



## HOLIDAY SPORT SPEED CLINIC

During the July School Holidays, the College invited Ranell Hobson from the Academy of Sport Speed Australia (ASSA) to present her 2 hour introductory Speed and Change of Direction clinics to the school students.

Ranell has previously been invited to run these clinics all over the world, including the youth academies at Arsenal, Southampton, Leicester, Crystal Palace and Manchester City. She has also consulted to NRL, AFL, A-League and Super15 Australian sporting organisations.

The event was held indoors in the Rawdon Middleton Complex due to the inclement weather. The students who attended had a fantastic time learning how to run, change direction properly and safely in order to reduce their injury risk. This increases their running efficiency and first step explosive acceleration. These are vital skills for success in almost all field and court-based sports.

Ranell and ASSA have a very strong relationship with Thomas Hassall Anglican College and look forward to running many more events on-site in the near future. The academy currently runs a weekly speed training squad every Thursday afternoon that is exclusive to students at the College.

**Mrs Sharon Evans**

P-6 Sports & TAP Coordinator

---