

East Midlands Jumps School

Following the success of the **POLE VAULT SCHOOL** we will be running the East Midlands Jumps School, to be held at Loughborough University High Performance Athletics Centre.

These sessions are designed for both athletes and coaches and cater for the full range of abilities

Sessions will take place every other Wednesday from October 10th 2008

Pole Vault - Beginners please contact Alan Richardson

2-3metres - 6-7pm

3-4metres - 7-8pm

Long Jump - 6-7pm

High Jump - 7-8pm

Triple Jump - 7-8pm

See www.englandathletics.org/east-midlands for more information

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