

A MESSAGE FROM THE TEAM

THAT'S A WRAP ON ANOTHER HUGE TERM

What a term it's been. From the track and inside the gym to the classroom (and even in the park), our athletes have shown up, worked hard and made us incredibly proud. Thank you to every member, parent and coach who has made it happen.

As we head into the summer, we're celebrating the wins, the PB's and the moments that defined the season, and getting ready for unforgettable Summer Tours to the UK and Gothenburg, with Summer Camp on Aug 17 when we return to get you all back in shape for a new season.



NEW LION PRIDE CERTIFICATES



FRONT OF CERTIFICATE
YOU'VE EARNED YOUR PLACE IN THE PRIDE

Train like a lion. Earn certificates for reaching standards across 9 disciplines, all based on International standards to track Progress and Improvements.



BACK OF CERTIFICATE
FROM CUB TO GOLD, EVERY STEP COUNTS

From Mini-Athletics to Run, Jump, Throw, once you complete the Gold standard you earn qualification to the Competition pathway.

SUMMER CAMPS 2026

NOW OPEN TO BOOK

Multi-event Indoor camp & a dedicated Conditioning Camp this August. AED 500/week.

Week 1: 17th – 21st August

Week 2: 24th – 28th August

[CLICK HERE TO BOOK](#)



A FOND FAREWELL TO A FOUNDING COACH

Everyone at AIS would like to wish Coach Tommy the best of luck as he moves on to concentrate on some exciting projects with Al Futtaim after an amazing 8 years with us from the very beginning. Thank you for spreading your love of speed on the track.



Coach Tommy Ramdhan

"My brother. My right-hand man, my support system and one of the only people I can hand on heart say I trust. Never let me down, always had my best interest at heart and always looked out for me — in life and in business. An original founding AIS coach who helped me set up the foundations of what we have today. Will be sadly missed but excited to see him spread his Dubai wings. A thank you wouldn't cut it — forever grateful brother, and always indebted."



Umar Hameed — Founder of AIS Athletics

MEMBER HAPPINESS SURVEY

Tell us how this term went. 5 members win

FREE Summer Camp.

[TAKE QUICK SURVEY](#)



AI ASSISTANT

Quick answers, updates & guidance — anytime.

[CHAT WITH US](#)

Parents of AIS Athletics WhatsApp group



STAY CONNECTED

Scan to join our Parents of Athletics WhatsApp group.



OUR DOAA GOLD MEDALISTS



23 CHAMPIONS

بطولة دبي المفتوحة للأكاديميات أماب القوي
Dubai Open for Athletics Academies
Championship

WOMEN

U8 150M	ALEXIS KLEEMAN	27.87
U10 300M	OLIVIA KLEEMANN	54.56
U12 HIGH JUMP	MAYLA YACUBIAN	1.15m
U14 JAVELIN	YEVA MOUSSA	10.71m
U14 SHOT PUT	SOPHIE BROWN	7.25m
U16 800M	SOPHIA COETZEE	2:20.46
U18 100M HURDLES	JOLENE MASONER	15.03
U18 800M	NIAMH CARBERY	2:37.41
U18 HIGH JUMP	JOLENE MASONER	1.65m
U20 100M HURDLES	LARA KAYALEH	19.00
U20 HIGH JUMP	LARA KAYALEH	1.60m
U20 JAVELIN	MARILIA PARSAMAKIS	22.92m
U20 LONG JUMP	LARA KAYALEH	4.61m
U20 SHOT PUT	JEMIMA SULLIVAN	8.64m

MEN

U10 JAVELIN	OLLIE MAKIN	18.40m
U12 1000M	OSCAR NEWMAN	3:22.71
U12 HIGH JUMP	MURAT DOGANCI	1.40m
U14 JAVELIN	THOMAS NORRIS	32.08m
U16 110M HURDLES	CALLUM COPPOCK	15.33
U18 LONG JUMP	JACK MATTHEWS	5.97m
U20 110M HURDLES	HUSSEIN SABRY	16.64
U20 HIGH JUMP	HUSSEIN SABRY	1.75m
U20 JAVELIN	HUSSEIN SABRY	24.93m

LET'S CELEBRATE OUR LIONS



JUST SOME OF THE AMAZING ACHIEVEMENTS THIS SEASON

FROM FIRST RACES, PB'S & INTERNATIONAL REPRESENTATION TO NATIONAL CHAMPS & YOUTH OLYMPIC QUALIFICATION...

This term has been a landmark period for our athletes and academy, filled with breakthrough performances, historic firsts, and outstanding representation on both the local and international stage. From athletes competing in their very first races to delivering personal best performances and claiming championship titles, the progress across the programme has been exceptional.

We celebrated incredible individual achievements, including Rania claiming gold at the Vice Presidents Cup while running a personal best of 12.71 in the U18 100m, alongside her outstanding 80m personal best of 10.10, which currently ranks her number one in the Netherlands for her U16 age group. Talia Dannenbaum Bell and Freddie Commane both delivered fantastic performances at the Desert Palm Cross Country, winning gold in their categories in what was remarkably their first ever race over 1000m.

The season also saw standout championship performances from 2 coaches, Coach Sinan with a brilliant 47.62 season opener securing UAE Federation Cup gold alongside becoming India's 1st ever Indoor 400m Champion, while Coach Kate added to an already remarkable year by becoming British Indoor High Jump Champion, an achievement the entire academy is immensely proud of. We were equally excited to see Ethan De Koning and Ariana De Koning proudly represent the club as our first Abu Dhabi representatives, along with numerous athletes getting the chance to meet Sir Mo Farah and compete in the Yas Abu Dhabi Run, marking another important milestone in our growth as a competitive programme.

Across the term, athletes consistently raised the standard with numerous club records falling, with standout performances from Jolene Masoner, Jack Matthews, Finlay Sullivan, Saif Shariff and many more continuing to push new boundaries. Beyond domestic competition, our athletes also made their mark internationally, with Lara representing Lebanon, Marillia competing for Cyprus, and Yahya delivering an exceptional gold medal performance for Egypt at the African Games, securing qualification for the Youth Olympic Games.

SUMMER TOURS



SWEDEN · 24-29 JUNE
GOTHENBURG WORLD YOUTH GAMES

Our team of Sinan, Matt and Anouar will be coaching the ADEK Allstar team in Sweden.



UK · 4-14 JULY

UK TOUR & ENGLISH SCHOOLS TRACK & FIELD CHAMPIONSHIP

They have prepared all season, lets represent the UAE and AIS with Pride in Birmingham.

