

CITY OF BRADFORD UNDER 11 TRIALS

TEAM DECLARATION. – can be e-mailed by Thursday 4th DECEMBER 2008

E-MAIL AOATES@BLUEYONDER.CO.UK

**SCHOOL _____ . Teacher/_____ .
Team Manager.**

BOYS YEAR 5 & 6

NAME	AGE	TELEPHONE NUMBER

GIRLS YEAR 5&6

NAME	AGE	TELEPHONE NUMBER

ATHLETE SCORE CARDS WILL BE READY FOR COLLECTION ON THE DAY. ATHLETES WILL BE REQUIRED TO COMPETE IN AS MANY EVENTS AS THEY WOULD LIKE.

SCORE CARDS ARE TO BE HANDED IN AT THE END IN A NEAT CLEAN CONDITION IN ORDER THAT THE REPRESENTATIVE TEAM CAN BE SELECTED.

THE EVENTS TO BE TRIALED ARE :

TRACK EVENTS

2 LAP RACE
1 LAP HURDLE RACE
1 LAP OBSTACLE RACE

JUMPING

STANDING LONG JUMP
STANDING TRIPLE JUMP
VERTICAL JUMP

THROWING EVENTS

SOFT JAVELIN
CHEST PUSH
TARGET THROW

AGILITY EVENTS

SPEED BOUNCE (20 sec)
BALANCE TEST (15 sec on each leg)
HIGH STEPPER CHALLENGE (New 2008)