

CALLING ALL THROWS COACHES & ATHLETES!

NEW 2019/20 COACH & ATHLETE TRAINING DAYS

Javelin, shot put,
hammer and
discus practical
event-specific
training sessions
for both Athletes
and Coaches.

ATHLETES

- Great opportunity if you're a club-based athlete looking to improve your throws 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 throws 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 and programming ideas
- Ideas on keeping athletes healthy by improving movement efficiency
- Exploring technical models to fit athletes' individual qualities
- Drills, skills, and ideas on improving throwing technique
- Developing practical coaching concepts relevant to the club environment
- Opportunity to network with fellow local coaches and train with other athletes
- Expert guidance & ongoing support from elite coaches

Content and focus varies by region. See online or contact the following for more information:

North: Lead Coach Paul Wilson – pwilson@englandathletics.org

Midlands: Lead Coach Rob Careless – rcareless@englandathletics.org

South East: Lead Coach Rob Earle – rearle@englandathletics.org

South West: Lead Coach Mark Bradford – mbradford@englandathletics.org

Coach & Athlete Development Manager: Nick Ridgeon – nridgeon@englandathletics.org

NORTH

Sat 5 Oct 2019	Costello Stadium, Hull
Sun 3 Nov 2019	Gateshead Int. Stadium
Sun 1 Dec 2019	Leigh Sports Village
Fri 10 Jan 2020	Middlesbrough Sports Village
Fri 7 Feb 2020	Middlesbrough Sports Village
Sun 1 Mar 2020	York University

MIDLANDS

Sun 3 Nov 2019	Harvey Hadden Stadium, Nottingham
Sun 8 Dec 2019	Moulton College, nr. Northampton
TBC Feb 2020	Loughborough University
TBC Mar 2020	Alexander Stadium, Birmingham

Keep checking online booking information for updates on above TBC dates plus additional sessions that may be added.

SOUTH WEST

Sun 10 Nov 2019	University of Bath
Sun 9 Feb 2020	Charlton Sports Centre, Andover
Sat 28 Mar 2020	Thornford Park, Thatcham
TBC Mar 2020	Venue TBC

Keep checking online booking information for updates on above TBC dates plus additional sessions that may be added.

SOUTH EAST

Sun 20 Oct 2019	Garrison Track, Colchester
Sun 24 Nov 2019	Chelmsford AC Clubhouse
Sun 26 Jan 2020	St. Michaels School, nr. Watford
Sat 28 Mar 2020	Thornford Park, Thatcham

Keep checking online booking information as additional sessions may be added.

The sessions are recommended for athletes 13+. Coaches and athletes are encouraged to attend together in order to get maximum benefit from the sessions but are welcome to attend individually if required. The sessions are not linked to any specific club. Athletes/coaches can attend one or multiple sessions. Sessions are between 3-4 hours long. Weekend session times vary, evening sessions are usually 18:00-21:00. More details available on the online booking link.

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