

KENT ENDURANCE ATHLETICS DEVELOPMENT DAY

Sevenoaks School, Sevenoaks, Kent TN13 1HU
18th February 2012 10am to 3pm

Programme includes:

- Group training session in nearby Knole Park
- Athlete screening supervised by a sports physiotherapist.
- Aqua Conditioning Practical Session: Understand the role of water based training for endurance athletes.

Athletes should be as a minimum be in the u15 age group. There is a minimal charge of £15 for athletes. (No charge for those signed up to the 2011/12 Kent Athletics Education and Development Programme.) **Free** to all UKA Licenced Coaches and running group leaders.

Day will be led by a team of Kent based highly experienced coaches who are all committed to raising the standard of endurance events and coaching in Kent.

For further information and/or to book your place please contact Mark Dayson, Kent Athletics Network Co-ordinator 07794711181 or markdayson@mdp-physio.co.uk



www.Englandathletics.org