SUMMER TRAINING CAMP 2026

Guildford Spectrum Athletics Track, GU1 1UP

Tues 21st · (NOT Weds 22nd) · Thurs 23rd · Fri 24th July 2026

10am – 2pm every day

Quality Coaching for athletes aged 6–14!

No club membership needed – all welcome!

Join us for:

Three **action-packed** days of athletics for young **athletes** aged 6–14. Whether your child is brand new to the track or already competing, our **qualified coaches** help them **build skills**, confidence and a love of the sport in a **fun**, friendly and supportive environment.

Book your place!

£45 per day

All 3 days: £120 (save £15!)

Apply online at:

www.young-athletes.co.uk/training-camps

Payment: via Stripe (see application form), or into our bank account:

SORT CODE **30-98-97** • ACCOUNT NO **69679168**

Please add the athlete's name as reference.

Applications close: Tuesday 14th July 2026

EVERYTHING YOU NEED TO KNOW

THE CAMP IN DETAIL

We coach:

- Sprints & Starts
- Middle Distance
- Long Jump
- Team Relays
- Hurdles
- Throws
- High Jump
- Competitions

🏅 **Certificates awarded for times & distances**

What to bring

- ✓ Wear training shoes (bring spikes if you have them)
- ✓ Named kit for all weathers
- ✓ Named drinks bottle
- ✓ Packed lunch & snacks (suitable non-allergy food items)
- ✓ Sun protection
- ✓ Advise us of any health issues when applying

A typical day

- 10-10:15am: Registers and group warm up
- 10:15-12:30pm: Dedicated coaching in track and field events
- 12:00-12.30pm: Whole-group lunch
- 12.30-2pm: time trial races, measured field events with results / relays / team competitions

Our coaches

Our senior coaches are **England Athletics qualified** and DBS checked — including **Great Britain Masters** and junior athletes. Our student coaches are all athletes themselves.

Good to know

- Please note the camp runs on **non-consecutive days** – we are **NOT** running on Wednesday 22nd July.
- Our sessions continue in all weather, so please ensure your child brings appropriate clothing.

www.young-athletes.co.uk/training-camps

Apply online or scan the QR code to book your place