

## KENT ENDURANCE COACH AND ATHLETE DEVELOPMENT DAY

**Date:** 26<sup>th</sup> February 2011

**Venue:** Sevenoaks School, Sevenoaks, Kent TN13 1HU

**Time:** 10am to 3pm

### Programme details

In the morning there will be a **hill training session** lead by highly experienced L3 endurance coach Gordon Cooper in nearby Knole Park, a training venue often used by double Olympic Champion Dame Kelly Holmes.

In the afternoon there is a **water based conditioning session** including water running and drills and a **sports psychology workshop**.

Event is part of the Area and Local Coach Development Programme and supported by the Kent Athletics Network. It is **free** of charge to all UKA Licenced Coaches and running group leaders.

Athletes should be of good club standard and as minimum be in the u15 age group. The day is **free** to athletes who have signed up to the 2010/11 Kent Coach and Athlete Development Programme. For others it will cost £10 for those who belong to clubs that are members of the Kent Athletics Network or Kent London Network. For others the cost is £11. Cost covers facility use, handouts and a snack.

**For further information or to book your place please contact Stella Bandu England Athletics Area Coach Mentor on 07960371958 or 07841504495 or email [StellaAAC@aol.com](mailto:StellaAAC@aol.com).**



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