



# OPEN DAY!

The Seahawks Junior Squad offers eligible young athletes from 10 to 18 years old an opportunity to develop their skills to succeed in their future sports journey:

- Better overall motor development,
- Longer playing careers, increased ability to transfer sports skills
- Increased motivation and confidence.



**Date: 14 August 2016**

**Where:** Sydney Olympic Park Athletic Centre

## Timetable

10:00am – Introduction

10:15am – Warm Up with Champions: Jack Hicking, Angus Armstrong, Alysha Burnett (World Junior representatives, multiple NSW record holders, )

10:45am – Try out Sprint, Pole Vault, Hurdles, Shot put and more!

12:15pm – Open Chat

**RSVP by 12. Aug. 2016.**

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