



## NEWSLetter (week2)

7/3	14/3	21/3	28/3	CAMP April 1-2	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 2 '14th March' Activity Timetable

Session	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
1 - FMS 1.00-1.40pm	S&C Master	S&C Master	Tchoukball	Lacrosse	Dodgeball	Soft Archery
2 - FSS 1.40-2.20pm	Fencing	Baseball	S&C Master	S&C Master	Football	Athletics
3 - SS 2.20-3.00pm	Handball	Rounders	Hockey	Touch Rugby	S&C Master	S&C Master

### Week 3 '21st March' Activity Timetable

Session	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
1 - FMS/IA 1.00-1.40pm	Inspired Athlete NH	Inspired Athlete NH	Inspired Athlete NH	Inspired Athlete NH	Inspired Athlete NH	Inspired Athlete NH
2 - FSS 1.40-2.20pm	Soft Archery	Fencing	Baseball	Tchoukball	Lacrosse	Dodgeball
3 - SS 2.20-3.00pm	Athletics	Handball	Basketball	Hockey	Touch Rugby	Football

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

S&C Master Class is lead by Mark William MSc (Southend United First Team Strength & Conditioning Coach)

Master Classes - Upcoming	Date	Parental Information
Guest Inspired Athlete Nayomi Harryman	21st March	<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>We are planning to run a two day camp during Easter (1st and 2nd April) to help raise funds for Equipment, further details soon.</li> <li>All children after Easter will receive a unique Aspire Sporting Academy t-shirt.</li> <li>Parents please download the <b>FREE SCHOOP</b> app, a communication tool that will help keep parents, carers pupils in the loop with all the latest developments.</li> <li>e: <a href="mailto:jas4sports@hotmail.co.uk">jas4sports@hotmail.co.uk</a> / m: 07913 019 386</li> </ul>
Tchoukball UK	18/25 April	
Street Dance	2nd May	
British Free Style Skipping	9th May	
England Handball	16th May	
Street Soccer Tournament	23rd May	
Football vs Thurrock District & Others	April	
British American Football Association	TBC	
Swimming Master Class (Nicola Rees)	TBC	
Sports Psychology (Ian Gummery Msc)	TBC	

**Swimming Master Class:** We are looking at organising a Master Class in swimming, with Nicola Rees (Inspired Athlete) for a small group (16) with swimming experience. Those that are interested please register your interest with Jason.



**WEEK1 Sporting Academy**



**WEEK3 Guest Inspired Athlete 'Naomi Harryman' 21st March**



**Naomi Harryman**

<b>Club</b>	<b>Harlow AC</b>
<b>Gender</b>	<b>Female</b>
<b>D.O.B</b>	<b>Female</b>
<b>Age Group</b>	<b>U20</b>
<b>County</b>	<b>Essex</b>
<b>Region</b>	<b>East</b>
<b>Nation</b>	<b>England</b>

- South of England U17 Pentathlon Champion 2014
- Eastern Counties U17 Long Jump Champion 2014
- Easter Counties Triple Jump Champion 2014
- Essex 80m Hurdles Champion 2014
- England U17 Pentathlon Silver Medalist 2014
- English Schools U17 Long Jump Silver Medalist 2014
- Essex County Heptathlon Champion 2014



21st March Naomi Harryman is visiting our Academy, we will be providing time for Q & A session, those that have ambitions of becoming an elite performer this will be ideal opportunity to have some of your questions answered, training commitments, recovery schedule, support network, nutrition etc.

