



## NEWSLetter - Week 4 @ the Academy

7/3	14/3	21/3	28/3	CAMP	11/4	18/4	25/4	2/5	9/5	16/5	23/5	6/6	13/6	20/6	27/6
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### Week 5 '11th April' Activity Timetable

Session	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	
1 - FMS 1.00-1.40pm	Agility Grids	Agility Hurdles	Medi Balls	TRX Straps	Dowles	Free Skipping	Football Trials (1-3pm)  Shin Pads Astros (No Boots)
2 - FSS 1.40-2.20pm	Free Skipping	Soft Archery	Fencing	Baseball	Tchoukball	Lacrosse	
3 - SS 2.20-3.00pm	Football	Athletics	Handball	Basketball	Hockey	Touch Rugby	

### Week 6 '18th April' Activity Timetable

Session	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
1 - FMS 1.00-1.40pm	Free Skipping	Agility Grids	Agility Hurdles	Medi Balls	TRX Straps	Dowles
2 - FSS 1.40-2.20pm	Lacrosse	Free Skipping	Soft Archery	Fencing	Baseball	Tchoukball
3 - SS 2.20-3.00pm	Touch Rugby	Football	Athletics	Handball	Basketball	Hockey

FMS = Fundamental Movement Skills, FSS = Fundamental Sport Skills, SS = Sport Specific

### Latest Information

Master Classes - Upcoming	Date	Parental Information
Football vs Thurrock District & Others	April 18th	<p style="text-align: center;"><b>Communication</b></p> <p style="text-align: center;"><b>To help us improve communication please join us on Facebook &amp; Twitter '4 Sports'</b></p> <ul style="list-style-type: none"> <li>• Please Inform us of any non attendance.</li> <li>• Parents <b>cannot</b> watch indoor sessions, viewing from outside the 4G astro is permitted. (Child Protection Laws).</li> <li>• Aspire Academy is likely to attract attention from different media groups which may result in photos being taken, parents wishing to exclude their child please advise.</li> <li>• e: <a href="mailto:jas4sports@hotmail.co.uk">jas4sports@hotmail.co.uk</a> / m: <b>07913 019 386</b></li> </ul>
Street Dance	2nd May	
British Free Style Skipping	9th May	
England Handball	16th May	
Street Soccer Tournament	23rd May	
Sports Psychology (Ian Gummery Msc)	13th June	
British American Football Association	TBC	
Swimming Master Class (Nicola Rees)	TBC	
Tchoukball UK	TBC	

**In Sport you Have 3 Choices, GIVE UP, GIVE IN or GIVE IT Your all!**



## WEEK4@Sporting Academy



### 2015 DODGEBALL CHAMPIONS



### Congratulations

### 'Great Berry Primary School'



Our inaugural Dodgeball Champions, beating Merrylands in the Final. Twenty schools competed in a fierce round robin and knock out competition.

### Aspire T- Shirts

Your **FREE** Aspire Academy T-shirts will be with us shortly.

### Aspire Designer Hoodie

Available for a short period limited designer AWDI hoodies only £20.00 (state your size)

Colours (Hot Pink, Snazzy Yellow or Midnight Black)

Email Jason to order (chqs payable to 4 sports)





