



WEST LONDON TRACK AND FIELD

PERFORMANCE SQUADS – INFORMATION

| GOLD | SILVER | BRONZE |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|
| 4 sessions per week | 4 sessions per week | 1-2 sessions per week |
| Lead coaches Laura Turner-Alleyne & Mikel Perry | Lead coaches Charlie Craddock & Joseph Moses | Lead Coaches Yasmin Regis, Jamie Holme & Genis Chan |
| Monday & Wednesday – 10am / 6pm Thursday - 4pm / 6pm Friday & Saturday - 10am | Monday & Wednesday – 4pm / 6pm Thursday - 6pm Saturday - 10am | Sprints - Saturday 9am & Wednesday 6pm Hurdles - Saturday 9am |
| Therapy 1-2 per week | Therapy 2-3 per month | Therapy available on ad-hoc basis |
| S&C programme & coach | S&C programme & coach | Intro to S&C after each session |
| National / International | U20 + (School years 12+) | U15, U17 & U20 (School years 8 - 13) |
| £100-£140 per month Brunel Students £50-£70 per month term time | £100-£120 per month Brunel Students £50-£60 per month term time | £40-£60 per month |

Gold & Silver squads train together. Squad assignment at the discretion of the lead coaches.

Payment via subscription on our website. Your lead coach will provide you with the link to sign up.

If you have any questions, please do not hesitate to contact Laura directly - laura@westlondontrackandfield.com / 07939 033036

www.westlondontrackandfield.com