

Cambridge Harriers

800 ~ 1500 SQUAD



Coaches:

Dom Fiore

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Andy Knight

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OUR PURPOSE

To develop young, male and female **middle distance** athletes to reach their potential and be competition ready.

OUR ETHOS

We aim to provide a training culture that produces confident, resilient, self-motivated, happy athletes.

READY TO FULFILL YOUR POTENTIAL?

If you are aged 15 – 20 contact Dom or Andy to arrange athlete induction.

Where do we meet?

Sutcliffe Park Track
Eltham Road / Kidbrooke Park Road
Eltham
London
SE9 5LW

When do we meet?

Tuesday 6.30pm
Thursday 6.30pm

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800 ~ 1500 SQUAD

What can the Athlete expect from us?

- Tailored one to one coaching by UKA qualified Coaches & Assistant Coaches
- An athlete centered training program focused on realistic progression and honest assessment
- Coach access and communication outside of sessions

What do we expect from the Athlete?

- Commitment
- Honesty
- Communication
- Respect
- To keep a training diary
- Club membership after induction

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