



NEWSLetter (week3)

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
-----	------	------	------	------	------	------	------	-----	-----	------	------	-----	------	------	------

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

Week 4 '28th March' Activity Timetable

Session	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
1 - FMS 1.00-1.40pm	Agility Hurdles	Medi Balls	TRX Straps	Dowles	Free Skipping	Agility Grids
2 - FSS 1.40-2.20pm	DODGEBALL TOURNAMENT (Every One Involved) Those that have knocks will be officials					
3 - SS 2.20-3.00pm						

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

No Academy on Saturday 4th April (easter Weekend)

Master Classes - Upcoming	Date	Parental Information
Tchoukball UK	18/25 April	• Please Inform us of any non attendance.
Street Dance	2nd May	• Parents cannot watch indoor sessions, viewing from outside the 4G astro is permitted. (Child Protection Laws).
British Free Style Skipping	9th May	• 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.
England Handball	16th May	• We are planning to run a two day camp during Easter (1st and 2nd April) to help raise funds for Equipment, further details soon.
Street Soccer Tournament	23rd May	• All children after Easter will receive a unique Aspire Sporting Academy t-shirt.
Football vs Thurrock District & Others	April 18th	• Parents please download the FREE SCHOOP app, a communication tool that will help keep parents, carers pupils in the loop with all the latest developments.
British American Football Association	TBC	• e: jas4sports@hotmail.co.uk / m: 07913 019 386
Swimming Master Class (Nicola Rees)	TBC	
Sports Psychology (Ian Gummery Msc)	TBC	

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



WEEK2@Sporting Academy



WEEK4 28th March DODGEBALL COMPETITION



Something Fun but competitive to start the Easter Holidays, dodgeball can be played and enjoyed at all levels regardless of age, gender or ability. No matter who you play with you will enjoy it and anyone can become good. It tests your speed, reactions, agility, reflexes, catching ability, arm power, further more it is a very high speed game requiring added awareness due to multiple balls always in play. We have children representing 20 different Junior / primary schools, children will represent their school and those schools that don't have enough children to make a team of six will join with others, this promises to be great fun! Don't Miss!

WEEK6 18th APRIL FOOTBALL FIXTURE v THURROCK DISTRICT

We have arranged a friendly game vs Thurrock District U11's, to be held at Woodlands School on April 18th. We are looking for all boys / Girls that are interested in playing to come forward and speak to Jason, we will hold trials on April 11th and depending on amount of children that want to play either select a squad or rotate everyone. We have invited other Academies to come down and hopefully it will be at least a three team mini tournament.

Register your interest with Jason ASAP



