

Week Beginning	4/16/2018	4/23/2018	4/30/2018
	Monday	Monday	Monday
Years 3,4 & 5 Mark	Years 3-5 Throws Howler Obstacle Relays	Years 3-5 Sprints Starts Agility Circuit	Years 3-5 Endurance Pacing Flexibility In Pairs
Years 6+ Brian	Years 6 + Sprints Starts Continuous Relays	Years 6 + Throws Javelin Endurance Reps 200m x 5	Years 6 + Endurance Flexibility in Pairs
Wednesday	NEGP Monkton	Possible Track Session	Possible Track Session
Years 6+ Brian and Mark	Thursday	Thursday	Thursday
Years 3,4 & 5 Claire	Years 3-5 Endurance Pacing How Far In 5 minutes	Years 3-5 Junior Handicap 1000m/ 2000m	Years 3-5 Hurdles Hurdle Sprint races
Years 6+ Mark	Years 6 + Endurance Continuous Reps	Years 6 + Junior Handicap 1000m/ 2000m	Years 6 + Sprints Acceleration Runs Short Relays
Years 6+ Brian	Years 6 + Shot Putt Continuous Reps	Years 6 + Junior Handicap 1000m/ 2000m	Years 6 + High Jump Short Relays
Saturday/ Sunday Competitons Sessions	22nd April Whitley Bay Spring Track Relays	29th April Darlington NEYDL	6th May NOTAN Grand Prix Whitley Bay



5/7/2018	5/14/2018	5/21/2018
Monday	Monday	Monday
Bank Holiday No Session Tonight	Years 3-5 Jumps Continous Relays	Years 3-5 Throws Howler Under and Over Relays
Bank Holiday No Session Tonight	Years 6 + High Jump Continuous Relays	Years 6+ Endurance Flexibility in Pairs
Committee meeting 7pm Beamish Mary	Possible Track Session	NEGP Monkton
Thursday	Thursday	Thursday
Years 3-5 Throws Howler Continuous Relays	Years 3-5 Sprints Starts Obstacle Relays	Years 3-5 Junior Handicap 1000m/ 2000m
Years 6 + Endurance Ocstacle Relays	Years 6 + Sprints Continuous Relays	Years 6+ Junior Handicap 1000m/ 2000m
Years 6 + Long Jump Ocstacle Relays	Years 6 + Hurdles Continuous Relays	Years 6+ Junior Handicap 1000m/ 2000m
12th & 13th May NECAA Track and Field Championships Gateshead	20th May NEYDL Middlesbrough	