

Junior Squad

Combined Clubs' Athletics Training for athletes from Year 8 upwards

**Thursday 3 November ; Thursday 10 November
Thursday 17 November ; Thursday 24 November**
5.00-6.00pm
Caledonian Ground
Logan Park Dunedin

Why?

- Try an event you are unfamiliar with
- Train together with other athletes of your age
- Get to know some of the great coaches at the Caledonian Ground
- Have a go at several events
- Train in a fun, social environment

What?

- Group warm-up
- A choice of different event groups depending on your interests;
Pole Vault | Sprints and Hurdles | Long Jump and Triple Jump
High Jump | Middle Distance Running
Shot Put, Javelin, Discus and Hammer

To register or make enquiries, please contact:
Annelies Inghelbrecht at Sport Otago
on 03 474 6418
or via email: athletics@sportotago.co.nz

Please state the events you are interested in.



**Athletics
Otago**

www.athleticsotago.co.nz