**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Thursday ‘Handy Heroes’**

**Week 12**

**This week’s challenge is to create a new club rules handbook.**

**We want you to come up with 10 rules that our numbers should follow to ensure they have a fun and safe training sessions.**

**Have fun!**

**Send over your news reports to** **hartlepoolatheltics@gmail.com** **or pictures to Johns WhatsApp.**

**Have fun!**