

SMRAC Satellite

Athletics Clubs

Want to improve your sporting ability?

Then join one of our Satellite Athletics Clubs based at Teddington School & Hampton Academy, run by UKA Level 2 Athletics Coaches from St Mary's Richmond Athletic Club.



First Session FREE

For Ages 11+

Athletics based multi-skills sessions including speed, agility and quickness (SAQ) training. Suitable for all sports and abilities

Teddington

Mondays 4:15-5:15pm (term time only) – **first session 22 September**
Astroturf Pitch, Teddington School, Broom Road, Teddington TW11 9PJ

Hampton

Wednesdays 4-5pm (term time only) – **first session 24 September**
Astroturf / Sports Hall, Hampton Academy, Hanworth Road, Hampton TW12 3HB

£20 per term - first session FREE - come and try!

To book your first session and for more information email Kate Brook smrac.satellite@gmail.com



St Mary's Richmond Athletic Club

Satellite Club Membership Form



Please complete neatly!

Which Satellite Club? Teddington Hampton (tick one only)

Athlete's Name:

Athlete's Date of Birth: / /

Athlete's School:

Please state any medical condition(s) of which the coaches/club should be aware:

Parents/Guardian's name(s):

Home Address:

Postcode:

Home Phone No:

Parents/Guardian's Mobile Phone No:

Parents/Guardian's Email:

I understand what the Satellite Club is and agree to let my child participate.

Parent/Guardian's signature:

The information provided on this form is only accessed by SMRAC committee and coaches.

SMRAC Satellite Club

£20 per term. No sessions during half term holiday.

Cheques payable to: SMRAC

Hand to coaches at session or post to:

SMRAC Satellite Club, 369 Hanworth Road, Hampton, Middlesex TW12 3EJ

Helping Athletes Achieve!