



**STAR  
TRACK**  
SUMMER HOLIDAY ATHLETICS

**RUGBY AND NORTHAMPTON ATHLETIC CLUB  
SUMMER HOLIDAY COURSES 2019  
HOSTED BY JAMES AT WRIGHT TRACK COACHING**

**£80 per week or  
£25 per day 10am - 3pm**

Breakfast and After Clubs  
available 8:30-5:30

**WEEK 1: 22ND - 26TH JULY, RUGBY**

**WEEK 2: 5TH TO 9TH AUGUST, RUGBY**

**WEEK 3: 12TH TO 16TH AUGUST, MOULTON, NORTHANTS**

**WEEK 4: 19TH TO 23RD AUGUST, RUGBY**

**Our Star Track Holiday Athletics Courses are excellent value and very popular**  
**Free T Shirt / Goody Bag for those coming more than 3 days!**  
**Medals, Prizes and Awards throughout the week**

#### WHAT DO WE DO?

- ★ 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

#### WHO CAN COME?

**Suitable for children aged 7 - 14 years old**

We welcome children of all abilities from the complete sporting beginner to those wanting a taster in athletics or athletes who want to develop their athletics skills

#### HOW TO REGISTER AND PAY

##### BY POST TO:

James Wright, 47 Hillmorton Road, Rugby CV22 5AB

##### RUGBY ATHLETICS TRACKCLUB SHOP TO:

Belinda: Tuesdays, Wednesday & Thursdays  
6:30 to 7:30pm

James Junior Track Club: Saturday Track Club  
09:00 to 10:30

##### ONLINE:

[www.randnac.org](http://www.randnac.org) and [www.wrighttrack.co.uk](http://www.wrighttrack.co.uk)

**Payment online or card machine payment available  
Saturday mornings 9-9:30am at Rugby Clubhouse**

**ENQUIRIES TO JAMES: [james@wrighttrack.co.uk](mailto:james@wrighttrack.co.uk)**

  
**JUNIOR  
TRACK CLUB**

#### WHAT OTHER ATHLETICS CAN I DO?

Why not come along to our Junior Track Club every week, 9:15-10:45 at Rugby Leisure Centre, Bruce Williams Way, Rugby CV22 5LJ. £5 per session or cheaper to book for the term! Aged 7 to 13. **Just turn up and sign in!**

#### COME FOR A MONTH'S TRIAL AND SEE WHAT YOU CAN DO!

See details on our website [www.randnac.org](http://www.randnac.org) for details of evening sessions for young athletes on Tuesday, Wednesday and Thursdays or email Janet Wright on [janet.randnac@gmail.com](mailto:janet.randnac@gmail.com)





# STAR TRACK

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## RUGBY AND NORTHAMPTON ATHLETIC CLUB SUMMER HOLIDAY COURSES 2019 HOSTED BY JAMES AT WRIGHT TRACK COACHING

NAME:

MALE ☐

FEMALE ☐

ADDRESS:

EMERGENCY  
CONTACT:

EMERGENCY  
TEL NUMBER:

SCHOOL:

AGE AT  
31 AUGUST:

EMAIL:

If your child is coming with a friend(s) of about the same age and want to be in the same group let us know who!

### WHEN ARE YOU COMING?

|   | WEEK ONE:<br>22ND -26TH JULY |     |     |     |     | WEEK TWO:<br>5TH TO 9TH AUG |     |     |     |     | WEEK THREE:<br>12TH TO 16TH AUG |     |     |     |     | WEEK FOUR:<br>19TH TO 23RD AUG |     |     |     |     |
|---|------------------------------|-----|-----|-----|-----|-----------------------------|-----|-----|-----|-----|---------------------------------|-----|-----|-----|-----|--------------------------------|-----|-----|-----|-----|
| DAYS<br>(10AM-3PM)                      | MON                          | TUE | WED | THU | FRI | MON                         | TUE | WED | THU | FRI | MON                             | TUE | WED | THU | FRI | MON                            | TUE | WED | THU | FRI |
| +<br>BREAKFAST<br>CLUB<br>(8.30AM-10AM) | MON                          | TUE | WED | THU | FRI | MON                         | TUE | WED | THU | FRI | MON                             | TUE | WED | THU | FRI | MON                            | TUE | WED | THU | FRI |
| +<br>AFTER<br>CLUB<br>(3PM-5.30PM)      | MON                          | TUE | WED | THU | FRI | MON                         | TUE | WED | THU | FRI | MON                             | TUE | WED | THU | FRI | MON                            | TUE | WED | THU | FRI |

• IF YOU ARE COMING FOR THE WHOLE WEEK CIRCLE THE RELEVANT WEEK BOX • IF YOU ARE COMING FOR VARIOUS DAYS CIRCLE EACH DAY • CIRCLE THE DAYS YOU WISH TO ADD BREAKFAST CLUB / AFTER CLUB

### HOW MUCH TO PAY?

Full Week (10am - 3pm)  
Full Week With Breakfast (8.30am - 3pm)  
Full Week With Afternoon Club (10am - 5.30pm)  
Full Week With Breakfast AND Afternoon Club (8.30am - 5.30pm)  
Individual Day (10am - 3pm)  
Additional Individual Day Breakfast Club (8.30am - 10am)  
Additional Individual Day After Club (3pm - 5.30pm)

£80.00  
£115.00  
£130.00  
£165.00  
£25.00  
£10.00  
£15.00

### TOTAL TO PAY

\*For multiple weeks / children please email for possible discounts

### MEDICAL INFORMATION

Does your child suffer from any medical conditions/allergies? If yes please give details

Does your child have any previous history of injuries? If yes please give details

SIGNATURE ..... FULL NAME .....

I understand that while the Athletics Coaches will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury suffered. Athletes take part in sessions at their own risk. Your personal data is used solely for this course. If you would like us to tell you about future Star Track holiday activities in Rugby tick here ☐