

Avon Network Basics Day 2

SPEED, POLE VAULT, JAV&SHOT, LIFTING

4 mostly practical sessions for coaches of all levels from beginner to experienced, they will focus on the core activities of the event. Open to coaches, potential coaches, and interested parents, who are also invited to bring an athlete with them to learn the exercises to demonstrate when they get back to their clubs.

10.00-11.30 – Pole vault – Christian North;

11.45 – 13.15 – Shot & Javelin – Ken Holmes;

14.00-15.30 – Speed – Colin Baross;

15.45 – 17.15- Lifting – Sandra Smith

Cost £5 per session, payment on the day.

Saturday 26th Nov 2011

**Bath University, Claverton
Down, Bath (BA2 7AY)**

Please register with Tim Snowdon on
timothy.snowdon@uwe.ac.uk

**England Athletics Local Coach
Development Programme**
supporting your development as
a coach according to your needs

