

English Institute of Sport

6/2/18

An inspirational trip took part on Tuesday, where 35 children from 5 different schools went to the English Institute of Sport in Sheffield. The trip, organised by SPIN, was a reward for the children who had attended the SPIN AIM academy. The academy identifies children with talent in sport and then allows them to try different ones so they can then make informed choices about their sporting careers.

The day was amazing, firstly the children were taken on a tour around the facilities, witnessing elite athletes training, from disabled table tennis and badminton players to National heptathletes and decathletes.

The afternoon took the form of two sessions, one was an athletics session where the children took part in sprinting, long jump and high jump. The other was an introduction to volleyball. The final event performed was a 200 metre relay around the indoor track.

An amazing day, which I'm sure inspired every one of the 35 children who went and the 4 adults too.