

## U18 AFRICAN GAMES CHAMPIONSHIPS

Our students bring home pride by winning a gold and bronze medal at the U18 African Games Championship 2026



**Yahia**

🏆 Gold 110mH

🏆 Bronze 400mH

## AIS Athletics' first-ever ENGLAND ATHLETICS COACHING COURSE

AIS Athletics will be hosting an official England Athletics Coaching Course, marking its first-ever delivery in the UAE

To learn more contact [catherine.anson@aisathletics.ae](mailto:catherine.anson@aisathletics.ae)

**NEW SESSION**



## POLE VAULT FOR TERM 2

Every Saturday @ 10:30am



### STAY CONNECTED!

Join our Parents of Athletics WhatsApp group



EXPLORE OUR NEW AI ASSISTANT TO SUPPORT YOU WITH QUICK ANSWERS, UPDATES, AND GUIDANCE

[CHAT WITH US](#)

## OUR COACHES



**Kate Anson**



**Matt Lee**



**Mohammed Sinan**



**Anouar Lamrabat**



**Tommy Ramdhan**



**Andris Nobal**



**Damian Pienaar**



**Nirlok Tamang**

## UPCOMING COMPETITIONS

[REGISTER NOW](#)

**AIS SPRINTS & RELAYS**  
 GEMS DUBAI AMERICAN ACADEMY  
 ₪ 50 PER EVENT  
 DATE: 07.02.2025  
 AGE GROUP: Seniors: U16, U18 and U20's  
 Registration closes: 03rd Feb 2025, 10pm  
 14.02.2026 Juniors: U18 - U16  
 Registration closes: 08th Feb 2026, 10pm  
 Top 3 from each age group will be awarded medals and cash prizes

**AIS DUBAI NIGHT 2026**  
 GEMS DUBAI AMERICAN ACADEMY  
 ₪ 50 PER EVENT  
 DATE: 24.01.2026  
 AGE GROUP: U18, U16, U12, U14, U16, U18 and U20's  
 Registration closes: 21st Jan 2026, 10pm  
 Top 3 from each age group will be awarded medals and cash prizes  
 League winners of 2025 will be awarded

**20%**  
RIGHT BITE DISCOUNT

**AIS20 is now LIVE**

Valid on 20, 40, 60, day meal plan for **20% off all meal plans**

Excluding Lunch only plans, plus, lite and champ plans



## TERM 2 OPEN NOW BOOKINGS

[BOOK YOUR SLOT NOW](#)



**TURN YOUR MOVEMENT INTO VICTORY**