

Team Spelthorne Coaching Programme 2017

You may select two sports per child, providing the competition days are different.

Gender	Sport	School Year	Coaching Dates	Time	Venue	Competition Day
Mixed	Badminton (Junior)	5 and 6	Sundays: 23 April 7, 14, 21 May, 4, 11 June	11am-12pm	Sunbury Leisure Centre	Saturday
Mixed	Badminton (Senior)	7, 8 and 9	Sundays: 23, 30 April 7, 14, 21 May, 4, 11 June	2-4pm	Spelthorne Leisure Centre	Saturday
Mixed	Boccia - disability	3-11	Taster Session: Saturday 22 April	10.15-11.45am	Spelthorne Leisure Centre	Saturday
Mixed	Boxing (non contact)	7-11	Mondays: 24 April, 8, 15, 22 May, 5, 12 June	4.30-5.30pm	Spelthorne Leisure Centre	Sunday
Mixed	Lacrosse	7-10	Taster Session: Saturday 25 March	1-3pm	Lammas Recreation Ground	Saturday
			Wednesdays: 26 April, 3, 10, 17, 24 May, 7, 14 June	5-6pm		
Mixed	Squash (Junior)*	3, 4 and 5	Open day: Friday 21 April	4-6.15pm	Spelthorne Leisure Centre	Saturday
	Squad Training		Fridays: 28 April, 5, 12, 19, 26 May, 9, 16 June	4-5pm		
	Development		Saturdays: 29 April, 6, 13, 20 May, 3, 10 June	2-3pm		
Mixed	Squash (Senior)*	6, 7 and 8	Open day: Saturday 22 April	1.45-4pm	Spelthorne Leisure Centre	Sunday
	Squad Training		Fridays: 28 April, 5, 12, 19, 26 May, 9, 16 June	5-6pm		
	Development		Saturdays: 29 April, 6, 13, 20 May, 3, 10 June	3-4pm		
Mixed	Swimming**	5, 6 and 7	Saturdays: 22 April, 13, 20 May	6-7pm	Spelthorne Leisure Centre	Sunday
Mixed	Table Tennis	5-7	Thursdays: 27 April, 4, 11, 18, 25 May, 8, 15 June	5-6pm	Ashford Table Tennis Club	Sunday
Mixed	Table Tennis	8-10	Thursdays: 27 April, 4, 11, 18, 25 May, 8, 15 June	6-7pm	Ashford Table Tennis Club	Sunday
Mixed	Tennis	3	Saturdays: 29 April, 6, 13, 20 May, 3, 10 June	8.15-9am	Fordbridge Park	Saturday
Mixed	Touch Tennis	7-11	Mondays: 24 April, 8, 15, 22 May, 5, 12 June	6.45-7.30pm	Fordbridge Park	Sunday
Boys	Hockey	5 and 6	Wednesdays: 26 April, 3, 10, 17, 24 May, 7, 14 June	7-8pm	Staines Hockey Club	Saturday
Boys	Judo***	3-11	Wednesdays: 26 April, 3, 10, 17, 24 May, 7, 14 June	5-6pm	Charlton Village Hall	Sunday
Girls	Cricket	4, 5 and 6	Thursdays: 27 April, 4, 11, 18, 25 May, 8, 15 June	6-7pm	Shepperton Cricket Club	Sunday
Girls	Football	3 and 4	Tuesdays: 25 April, 2, 9, 16, 23 May, 6, 13 June	6-7pm	Matthew Arnold School	Saturday
Girls	Football	5 and 6	Tuesdays: 25 April, 2, 9, 16, 23 May, 6, 13 June	7-8pm	Matthew Arnold School	Saturday
Girls	Hockey	5 and 6	Wednesdays: 26 April, 3, 10, 17, 24 May, 7, 14 June	7-8pm	Staines Hockey Club	Saturday
Girls	Judo***	3-11	Wednesdays: 26 April, 3, 10, 17, 24 May, 7, 14 June	5-6pm	Charlton Village Hall	Sunday
Girls	Netball - high 5	5 and 6	Mondays: 24 April, 8, 15, 22 May, 5, 12 June	5.30-6.30pm	Matthew Arnold School	Saturday
Girls	Netball (Junior)	7 and 8	Mondays: 24 April, 8, 15, 22 May, 5, 12 June	6.30-7.30pm	Matthew Arnold School	Saturday
Girls	Touch Rugby	4-7	Mondays: 24 April, 8, 15, 22 May, 5, 12 June	4-5pm	London Irish Rugby Club	Sunday

*you will need to select a time slot to attend

**you must be able to safely dive, swim 50m with legal technique (according to ASA technical rules) and tread water

*** please note that you must also be born between 19/06/01 and 18/06/09 to participate. Due to safety considerations, the coach will assess beginners for suitability to take part in the competition. If you are selected to compete at the games weekend, you will need a judo suit (available to borrow) and a judo licence (cost approx. £12)

Please note that some of the latter training sessions will be squad/team only - please check with your coach

If you have any queries, please contact Leisure Services 01784 446433 or email leisure@spelthorne.gov.uk