

The logo for Ayrshire Athletics Arena features a series of curved, overlapping lines in red, orange, yellow, green, and blue, resembling a stylized rainbow or a track.

Ayrshire Athletics Arena

South West Scotland's premier
athletics and sports facility

Summer Programme



Athletics Tots: weekly sessions

A positive, fun-filled pre-school athletics multi skilled programme delivered in a friendly and fun environment. Invaluable social skills like listening and sharing giving children aged 3-5 years the chance to develop running, throwing and jumping skills through fun high quality coaching.

Cost: £1.65

Dates/time: Mondays 9.15am - 10.00 am
Wednesdays 1.15pm - 2.00pm

Age: 3 - 5 years

Week 1: Startrack Athletics

Startrack is an athletics camp which allows young athletes to take part in a variety of track and field events, games and competitions. Startrack is a great opportunity for youngsters aged 5-12 years to develop their athletic skills within a structured and exciting development programme. The emphasis is on fun and enjoyment, learning the key skills associated with the fundamentals of running, throwing and jumping.

Cost: £3.20 per day

Dates/time: 8th - 12th
July at 10am -
12noon

Age: 5 - 12 years



Week 2: AAA Summer Giant Heptathlon

Is an exciting competition format for young athletes aged 5-12 years. The heptathlon will include a range of athletics based activities under the guidance of qualified coaches.

Activities will encompass sprinting, hurdling, relays, endurance, jumps and throws in the indoor and outdoor track.

Day one will provide the athletes with the necessary coaching needed to compete on day two.

Day two is competition day where athletes will be put into teams and compete to be crowned the AAA Summer Giant Heptathlon Champions.

Cost: £3.20 per day

Dates/time: 16th July (Coaching)
and 17th July
(Competition)
at 10am -12noon

Age: 5 - 12 years



Week 3: Young Olympians

Everyday our Young Olympians club will be jam packed with a range of sporting and athletics activities for youngsters aged 5 -12 years. With at least 2 activities per day, you have an array of choice. So whether you are sporty, athletic or a performer there will be something you love every day.

Cost: £3.20 per day

Dates/time: 22nd - 26th July at 10am - 12noon

Age: 5 - 12 years

Week 4: AAA Summer Athletics Camp

The AAA Summer Athletics Camp will offer focused coaching support for 5 - 12 year olds to maximise their potential in the area of athletics. This camp will ensure the fundamentals of athletics are correct and specialised coaches will work with the athletes to achieve their maximum potential.

Cost: £6.40 per day

Dates/time: 30th & 31st July and 1st at 10am - 1pm

Age: 5 - 12 years

Limited places available therefore booking is advisable.

To book your place please complete and return the registration form.

Summer Programme 2013: *Registration form*

Activities (please tick the activities you wish to attend)

Athletics Tots Startrack Athletics AAA Summer Giant Heptathlon

Young Olympians AAA Summer Athletics Camp

Participants details

Name:

Date of Birth: Age

Home Address:

Town: Postcode:

Contact Telephone Number(s):

E-mail:

Emergency contact details

Name:

Contact Telephone Number(s):

Health Section

Does the participant have any medical conditions, illnesses, injuries or allergies which the staff should be aware of? YES NO

If yes, please provide details, including information of any medication:

We may wish to photograph/film the participants at the club. If you **do not** wish images of your child to be used by East Ayrshire Council or Kilmarnock Harriers AAC in the following format(s) please tick the relevant box(es).

Photographs Video Website EAC / Facebook pages

Parent / Guardian's Name:

(PRINT)

Parent / Guardian's Name:

(SIGN)

Date:

Limited places available. Please return booking form to:
Ayrshire Athletics Arena, Queens Drive, Kilmarnock, KA1 3XF

