

Sprints Coaching for Athletes with Cerebral Palsy

Sunday 11 December
Sports Training Village
University of Bath, BA2 7AY

Promoted by the **Avon Athletics Network**, this workshop is open to all coaches and teachers interested in sprints training and racing.

Rob Ellchuk will draw on his experience of coaching Paralympians and World Champions at **Team Bath**, in addition to up-coming junior athletes.

Key areas will include:

- **Injury Prevention**
- **Drills**
- **Starts**

10:30 Arrival

11:00 Coaching Theory (Meeting Room)

12:30 Lunch (not provided)

13:15 Practical (Indoor Track)

Fee: Coaches £10, Athletes £5

Payment on day – to cover facility hire

To register: please confirm attendance of coaches and athletes by Friday 2 December – email Job King (DASO): jkings@englandathletics.org

Open to athletes aged 11+ years and classifications T35-T38. Athletes should only attend with a coach and should bring suitable clothing for training indoors. Athletes may attend the 'Coaching Theory' if there is room, but it is not compulsory.

Photo:
Job King



Avon
Athletics Network



ENGLAND ATHLETICS
www.englandathletics.org



The Sport and Physical Activity Network
We share the passion