

## Why try Athletics?

In athletics we try to encourage every pupil to discover their potential, whatever level they might be. The emphasis is on fun, teamwork and hard work. From this warm and friendly environment, pupils flourish.



## Who can do it?

Athletics is available to all pupils across the academic year. The Millfield Activity Programme allows pupils to experience athletics and try all of the events. There is an option for older pupils and those at an advanced level to select athletics as a full-time option. Younger pupils can participate in athletics alongside the game of the term in lunchtime sessions with the coaching team. Full-time athletes can compete in both indoor and outdoor competitions in the spring and summer terms, while all pupils can choose athletics in the summer term and represent the school in competitions both home and away.

## Highlights from 2017-18

- Record number of athletes selected to compete at the English Schools' Athletics Championships
- Multiple athletes selected to represent GB at the European U18 Championships
- Eight athletes competed at international level
- The boys' and girls' team qualified for the ESAA Cup Final
- Daphne Schrager Von Altishofen represented England at the Commonwealth Games
- Number of pupils participating in athletics at an all-time high, with numbers represented at county, national and international level setting new records

## Looking forward to 2018-19

- International athletes joining Millfield
- One-to-one coaching in curriculum time available to further engage technical development
- Events including pole vault, hammer and steeplechase offered to beginners
- Opportunities for both beginners and internationals alike to train with international coaches in all disciplines

## High performance

Athletics allows all pupils to find their level. Through the guidance of our expert coaches, who span many event disciplines, we have seen pupils compete internationally almost every year. An all year round programme is tailored to the individual pupil, whilst maintaining the fun of training within a group. Strength and conditioning training is also integrated within the athletics training programme.



*"I joined Millfield ranked 15th in the country for my event, after just two terms I ranked 3rd. Millfield provided me with the great coaching and facilities I needed, while still making it a fun experience which spurred me on to train as hard as possible."*

Lukas Lakin (Old Millfieldian)



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## Success stories and future stars

*"Joel received expert technical coaching and a carefully considered, individually tailored training programme designed to develop his full performance potential. He hugely enjoyed the camaraderie and supportive atmosphere that is part and parcel of the Millfield Athletics squad."*

Jackie Leon Benitez,  
Mother of Joel Leon Benitez  
(Old Millfieldian)

*"With twins at Millfield who both enjoy pentathlon, their coaching needs are wide, varied and frequent. We could not be happier with the coaching support they have received, which has exceeded our expectations. This has resulted in happy, motivated children with a desire to succeed. In their first year at Millfield, both achieved selection for the English Schools Athletics finals at Gateshead."*

Alan Thorner,  
Father of Ollie and Elise Thorner  
(Lower Sixth)



MILLFIELD