

Jumps Training – further information

We take athletes from Under 13 (school years 6&7) and above, there is no upper age limit however we do not offer Triple Jump to athletes in the U13 age group.

A Whatsapp group is used for general communication.

All of our training has a technical base providing an environment for athletes to develop the skills required for these events. The sessions are suitable for all athletes at any level and athletes should be prepared to work hard and to enjoy training.

Jumps training is split into two seasons, Summer and Winter.

Summer Training: April to September

All the sessions take place at the Outdoor Sports Centre on a Tuesday and a Thursday evening from 6pm until 7/7:30. Tuesday evenings focus on horizontal jumps, Long Jump and Triple Jump and Thursdays are for High Jump but can change to long jump if the weather is poor.

The sessions are a mix of drills, running and jumps technical focus. Sessions will be modified based on attendees and on the competition timetable.

The group generally takes a break the first two weeks in September.

Winter Training: October to March

The Tuesday sessions moves indoors, this takes place at Cantell School 5:30pm to 7:30pm. These sessions are offered to U15s and above.

The sessions are structured to give the athletes all round conditioning specific for jumps, focusing on reaction times, plyometric, conditioning and mobility.

The Thursday session takes place at the Outdoor Sports Centre 6pm to 7/7:30 and will be a mix of drill, running and horizontal jumps. The sessions are suitable for athletes training in both horizontal and vertical jumps.