

Thomley February Holiday Workshops and Activities

- **Tuesday 17th February- Paul Saxton, Football skills and tactics**

Paul will be joining us again with players from the ladies Reading Royals for a fun and flexible football skills session. This open workshop will be running throughout the day from **10:30am-2:30pm**.

- **Tuesday 17th February- Sharon Hinchon -Hand treatments**

Pamper your hands with an individualised treatment from Sharon, a local beauty therapist. Each 20 min session can range from manicures, nailing shaping or simple touch therapy through hand massages. This is a **bookable workshop**, with sessions running throughout the day from **10.30am-3pm**

- **Friday 20th February- Sporting Extravaganza with Bryan Steel and sporting mentors from RAMP (1-3.30pm)**



RAMP (The Respect Athlete Mentoring Programme), provided by Sport England and the Youth Sport Trust, utilises inspirational sporting mentors to increase the confidence, self esteem and aspirations of children and young people.

The group are visiting Thomley to gain valuable experience and skills through working with a multitude of children and families. They will be supervising sporting activities throughout the afternoon and may even bring their medals! The sporting athletes include.....

- **Bryan Steel (Cyclist)** - Olympic silver and bronze medallist
- **Adam Whitehead (Swimmer)** - European and Commonwealth Gold medallist
- **Courtney Fry (Boxer)** - Commonwealth gold medallist
- **Nick Gillingham M.B.E (Swimmer)** - Olympic silver and bronze medallist
- **Rachael MacKenzie (Thai Boxer)** - Ranked world number 1 at 50kg and 52kg
- **Sam Coombes (Athletics-800m)** - At 17 he was ranked number 1 in the National Junior league running 1m53 for 800m
- **Tim Prendergast (Athletics- 1500m and 800m)** - Paralympic gold and silver medallist
- **Rob Tarr (Wheelchair Rugby)** Rob has represented Great Britain in every major event, including 3 Paralympic Games, 3 World games and 3 European Championships.