



## Join our Athletics Club!

**Kudos Athletics** is run by **England Athletics** coaches, with many years of experience in coaching junior athletes. We are DBS checked and first aid trained.

We are offering athletics coaching following a curriculum of physical conditioning and technical running, jumping, and throwing skills that has been developed by **England Athletics**. We teach children the fundamental skills of athletics whilst providing fun and fitness!



### Details:

**For Years 1 to 6**

**Mondays** from 3:30 – 4:30pm

**£108** for 12 sessions (15 Sept -15 Dec 2025)

There will be no sessions on 20 or 27 Oct due to school holidays

**Please wear** sports kit, trainers, and bring a drink

Please go to [kudosathletics.co.uk](https://kudosathletics.co.uk) click on the **Schools** button and then choose **Our Lady's** to book your place.

**Places are limited so please book early!**