



Kent Athletics Network and KCAA Sprints and Hurdles 'Flying Coach' visit

This 3 hour session will focus primarily on improving your coaching knowledge of Sprints and Hurdles and will cover the basics of hurdling, sprint starts, the biomechanics of running and multi-direction movement skills. This will be a practical session, taking place on the track at Medway Park in Gillingham.

**We are delighted to welcome as lead coach:
June Plews**

June's coaching experience includes work at all levels of the sport from county up to international level. She is part of the National Mentoring Scheme and has worked as lead coach in both county and regional squads.

She has developed athletes to all levels and has taken athletes as far as Euro Juniors, world Youths and World Juniors.

June will be assisted by Jack Green who competed for GB in the 400m hurdles and 4x400m relay at London 2012 and Pat Hanys who coaches at Folkestone RC.

This session is open to all Kent coaches and is a great opportunity to watch June, Jack and Pat share their expertise. There are 10 places available so please book as soon as possible. Coaches may also bring 1 athlete with them if they wish. There is no cost to attend.

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