE'RE BACK!



Summer Sports Scheme For children aged 9-12 and 13-15

Learn from the experiences and knowledge of Elite Athletes and Coaches through practical sessions, bite-sized workshops and other fun activities. Whether you are looking to get better on the pitch or in the pool, or simply trying to achieve a healthier lifestyle, this camp is for you. This camp will set you up with, and develop, the fundamentals to enable you to become successful in sport.

Activities throughout the week include:

- Active sessions on **speed, acceleration, mobility, endurance, coordination, movement patterns** and **power**.
- Bite-sized workshops on **nutrition, sleep, positive mental attitude, centering, performance processes** and **daily life balance**.
- Daily guest appearance from **Olympians** and other **professional athletes** from a range of sports



Monday to Friday 22nd to 26th August

9am – 4pm

Prince of Wales Stadium, Cheltenham GL50 4RN



Cost for five days £175, or £40 a day (for the sibling discount, enquire within).

! Early bird discount until 30th June; £150

for 5 days; £35 a day !



Enter Online at: www.headstartglos.co.uk (entry is online only)

About the Coaches:

Jamie Harper:

Jamie is a former Team GB Modern Pentathlete and Sports Performance Science Graduate. His goal following retirement from professional sport is to help mentor young athletes, and help them develop fundamental skills key to success in all sports.



Elliot Prince:

Elliot is a representative on the England Athletics South West Regional Council. He is a Sports Education Graduate with a passion for assisting young athletes on their sporting journey. He is a coach at Cheltenham & County Harriers and has run at national level

