

SPRINTS and RELAYS
COACHING MASTERCLASS DAY

An ASSET session sponsored by the Avon Athletics Network & England Athletics

SATURDAY 28 NOVEMBER 2009

From 10am – 2.30pm

**At the WISE Campus, Filton High School,
New Road, Stoke Gifford, BRISTOL BS34 8QT**

To be led by

ROGER WALTERS
GB TEAM SPRINT RELAY COACH at
OLYMPIC, WORLD, & EUROPEAN
CHAMPIONSHIPS

Topics:

Sprinting and Running Style 10.15-11.15;

Starting & Blocks 11.30-12.30;

Baton Changing in 4x100m Relay 1.00-2.30

The day will be aimed at practical coaching exercises for all Speed Coaches of whatever level of experience, but particularly Level 1&2;

“what to see, what to coach, & how to coach it”.

The first session will also be of use to Jumps coaches who are interested in improving the speed of their athletes.

There is no charge for this day but coaches are asked to register via email to timothy.snowdon@uwe.ac.uk as numbers will be limited.