**Youth Section Term Dates**

**(per training group and age groups)**

**Whilst training groups are primarily based on ability they will also be split into age groups.**

**Age groups**

Our **age groups** for training are based on school years as follows:

* Year 3 = Under 9 (U9) = Godiva Kids
* Year 4 = Under 11 (U11) = Godiva Kids
* Year 5 = Under 11 (U11) = Godiva Kids
* Year 6 = Under 13 (U13) = Run Jump Throw Academy or Run Jump Throw Social
* Year 7 = Under 13 (U13) = Run Jump Throw Academy or Run Jump Throw Social
* Year 8 = Under 15 (U15) = Run Jump Throw Academy or Run Jump Throw Social
* Year 9 = Under 15 (U15) = Run Jump Throw Academy or Run Jump Throw Social
* Year 10 = Under 17 (U17) = Run Jump Throw Social
* Year 11 = Under 17 (U17) = Run Jump Throw Social

**Competition age groups**

Competition ages groups are usually by the 31st of August, but it can differ from this (e.g. Sportshall and Cross Country) so please refer to guidance from team managers about competition age groups.

**Training days**

* Tuesday, Thursday and Sunday

**Training frequency**

Due to current capacity of coaches we are only able to offer the following:

* **Godiva Kids athletes (U9 and U11)**
	+ Are able to train once a week, term time only
* **Run Jump Throw (U13)**
	+ Are able to train twice a week, most of the year
* **Run Jump Throw (U15 and U17)**
	+ Are able to train three times a week, most of the year

***Please let us know if you would be interested in becoming a coach at the club.***

**TUESDAY** GODIVA KIDS

Term Dates for the School Year 2022-2023

**VENUE OUTDOOR** – Coventry Athletics Track, Kirby Corner Rd, Coventry CV4 7AL

**INDOOR** – None for the 2022/23 season

**KEY RED** – Indoor

**Term 1 and 2** – 14 weeks

Tuesdays 6th, 13th, 20th and 27th of September

 4th, 11th and 18th of October

**Half term break (week off GK)**

Resumes 1st, 8th, 15th, 22nd and 29th of November

 6th and 13th of December

**Term 3 and 4** – 11 weeks

Tuesdays 10th, 17th, 24th and 31st of January

 7th and 14th of February

**Half term break (week off GK)**

Resumes 28th of February

 7th, 14th, 21st and 28th of March

**Term 5 and 6** – 13 weeks

Tuesdays 18th and 25th of April

2nd, 9th, 16th and 23rd of May

**Half term break (week off GK)**

Resumes 6th, 13th, 20th and 27th of June

 4th, 11th and 18th of July

**THURSDAY** GODIVA KIDS

Term Dates for the School Year 2022-2023

**VENUE OUTDOOR** – Coventry Athletics Track, Kirby Corner Rd, Coventry CV4 7AL

**INDOOR** – None for the 2022/23 season

**KEY RED** – Indoor

**Term 1 and 2** – 14 weeks

Thursdays 8th, 15th, 22nd and 29th of September

 6th, 13th and 20th of October

**Half term break (week off GK)**

Resumes 3rd, 10th, 17th and 24th of November

 1st, 8th and 15th of December

**Term 3 and 4** – 11 weeks

Thursdays 12th, 19th and 26th of January

 2nd, 9th and 16th of February

**Half term break (week off GK)**

Resumes 2nd, 9th, 16th, 23rd and 30th of March

**Term 5 and 6** – 13 weeks

Thursdays 20th and 27th of April

4th, 11th, 18th and 25th of May

**Half term break (week off GK)**

Resumes 8th, 15th, 22nd and 29th of June

 6th, 13th and 20th of July

**SUNDAY** GODIVA KIDS

Term Dates for the School Year 2022-2023

**VENUE OUTDOOR** – Coventry Athletics Track, Kirby Corner Rd, Coventry CV4 7AL

**INDOOR** – *TBC (if required)*

**KEY RED** – Indoor

**Term 1 and 2** – 14 weeks

Sundays 11th, 18th and 25th of September (4th is a Coach Development Day)

 2nd, 9th, 16th and 23rd of October

**Half term break (week off GK)**

Resumes 6th, 13th, 20th and 27th of November

 4th, 11th and 18th of December

**Term 3 and 4** – 10 weeks

Sundays 15th, 22nd and 29th of January (*8th is a Coach Development Day*)

 5th and 12th of February

**Half term break (week off GK)**

Resumes 26th of February

5th, 12th, 19th and 26th of March

**Term 5 and 6** – 12 weeks

Sundays 23rd (Family Day) and 30th of April (*16th is a Coach Development Day*)

7th, 14th and 21st of May

**Half term break (week off GK)**

Resumes 4th, 11th, 18th and 25th of June

 2nd, 9th, ad 16th of July

**RUN JUMP THROW**

Training Dates for the 2022-2023 Season

**VENUE OUTDOOR** – Coventry Athletics Track, Kirby Corner Rd, Coventry CV4 7AL

**ALL DATES except the following:**

**December 19th to January 2nd**

A time to enjoy the end of the year, whether that be with family or friends or doing something you like to do to relax.

It is important to use the breaks to recover and enable the body to adapt and strengthen in these breaks so you can come back even stronger than before.

Light exercise is welcomed (active recovery), but no hard sessions.

**March 31st to April 17th**

This is where we need athletes to recover in the run up to the Summer season to enable the adaptations to occur and for the athletes to be fresh for the upcoming competitions.

Gentle exercise is welcomed (active recovery), but no hard sessions.

**August 11th to September 4th**

To enable the team to have a well deserve rest ahead of the next training year.

Invitation only sessions for those still competing during this period.

**Please note:**

Run Jump Throw Social for U13s might operate term time only like Godiva Kids