

CLUB	Inverness Harriers AAC and Inverness Leisure
Key Area	Run Jump Throw
Details	<p>Over the past few years this has now expanded to include classes for all primary age children and is coordinated between Inverness Leisure and the club, who also help with coaches such as junior club members doing Duke of Edinburgh Awards. The numbers are regulated by a booking system at Inverness Leisure and there is a waiting list at present for 1 year to get into these classes. The club are in constant communication with the Centre and are now looking at ways to address the waiting lists. This creates a clear pathway for athletes to progress in to the main Athletics Club.</p> <p>The Junior section of Inverness Harriers started in the early 90`s when the club realised that a lot of youngsters were being drawn in to other sports. The Harriers 10`s Club was developed and held on a separate night to the main club. The group had a multi-event theme to it and the lead coach was supported by other coaches form the club.</p> <p>Initially, there were around 90 children who were all split into groups and rotated round each discipline, around 15 minutes at each. To help manage the large numbers, the running groups were allocated larger numbers. As an addition to this, in 2003, 2 coaches from the club started a winter Cross Country group for P4 – P7.</p>
Further info	http://www.invernessharriers.org.uk/