

WHY JOIN THE JERSEY SPARTAN ATHLETIC CLUB?

Website address – www.jerseyspartans.org

The benefits of membership

Do you fancy getting fit, meeting some new friends and having fun at the same time? Why not join the Jersey Spartan Athletic Club? – an athletic club which also enjoys a great social scene! From running 100 metres or an overseas marathon, competing in inter-insular cross-country events to social runs in Jersey or on the French cliff paths in Brittany. You don't have to be a potential Olympic athlete to join!

We have many activities on offer for various age groups and abilities throughout the year. I am sure that you'll be able to find the right training session/activity to suit your requirements. For those of you who would like to take part in competitions, there are many available throughout the year. We keep a Sports Diary which is printed every Friday in the JEP so that you can see what is on offer each week. We also send a news sheet each week by email to all members who provide us with an email address which gives notice of any fixtures or competitions that are coming up together with any other news.

Training with coaches

The training sessions currently on offer and the number to ring for further details are as follows:-

Saturday – Senior/Junior Track and Field training at FB Fields, 10.30am (07797 735828)

Sunday – Senior/Junior Track and Field training at FB Fields, 10.30am (07797 735828)
Distance training, various locations, 9am (855109)
Sportshall athletics School years 4, 5 & 6 (September to March), Langford Sports Hall, 9.30am – 11am (499359)
Minis training School years 4, 5 & 6 (April to August), FB Fields 10am – 11.30am (499359)

Tuesday - Senior/Junior circuit training (September to March) Langford Sports Centre 7-8pm (07797 735828)
Junior training, School year 7 & 8 (September to March) Langford Sports Centre 7-8pm (722377)
Senior/Junior Track and Field training at FB Fields year 6 upwards (all year) 6.30pm - 7.30pm (722377)
Senior road and distance coaching, West Park Shelter 6pm (07797 889594)

Thursday - Senior/Junior Track and Field training at FB Fields year 6 upward (all year) 6.30 – 7.30pm (722377)

Other benefits – Travel subsidies and Discounts

Please see 'Membership Form' and 'Guidelines for completing the Membership Form' together with 'The benefits of joining the Jersey Spartan AC' on the 'About us' page of our website 'www.jerseyspartans.org'

If you would like any further information regarding membership, please ring Richard Milner on 861767 or email him on milner@jerseymail.co.uk and I'm sure he'll be happy to help.