

Swift Kids' Athletics Programme

Introduction

The programme serves to introduce to younger athletes, from the ages of 5 to 12, ways and methods to strengthen their physical coordination and athletics skill.

Objectives

Through athletic skills, the students will learn what their physical capabilities are. This programme serves as a spring board for younger students to excel in sports later on in their academic careers.

Young athletes develop at different rates and growth. The athletes will have developed neural system for learning basic technique and skills.

The early introduction of basic movement skills like running, jumping, hand-eye coordination, throwing and catching helps the child by allowing them to be confident and comfortable in the realm of sports. This will ultimately give them an edge over other students in the many types of competitive sports

Values and Mental Fortitude

The activities are also centered on developing a holistic individual. The program is designed to inculcate values such as sportsmanship, teamwork, positive attitude (persistence, resilience, caring, etc) and respect for fellow athletes. This also develops the mental side of an athlete where they have a strong sense of self-belief, an ability to overcome obstacles, independence and commitment.

Kids' Athletics Information

Venue/Centre	Home of Athletics (HOA)
Training sessions	Every Sunday, 8am to 9.30am
Sports programme	Kids' Athletics
Age group	5 to 12 years old

Venue/Centre	Serangoon Stadium/Macritchie Reservoir
Training sessions	Every Saturday, 4pm to 5.30pm
Sports programme	Kids' Athletics
Age group	5 to 12 years old

Khairina Mohd

Swift Kids' Co ordinator:

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