



Kent Athletics



ENGLAND ATHLETICS

## Kent and Medway Athletics Network

### Hammer 'Flying Coach' Visit

This 3 hour session will focus primarily on improving your coaching knowledge of Hammer and will include both the latest in theory, event specific conditioning as well as some practical work on the track.

We are delighted to welcome as lead coach:  
**Amir Williamson**

Amir is a qualified UKA Coach and Sports Scientist with an honours degree from St Mary's in London. Now retired from competitive athletics, the Commonwealth Games Finalist has a lifetime best of over 71m. Amir has been an active member of the NCDP (National Coach Development Programme) for the last 3 years and during this time has further completed a diploma in Sports Massage.

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

NB There will be a £5 charge (payable on the day) for any non K&MAN members who attend. The £5 charge is only payable by coaches and athletes who are not members of K&MAN clubs.

10am-1pm

Saturday 17<sup>th</sup> January 2015

Julie Rose Stadium, Ashford

Willesborough Road, Ashford, Kent, TN24 9QX

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



[www.EnglandAthletics.org](http://www.EnglandAthletics.org)