2027/2028

Sport Academies

RUNSHAW COLLEGE

Sports Academies

Serious about sport? Have fun but don't play at it!

Good sports coaching and advice can turn an average performer into a medal winner. Runshaw Sports Academy could help you achieve your sporting potential.

College sport involves working with AoC Sport, an organisation responsible for holding the largest annual sporting competition to take place in the UK. Students compete in a broad range of sports from the major team sports to individual sports such as athletics, golf, racket sports and tennis. Runshaw frequently win at regional level, our athletes represent the North West in an Olympic style National final involving over 3500 competitors at one of the country's leading sports universities.

Our athletes have won and represented the North West at: Athletics and Cross Country, Badminton, Football (men and women), Golf, Netball, Rugby, Tennis and Table Tennis.

If you enjoy working with highly motivated coaches and enjoy the latest training techniques, look no further than Runshaw Sports Academy.

No matter how ambitious your goal, we would like the opportunity to help you succeed both in your academic and sporting career. Along side coaching, advice is given on: Planning and Goal setting, Injury prevention and mobility, Endurance, Strength, Speed and agility, Sports Psychology, Nutrition and Technical & Tactical coaching.

Are you ready to be challenged in your sport? If the Sports Academy interests you or you have any questions, please get in touch: **wildbore.j@runshaw.ac.uk**

What's great about this course?

You don't have to be on a sports course to enrol on the academy

One competitive fixture per week and all coaching sessions are between 9.00am - 3.40pm

Modern high class facilities

Opportunities to tour

For more information about our courses, visit **runshaw.ac.uk**
call **01772 643000** or email **info@runshaw.ac.uk**

040826 Sports Academy A5 DS 2027-28