

Michael Jordan back in the SAQ

SAQ storms Nike Town open day

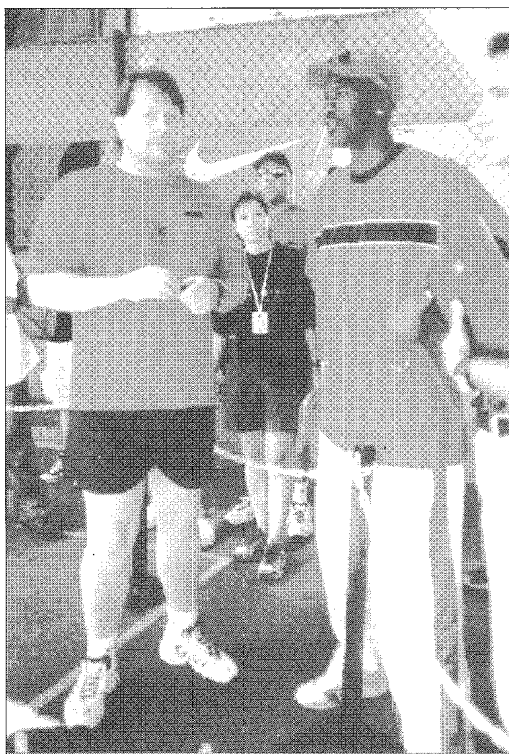
SAQ was invited to co-ordinate one of the zones for Nike's inner city training day to celebrate the official opening of Nike Town in Oxford Circus.

Some 600 children between the ages of 10-16 from a number of inner city schools attended. Of the six zones covering the following sports: football, basketball, athletics, rugby, and tennis, SAQ was the cross training zone. The children were split into 12 groups with each zone running two circuits consecutively.

For such a prestigious occasion, Nike brought together some of the world's finest sports personnel including Michael Jordan, Carl Lewis, Ian Wright, Craig Quinell and Jason Leonard.

Michael Jordan spent some time in the SAQ Zone. He remembered using some of the equipment and drills whilst training with the Chicago Bulls.

The kids had a great time as they experienced fast feet ladders, assisted viper work, agility circuits, and eye, hand co-ordination drills.



Alan Pearson discusses SAQ with Michael Jordan at the Nike Town opening day celebrations

The opening of Nike Town in Oxford Circus followed, and was a fantastic event enjoyed by all.

We would like to thank the following SAQ Practitioners, SAQ Personal Trainers, and SAQ Workout Trainers for their help on the day: More Coulson, Warren Loughlin, Gail Oswell, William Kwatia, Lee Morgan, Simon Basset, Suki Hobson, Katie Challoner, Tyrone Alexander, Diane Eggit, Silvia, Brian Brown and Mark Briggs.

Also a special thank you to Rebecca Nairne of Nike for her great organisational skills and for including SAQ.



SAQ Practitioners Suki, Silvia and Mark, overseeing the resisted jumps section at the Nike Town opening day celebrations.