



RUN, JUMP & THROW CLUB

- Craigswood Sports Centre ■ Deans CHS
- Broxburn Academy ■ Inveralmond CHS



DAY	TIME	LOCATION	AGES	SESSIONS	DATES	COST
Monday	4.15 PM – 5.15 PM	Inveralmond Community High School	Ages 8-11	8 Sessions	25 th Jan – 8 th Feb & 22 nd Feb – 21 st Mar	£20
Monday	6.00 PM – 7.00 PM	Craigswood Sports Centre	Ages 7-9	8 Sessions	25 th Jan – 8 th Feb & 22 nd Feb – 21 st Mar	£30
Wednesday	4.30 PM – 5.30 PM	Broxburn Academy	Ages 8-11	8 Sessions	27 th Jan & 10 th Feb – 23 rd Mar	£20
Friday	1.00 PM – 2.00 PM	Deans Community High School	Ages 8-11	8 Sessions	29 th Jan – 18 th Mar	£20
Friday	2.45 PM – 3.45 PM	Craigswood Sports Centre	Ages 8-11	8 Sessions	29 th Jan – 5 th Feb & 19 th Feb – 25 th Mar	£30
Friday * Dev Squad *	3.50 PM – 5.20 PM	Craigswood Sports Centre	Ages 9-11	8 Sessions	29 th Jan – 5 th Feb & 19 th Feb – 25 th Mar	£45
Saturday	10.00 AM – 11.00 AM	Craigswood Sports Centre	Ages 8-11	8 Sessions	30 th Jan – 6 th Feb & 20 th Feb – 26 th Mar	£30

AGES 7-11

Athletics training tailored for 7-11 year olds.

This part of the Club focuses on fundamental movement skills and helps children learn vital skills which they will need as they develop. Youngsters are introduced to a range of athletic events, basic skills, balance, coordination and speed sessions; the essential ABC's of all sports.

The programme is based around Athletics, but the skills acquired can be extremely beneficial to children across a wide variety of sports. The Club operates in a safe, relaxed and friendly environment, allowing children to enjoy their experience, make new friends and to progress athletically. Scottish Athletics state "...it is widely recognised that Athletic activities: running, jumping and throwing - underpin every sport in Scotland...".



What is it?

Run, Jump & Throw (RJT) is a programme



designed to give children an opportunity to discover and participate in athletics activities all year round.

It is sessions tailored to suit children of all skill levels from beginners to those who have already taken part in introductory athletics programmes, holiday courses or local community competitions. The RJT programme offer children a wide variety of athletics events and techniques, and focuses on the fundamental movement skills, important in every child's development.

Who is it for?

Children aged 7 to 11 years who want to have fun, participate, make friends and learn new and exciting skills.

What do I need to get started?

Just a pair of trainers, water bottle and clothing suitable for exercise.

When is it?

Monday, Wednesday and Fridays after-school, and Saturday mornings. There are 8 week blocks in each school term.

Where is it?

The club is based at four locations across West Lothian, including the athletics track at Craigswood Sports Centre, Livingston.

How do I register?

Visit the RJT section of the club website at www.livingstonac.com/rjt where you can register and pay the session fee online.

Ages 7 - 8

Children will have the opportunity to practice and become familiar with the basic techniques involved in running, jumping and throwing events.

Enjoyment is the key factor in this age group.

Ages 8 - 11

As the sessions progress, we will introduce additional events and technical aspects to the athletics activities and continue to build on the foundations of good technique, enjoyment and a healthy lifestyle.

In the latter stages of this age group, children should begin to demonstrate their development and aptitude for various events with increased confidence, enjoyment and enthusiasm.

Athletics Club

From the age of 9, children can progress to the main athletics club sessions where we offer a variety of training groups to suit athletes of all ages and abilities. At this stage children will also be encouraged to take part regularly in competitions.

* Development Squad *

For athletes aged 9-11 with previous RJT or club athletics experience looking for an extra training session focussed on competition preparation.

Active Schools

The clubs at Broxburn Academy, Deans CHS and Inveralmond CHS are run in partnership with Active Schools.

