

Rainy day challenge

It would be a lovely opportunity to find out a bit more about why young athletes take up athletics as a sport and what we can do to support you to stay in the sport we love so much.

As a rainy day challenge I would love to hear about:

- Why you joined WAC to begin with & what you enjoy about it. What would you like to do more of, what is the best / hardest thing etc.

or

- Who is your athletics hero – why do you like them, what events do they do. Have a look on Power of 10 and it should tell you what they were doing at your age – you may even be better than them! Have you been to any events and seen them compete or even met them. It doesn't have to be a present day athlete – or maybe it's an event you like rather than a particular person.

or

- Even do both!!

Have fun and stay safe, Jo x