



AMPTHILL & FLITWICK **FLYERS**

WASTON FOREST 5K
FLITWICK 10K
AMPTHILL TROPHY
CROSS COUNTRY

Founder: Steve Jordan www.affrunningclub.org.uk President: Ricky Jennings

JUNIOR FLYERS ***Autumn & Winter Training***



HARDER!...FASTER!...FITTER!...FUN!



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ABOUT THE CLUB

Amphill & Flitwick Flyers (AFF) is a friendly running club, catering to all abilities, from absolute beginners to the elite distance runners. Focusing on road running and cross-country, our membership exceeds 200, including several 'Junior Flyers'. Runners at all levels receive plenty of support and advice from our UKA qualified coaching team.

FLYING IN AMPHILL PARK

Back by popular demand – our Junior Flyer cross-country training is primarily based in Amphill Park, where training sessions are held on Saturday mornings commencing September 17th and continuing until mid-February 2012. These sessions are open to local school students aged between 9 and 16.

We've taken our experience in running summer and winter junior's events to develop training that should never leave you bored. We combine fun exercises and games and with more traditional training techniques, plus we give all runners the opportunity to compete in local competitions; and as we help build each student's speed, strength and endurance. Many find their performance in other sports also improves.

TIMINGS

The first Junior Flyers training session is **on Saturday, 17th September**. All sessions will start at 9am: **students are asked to arrive promptly at 8.50am** to ensure adequate time for registration and session preparation.

We will meet for training in the **Football Club Car Park, off Woburn Street, Amphill** and then go together to our chosen training point in the park and surrounds.

Sessions will continue (in almost all weather conditions!), until mid-February with a break over the Christmas holidays. **The cost for the whole course is £12** (£6 for runners who previously enrolled in our 2011 Summer school*) this includes membership of Amphill & Flitwick Flyers running club until February 2012. Fees are payable in advance and once the application is successful, is not refundable in whole or part.

RACES

We race in the Chiltern Cross-Country league, which offers age-group races with shorter distances for younger runners, with everyone encouraged to have a go. As these races are held on a Saturday we don't train in the park on race weekends.

If you are interested, please download and complete an application form from www.AFFRunningClub.org.uk/Juniors or, email us at Juniors@AFFRunningClub.org.uk with the student's name, age and sex to reserve a place. You will then receive, by return, an application form to be completed and brought to the first session along with payment.*

* £6 each per athlete, per year goes towards our UK Athletics insurance and affiliation and AFF club membership (until February 2012). Summer school 2011 athletes paid this when they registered in May.