



# Avon Athletics Network Coach Development Day

**SAT 17<sup>th</sup> Sept at Yate Track  
Broad Lane, BS37 7PN**

## **Endurance:**

**10.00-11.30 Steeplechase,  
11.45-13.15 Movement Skills;  
14.00-15.30 Middle Distance,  
15.45-17.00 S&C.**

**Coaches: Mark Brace, Ruddy Farquharson,  
James Hiller, Sandra Smith**

These sessions are aimed at **beginner coaches** or  
the more experienced looking to expand their  
knowledge base, **interested parents**, older teenage  
athletes and **anyone else interested in coaching**.

Coaches are invited to bring one suitable athlete with  
them to learn to demonstrate the skills. **Cost £6 per  
person per session, £20 for four.**

**Please register via email to:  
[timothy.snowdon@uwe.ac.uk](mailto:timothy.snowdon@uwe.ac.uk)**



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a coach according to your needs