



Kent Athletics Network

Pole Vault 'Flying Coach' Visit

This 3 hour workshop will focus primarily on improving your coaching knowledge of Pole Vault and will include both the latest in theory and video analysis as well as some practical work on the track

We are delighted to welcome as lead coach:

Derek Laws

As a youngster, Derek competed in pole vault at school (when aluminum poles were used!) and became the Surrey Schools pole vault champion and record holder. He then came back into athletics twenty six years ago and was attracted to the coaching side. He's worked with many talented athletes over the years with successes at English Schools and Schools Internationals and with three athletes who have represented Great Britain or England.

He has been part of the UK's National Development Programme since its conception and is now an associate member.

Lizzy Yarnold (2014 Skeleton Olympic Gold Medalist) was part of his training group for a couple of years. She then entered 'Girls going for Gold' and the rest is history!

This session is open to all coaches and is a great opportunity to watch Derek share his expertise. There are 10 places available so please book as soon as possible. Coaches may also bring 1 athlete with them if they wish.

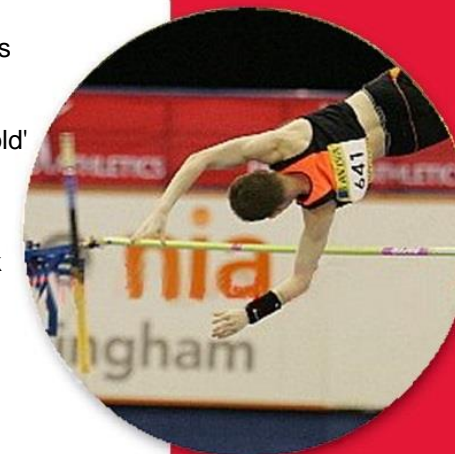
6-9pm

Tuesday 29th April 2014

Medway Park,

Mill Road, Gillingham, Kent, ME7 1HF

For further information and to book a place, please contact Alison Strange:
coachdevelopment.kan@gmail.com



www.englandathletics.org