

CALLING ALL JUMPS COACHES & ATHLETES!

NEW 2019/20 COACH & ATHLETE TRAINING DAYS

Four progressive jumps practical sessions for both Athletes and Coaches covering Long Jump, Triple Jump and High Jump.

ATHLETES

- Great opportunity if you're a club-based athlete looking to improve your jumps training and preparation
- Practical training-based sessions open to both experienced and novice athletes
- Opportunity to meet and train with other athletes

BRING YOUR COACH AND LEARN TOGETHER

COACHES

- Ideal if you're a club-based coach looking to enhance your jumps coaching experience and skill set
- Practical training-based sessions open to coaches qualified at Coaching Assistant level and above
- Opportunity to meet and network with other coaches

BRING ONE OR MORE ATHLETES AND WORK TOGETHER

See leaflet reverse for details of dates and locations.

THE SESSIONS WILL INCLUDE THE FOLLOWING KEY FEATURES:

- Developing a general and a specific warm-up
- General physical preparation ideas for a developing athlete
- Ideas on keeping athletes healthy
- Movement efficiency
- Drills, skills and ideas on improving horizontal and vertical jumping technique
- Developing practical coaching concepts relevant to a club environment
- Drills to improve running efficiency and technique
- Networking and opportunity to get to know fellow local coaches
- Opportunity to train with other athletes in your area
- Expert guidance & ongoing support from elite coaches

Athletes and coaches can attend one or multiple sessions from the following:

Session 1 – Event-specific training with emphasis on General Conditioning

Session 2 – Event-specific training with emphasis on Special Preparation

Session 3 – Event-specific training with emphasis on Pre-Competitive Preparation

Session 4 – Event-specific training with emphasis on Competitive Phase

NORTH

(Lead Coach: Jamie French)

Session 1: Sunday 13 Oct 2019
Leeds Beckett University (City Campus)

Session 2: Sunday 10 Nov 2019
Sheffield (EIS)

Session 3: Sunday 12 Jan 2020
Manchester Sport City

Session 4: Saturday 22 Feb 2020
Gateshead International Stadium

MIDLANDS

(Lead Coach: Julie Dodoo)

Session 1: Sunday 6 Oct 2019
Loughborough University

Session 2: Sunday 10 Nov 2019
Birmingham HIPAC

Session 3: Saturday 7 Dec 2019
Harvey Hadden Sports Village, Nottingham

Session 4: Sunday 8 Mar 2020
Birmingham HIPAC

SOUTH WEST

(Lead Coach: Denis Doyle)

Session 1: Saturday 19 Oct 2019
University of Bath

Session 2: Sunday 20 Oct 2019
Tavistock College

Session 3: Saturday 14 Mar 2020
Yate & District Athletics Club, Yate

Session 4: Sunday 15 Mar 2020
Carn Brea Leisure Centre, Redruth

SOUTH EAST

(Lead Coach: Guy Spencer)

Session 1: Saturday 28 Sep 2019
Sutcliffe Park, Greenwich, London

Session 2: Sunday 20 Oct 2019
Thames Valley Athletics Centre, Windsor

Session 3: Saturday 30 Nov 2019
Lee Valley Athletics Centre, Edmonton

Session 4: Sunday 15 Mar 2020
Chelmsford Sport & Athletic Centre

The sessions are recommended for athletes aged 13+. Coaches and athletes are encouraged to attend together in order to get maximum benefit from the sessions but you are welcome to attend individually if required. The sessions are not linked to any specific club. Athletes/coaches can attend one or more sessions and do not have to have attended earlier sessions (ie. Session 1) in order to attend later sessions (ie. Session 4) although it can be beneficial. Sessions run from 10:00-15:00 except South West Session 1 (Sat 19 Oct) which is 10:30-16:00.

For more info and to book online visit: www.englandathletics.org/coachathletedays