



Kent Athletics



ENGLAND ATHLETICS

Coach Development: Hammer Workshop

Kent and Medway Athletics Network

This 3 hour coach development session will allow you to take an active role in improving your coaching knowledge of Hammer. It will include both theory and technical components of the throw as well some practical work on the track.

The Network 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.

Amir will be supported by Graham Holder, International Hammer thrower and KCAA President.

Sunday 21st February 2016

10am-1pm

- This session is open to all coaches and is a great opportunity to learn from both Amir and Graham. There are 10 places available so please book as soon as possible. Coaches may also bring an athlete with them if they wish.
- 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.

Julie Rose Stadium, Ashford

Willesborough Road, Ashford, Kent, TN24 9QX

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



www.EnglandAthletics.org