

# LETMEPLAY ATHLETICS CAMP

LETMEPLAY.CO.UK

## DEVELOP YOUR ATHLETIC PERFORMANCE!

- High quality training from current GB and England coaches, as well as GB and England international athletes
- The camp caters for all athletic disciplines
- Train in one of UK Athletics' National Performance Centres
- Core training sessions as well as individual instruction in your main event/events
- Lectures and workshops that stress the importance of track and field fundamentals
- Variety of training methods
- Injury prevention and rehab advice
- Awards – presented in the closing ceremony



**LETMEPLAY**  
SPORTS, EDUCATION  
& POSITIVE ACTIVITIES  
[www.letmeplay.co.uk](http://www.letmeplay.co.uk)



**10th - 15th August 2019**  
**LOUGHBOROUGH UNIVERSITY**  
**Ages 10 - 18**

**LIMITED PLACES, BOOK NOW!**  
[letmeplay.campbrainregistration.com](http://letmeplay.campbrainregistration.com)  
or for more information contact us at:  
[Letmeplay.co.uk](http://Letmeplay.co.uk), [info@letmeplay.co.uk](mailto:info@letmeplay.co.uk),  
020 3475 7511