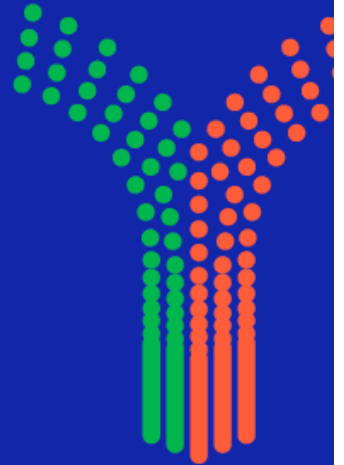




# After School Sport Club

Tuesdays and Thursdays – 5pm



#YSTAfterSchool

## Tom Jarvis to lead the YST After School Club!

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England's Tom Jarvis is mentoring up-and-coming athletes by leading a Youth Sport Trust (YST) After School Club for children and young people.

The free to access After School Sport Club is led by YST [Athlete Mentors](#) from a variety of backgrounds, abilities and sports and was launched earlier this year. It runs every Tuesday and Thursday. Guest athletes from different sports National Governing Bodies are helping to host the sessions, and next week Tom takes centre stage.

Tom's session will be at **5pm on Thursday 11th March**, focusing on developing reaction speed, footwork and leg power. Anyone is welcome to join and in his fun filled session you'll need food tins, toilet rolls or drinks bottles to use as markers and to jump over!

The Youth Sport Trust After School Sport Club is here to help all young people feel part of a club while many schools have been shut and youth sport put on hold. Focusing on much more than physical fitness, the club helps children develop physical literacy and the confidence to try new sports.

Children and young people can join in the live broadcast on the Youth Sport Trust's [YouTube channel](#). Have a go at some previous sessions [here](#).

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