



Avon Athletics Network Coach Development Day

**SAT 17th Sept at Yate Track
Broad Lane, BS37 7PN**

Hurdles, Jumps, and Throws:

10.00-11.30 Long&Triple Jump,

11.45-13.15 Hurdles,

14.00-15.30 Movement Skills,

15.45-17.00 Hammer&Discus (soft implements)

Coaches: Ruddy Farquharson, James Hillier, Ken Holmes, Nigel Lewis.



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



ENGLAND ATHLETICS
www.Englandathletics.org



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