



# Holland Sports Athletics Club

## Coaching Sessions

	Overview	Coaches	Contact	Tuesdays	Thursdays
<b>Funetics</b> Under 10s (School Years 3 + 4 + 5)	An introduction to aspiring, young athletes to the disciplines of running, jumping and throwing in a fun, engaging way.	Kirsty Kavanagh Gemma Hall Lyndon Marfell Nici Jupp Chris Blackburn	kirsty.cutting@hollandsportsac.org.uk chris.blackburn@hollandsportsac.org.uk		<b>5.30pm - 6.30pm</b> <b>On the track.</b> <b>In poor weather, meet in the Scout Hut</b>
<b>Junior Distance</b> U10 + U12	An introduction to running with our junior distance coaches. A mix of fun warm-up games and practice over distance.	Angela Howells James Williams	james.williams@hollandsportsac.org.uk angela.howells@hollandsportsac.org.uk	<b>5.30pm - 6.45pm</b> <b>On the track with James.</b>	<b>5.30pm - 6.45pm</b> <b>On the track with Angela.</b>
<b>Junior Distance</b> U14 + U16 + U18	For those junior athletes that want to see their times improve.	Jeff Manson	jeff.manson@hollandsportsac.org.uk angela.howells@hollandsportsac.org.uk	<b>5.30pm – 7.00pm</b> <b>On the track.</b>	<b>5.30pm – 7.00pm</b> <b>On the track.</b>
<b>Sprints</b> U12 + U14 + U16 + U18	Tuesdays: Technical Drills and Sprinting Technique Thursdays: Sprint work.	Marvin Popoola Matt McGill	lloyd.archer@hollandsportsac.org.uk	<b>7.15pm - 8.45pm</b> <b>On the track with Marvin and Matt.</b>	<b>5.30pm – 7.00pm</b> <b>Track. Planned by Marvin; led by Matt.</b>
<b>Jumps</b> U12 + U14 + U16 + U18	A mix of strength, agility and speed work, as well as pure jump practice.	Jeff Manson Tom Rady	tom.rady@hollandsportsac.org.uk		<b>7.00pm - 8.30pm</b> <b>Track + Scout Hut.</b>
<b>Throws</b>	Strength, balance and speed work mixed with pure throwing practice.	Will McGinness	chris.blackburn@hollandsportsac.org.uk rob.jupp@hollandsportsac.org.uk		<b>5.30– 6.15pm. Javelin</b> <b>6.15-7.00pm. Shot</b>

	Tuesdays	Wednesdays	Thursdays	Saturdays	Sundays
<b>Senior Middle + Long Distance</b>  <b>Contact</b>  neil.danby@holland sportsac.org.uk heidi.quine@hollan dsportsac.org.uk	7.00pm-8.15pm Track Session for those used to working with others on the track. Aimed at athletes running 800m-marathon. Multiple sessions running at the same time. During the winter, track night is alternated with popular local hill sessions.	7.00pm-8.15pm Open Track Night: Free Inclusive Track session for those looking to get fit, those new to running or those that haven't stepped foot on a track since school.	7.00pm-8.15pm Road Session Progression run or a social club run: your pick!	9.00am - 10.30am Grass Session Repetitions on the grass around the fields of Mill Lane. <b>U14 + U16 + U18</b> middle distance/x-country runners are welcome to attend. Please speak to/e-mail Jeff Manson or Neil Danby. jeff.manson@hollandsport sac.org.uk neil.danby@hollandsports ac.org.uk	9.00am -11.00am Trail Run led a local runner who knows the trails. Often a road run leaves at the same time.

Notes:

Summer 2026 Track and Field Age Groups

U10s: School Year Group 3 + 4 + 5

Under 12s: School Year Group 5 + 6

Under 14s: School Year Group 7+ 8

Under 16s: School Year Group 9 + 10

Under 18s: School Year Group 11 + 12.