

Kent and Medway Athletics Network

Javelin 'Flying Coach' Visit

This 3 hour session will focus primarily on improving your coaching knowledge of Javelin 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:

Ron Silvester

Ron has competed for Great Britain at both junior and senior level. He has coached a fellow thrower to an A.A.A. national record of 82.90 metres and to both the Commonwealth and European Championships. He has also enabled two leading female throwers to gain their first senior international vests.

Now retired, Ron continues to be involved in the UK's National Development Programme and his adherence to the sound and well proven bio-mechanical principles of javelin throwing has given him great credibility from some world renowned athletes and coaches including ex-world record holder Tom Petranoff.

This session is open to all coaches and is a great opportunity to watch Ron 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 KMAN members who attend. The £5 charge is only payable by coaches and athletes who are not members of KMAN clubs.

10am-1pm

Saturday 17th January 2015

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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www.englandathletics.org

