

Where and When?

On Your Marks...

Date	Location
24 th Sept	Factory Youth Zone
25 th Sept	Factory Youth Zone
26 th Sept	Factory Youth Zone

Get Set...

Date	Location
2 nd Oct	Manchester Cycling Centre
3 rd Oct	Factory Youth Zone
9 th Oct	Central Library, Manchester
10 th Oct	Factory Youth Zone
16 th Oct	Factory Youth Zone
17 th Oct	TBC – Comm Challenge
23 rd Oct	Morgan Hunt Recruitment
24 th Oct	Sporting Champions Day
30 th Oct	British Army Day
31 st Oct	Factory Youth Zone
6 th Nov	Factory Youth Zone
7 th Nov	Sport Taster Session

Go...

Date	Location
20 th Nov	Etihad Stadium

HOW TO GET IN TOUCH

If you have any questions about the programme please contact

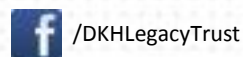
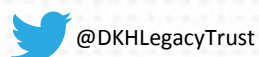
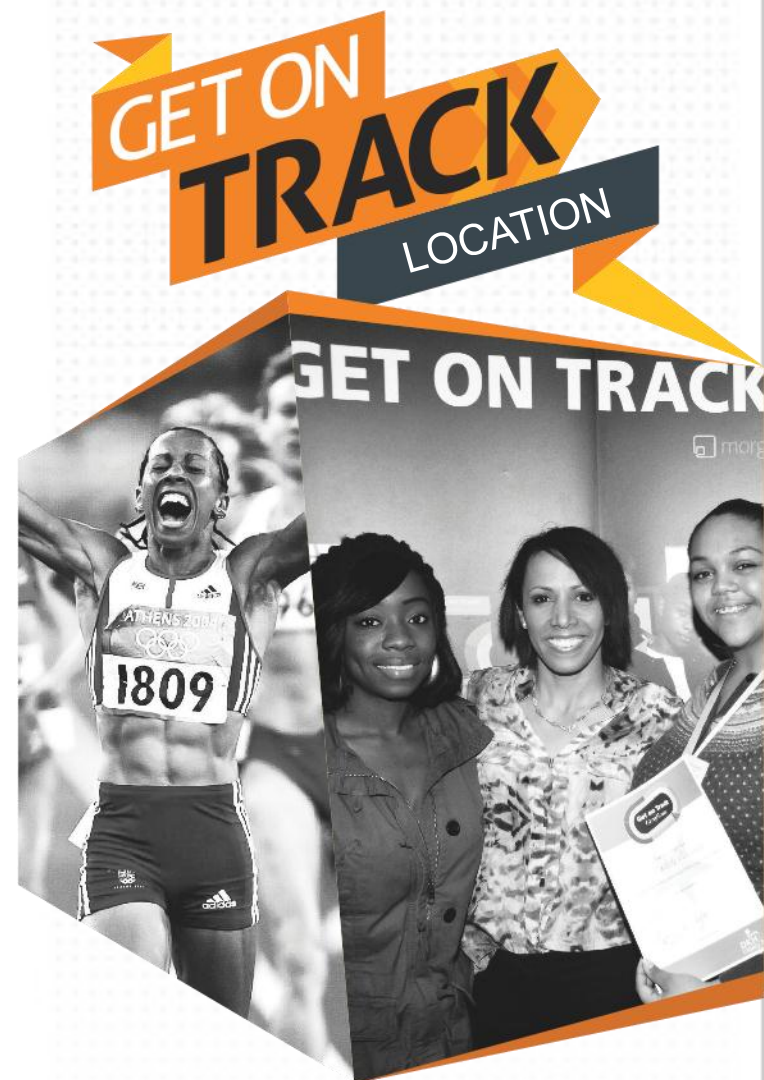
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What is Get on Track

Get on Track uses sport and physical activity to help you gain the skills, confidence, and opportunities to get a job, or go to college or take on an apprenticeship.

Throughout Get on Track, you will be working directly alongside world-class athletes, who have competed at the highest levels.

The programme is broken down into 3 phases:

- » ON YOUR MARKS
- » GET SET
- » GO!

How will Get on Track help me?

By completing Get on Track, there is the opportunity to apply for a bursary to access funding to support you with:

- » SPORT
- » TRAINING
- » EDUCATION
- » VOLUNTEERING
- » EMPLOYMENT

The 3 stages of Get on Track:

On Your Marks

Three days of teamwork, team challenges and physical activities to get the programme underway

Get Set

Now there is a sense of team spirit and camaraderie, it's time for the main part of the programme: trying new sports, volunteering activities to help make a difference and visits to local employers

Go!

A chance to celebrate the your successes on the programme in front of friends, family and those who have been a part of the programme along the way

What else do I need to know?

- Lunch is included in all of these days
- Transport expenses are covered on all days

My Athletes

Name: Charlotte Hartley

Sport: Hockey

Highest Achievement: 2006 Commonwealth Games Medalist, Junior Olympics Gold Medal, Professional player in Germany, New Zealand & Barcelona

Tweet Them: @char_hartley

Name: James Goddard

Sport: Swimming

Highest Achievement: Triple Olympian (2004, 2008, 2012), 4 x Commonwealth medals, 1 x European medal, 1 x World SC medal, 2 x European SC medals, 5 x World Championships

Tweet Them: @JamesGoddard83