



COME AND TRY ATHLETICS...

WHEN?

Every Tuesdays and Thursdays, 6:30 - 8:00pm

WHERE WE TRAIN

Moulton College Athletics Track, Gate 4,
Pitsford Road, Moulton, Northampton,
Northamptonshire NN3 7QL

WHAT WE DO?

- Learn new skills from great coaches
- Get faster and stronger
- Jump longer and higher
- Throw further
- Get healthier

AND HAVE FUN!

HOW TO JOIN?

FOR MORE DETAILS OR TO SIGN UP CONTACT
CONTACTUS@RUGBYANDNORTHAMPTONAC.ORG



HOW MUCH?

Come and try us for a
month for £10, then if you
enjoy it, join us!





EASTER HOLIDAY STAR TRACK ATHLETICS CAMPS

Moulton College 10am - 2pm

9th and 10th April

£10 per session

£15 for both days

LIMITED PLACES!

To sign up contact James on
james@wrighttrack.co.uk



STAR TRACK ATHLETICS SUMMER HOLIDAY CAMP

FREE
T-SHIRT &
GOODY BAG
MEDALS,
PRIZES AND
AWARDS
THROUGHOUT
THE WEEK

Moulton Athletics Track

12th to 16th August | 10am - 3pm

£80 per week, £25 per day



As many athletics events and skills that we can cram into a week



Runs, Jumps and Throws and some basic fitness and techniques



Every session will end with a series of relay events / team games



Plenty of fun and games with our lively coaches in a relaxed atmosphere



Coaching is provided by our junior athletics club coaches who are talented athletes themselves - all CRB checked and very experienced

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**WRIGHT
TRACK
COACHING**



UNDER 12 LEAGUE

3 matches over the summer for everyone in our club in Years 3 to 6 on Monday evenings against other clubs

A fun, busy evening where everyone does a 75m sprint, 600m distance race, long jump and howler throw

20TH MAY
Coventry

10TH JUNE
Rugby

8TH JULY
Nuneaton



**SEE HOW
MANY
POINTS
YOU CAN
SCORE AND
IMPROVE**