

NIKKY SPORTS' COACHING MASTERCLASSES ARE

A SUMMER SENSATION

Pick of the day

Whatever your fitness needs, Nikky Sports has the answer

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By Patrick O'Brien

Wondering how you're going to keep active when the UAE summer has rendered many activities off limits until autumn?

If you're looking to keep fit, participating in a variety of sports, check out Nikky Sports, and lose the excuses for staying cooped up inside for the next few months!

Nikky Sports, in Dubai, offers professional coaching for men, women and children of all ages and abilities in squash, running, football and personal fitness training.

Nikky Harradine, the founder and the lead coach of Nikky Sports, has spent over 20 years coaching people in a variety of sports, from young novices wetting their ears to trained professionals looking to stay ahead of their rivals.

Ranjit Jesuraj, responsible for Nikky Sports' marketing, said: "Nikky is a SRA (Squash & Racquet Association) UK trained squash coach and has been a member of the UAE SRA sub-committee for 20 years.

"Nikky has also been an official squash coach in the UAE for the past 18 years and founded the



Stars of the future: Football camps take place every Friday and Saturday.

Dubai Ladies Squash League with 36 players in September 1990, and by 1998 the league had grown up to 120 players.

"Twenty years later, Nikky is still organising the league with a new sponsor name of 'Prince Ladies Squash League' and has won many titles in the UAE and represented Cyprus in the European Small Nations Squash Tournament.

"Nikky has, as well, competed in running races throughout the UAE and Switzerland and has won many races from 5km, 10km, 14km, half marathon and finally a marathon, which she did in three hours and

30 minutes, an achievement in itself."

Be it squash, fitness, youth football or running training, Nikky Sports takes the responsibility and the challenge to find ways to get the best out of students.

The key to this is flexibility, by ensuring that the coaching process is adapted to fit the specific needs of each individual player.

Skills, drills, technique training and mental coaching are all offered by Nikky Sports for the variety of sports mentioned. Many children participate in Nikky Sports youth football camp, which feature



Learning the game: Nikky Harradine takes charge of a squash coaching session.

professional coaches and a fun and friendly training environment.

With Diego Maradona now coaching in the UAE, surely there's no better time to send your child out on to the pitch to learn the game. Who says the next Lionel Messi has to be from South America?

What: A wide variety of professional coaching classes with Nikky Sports

Where: JBH Sports Pavilion and Safa Park, Dubai

When: Every day, visit www.nikky-sports.com for more details

Coaching and classes

Squash Coaching is held every Sunday, Monday, Tuesday, Thursday and Saturday at Jumeirah Beach Hotel Sports Pavilion. Private individual training is offered upon prior booking.

Running Training is held every Tuesday, Friday, Saturday at Safa Park (gates 4 and 5).

Fitness Camp Training is held every Sunday, Monday, Tuesday and Wednesday at Safa Park (gate 5). Private individual training is offered upon prior booking.

Youth football camp is held every Friday and Saturday at Safa Park (gate 2).

LISTINGS

On the run: Nikky Sports adapts their fitness programmes to individual needs

