

Workshops for Female Coaches

Following the success of the Physical Preparation workshops in 2010, England Athletics are pleased to offer further workshops across the country, this year they are open to all female coaches. The workshops are part of the UKA and England Athletics project to promote and develop female coaches.

The tutors at each event are all females who are experts in this field. They include:

- ◆ **Alex Reid** has vast experience of Strength and Conditioning coaching and has worked within professional football for over 10 years. Alex served as Head Strength and Conditioning Coach at Tottenham Hotspur FC and Fulham FC, where she worked with players from the Premier League squads. One of her specialisms is functional injury rehabilitation.
- ◆ **Julie Twaddle**, Strength and Conditioning Coach with the English Institute of Sport. Julie works across a range of sports in her work with the EIS including Women's Football, Disability Swimming, Wheelchair Rugby and Rowing.
- ◆ **Liz Sinton**, Strength and Conditioning Coach with the English Institute of Sport. She works in sports including Swimming, Modern Pentathlon, Netball, Hockey and Sailing and her work has included working with World and Olympic medallists from Sailing, Swimming and Modern Pentathlon.

The workshops will be focused on coaching the key movement patterns for athletic performance. They will particularly address the strength training exercises of squatting, lunging and dead lifting and their relationship to force development and transfer for athletes. The sessions will develop exercise progression allowing coaches to design programmes for both entry and elite level athletes and will lay the foundation for understanding power development and related activities such as Olympic lifting.

The emphasis is on building confidence through clarity and attention to detail ensuring a solid foundation for developing athletes.

Spaces are limited and will be on a first come first served basis. For more information contact Alison Potts: apotts@englandathletics.org

11 June 2011
Birmingham University
10.00am-2.00pm

12 June 2011
Northumbria University
1.00-5.00pm

12 June 2011
Lee Valley HiPAC
1.00-5.00pm

12 June 2011
Derby Athletics Club
10.00am-2.00pm

9 July 2011
St Mary's University
10.00am-2.00pm

9 July 2011
Bath University
1.00-5.00pm

10 July 2011
Sussex University
10.00am-2.00pm

23 July 2011
Sportcity, Manchester
1.00-5.00pm

24 July 2011
Leeds Met University
1.00-5.00pm

