

Kent and Medway Athletics Network Wheelchair Athletics 'Flying Coach' visit

This practical workshop will focus primarily on improving your knowledge of wheelchair racing and the coaching of disabled athletes. In particular, we will cover the planning and delivery of a training session on the track as well as an introduction to seated throws. It follows on from an introductory session held in July.

We are delighted to welcome as lead coach:

Nicole Evans

Nicole has competed in wheelchair racing distances of 100m up to 3 miles and came 7th in the Mini London Marathon in 2004. She also took part in the London Youth Games where she was a gold & silver medalist. She has studied for a BSc Hons in Sport Studies & MA in Sport & Development and has been a level 2 coach since 2008. She is a level 3 coach mentor and has recently been working on adapting Athletics365. In 2010, she was London winner of Services to Disability Athletics 2010 and runner up nationally. She is currently getting started as a paratriathlete and is lecturing in Sports Psychology.

This session is open to all coaches working with wheelchair based athletes and is a great opportunity to watch Nicole share her expertise. There are 12 places available so please book as soon as possible. Coaches may also bring an athlete (able-bodied or wheelchair-based) with them if they wish. Please bring racing wheelchair along if appropriate. There is no cost to attend.

10am-1pm

Sunday 28th September 2014

Julie Rose Stadium, Ashford

Willesborough Road, Ashford, Kent, TN24 9QX

For further information and to book a place, please contact Alison Strange
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