



**South Staffordshire Athletics Network - Local Coach Development Workshops / Courses 2010**

For a brief explanation of each workshop, please see the reverse side.

<b>Workshop</b>	<b>Tutor(s)</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Sprints Flying Coach Visit	Keith Fradley	Monday 15 <sup>th</sup> March	7pm – 9pm	Rowley Park, Stafford
Shot Flying Coach Visit	Andy Brittain	Sunday 21 <sup>st</sup> March	11am – 1pm	Tamworth
Nutrition / Hydration for Running Presentation	Emma Kingzett Sports Scientist Lucozade	Wednesday 31 <sup>st</sup> March	7pm – 8pm	Burton AC.
Approximately 12 mile training run with pre and post hydration Testing <b>Limited places and you must have attended presentation on Wednesday</b>	Emma (as above)	Saturday 3 <sup>rd</sup> April	10am – 1pm approximately	Meeting at Burton AC. Route around Burton area.
Discus Flying Coach Visit	Andy Brittain	Sunday 28 <sup>th</sup> March	11am – 1pm	Burton AC
Relays and Block Starts	Keith Fradley	Monday 19 <sup>th</sup> April	7pm – 9pm	Tamworth AC
Junior Track and Field Update	Zoe Parsons	Monday 26 <sup>th</sup> April	6:30 – 8:30	Burton AC
Hurdles Flying Coach Visi	Ted Grey	Wednesday 28 <sup>th</sup> April	7 - 9	Burton AC
Long Jump Flying Coach	Femi Akinsanya	Wednesday 5 <sup>th</sup> May	7 - 9	Rowley Park, Stafford
Triple Jump Flying Coach	Femi Akinsanya	Wednesday 12 <sup>th</sup> May	7 - 9	Tamworth AC
Running a Faster Summer 10k	Liz and Martin Yelling	Saturday 8 <sup>th</sup> May	9:30 – 1:30	Tamworth AC
Sprints Flying Coach Visit	Keith Fradley	Monday 24 <sup>th</sup> May	7 – 9pm	Burton AC

**\*\*Dates / venues subject to change in exceptional circumstances, please pre-register so we have your contact details!**

To book: **If you have already been on a network course** your contact details will be on the database and therefore you do not need to complete a new registration form – just email / telephone to put your name on a workshop. If you are in doubt please get in touch! Obviously it is up to you to keep us informed of any changes with your contact details!

**If you have not been on a course before;** please contact Catherine and an application form will be sent to you.

**PLEASE PRE-REGISTER - ALL WORKSHOPS ARE FREE!!!!**

***We will look to extend the programme of courses over the coming months, if you have any suggestions please let us know! It's YOUR network.***

Please continue to check England Athletics Web Site for coaching courses and other courses, masterclasses and events – [www.englandathletics.org](http://www.englandathletics.org)

**All abilities of coach are welcomed to all of our workshops.**

### **Course Explanations**

***Flying Coach Visits.*** All visits involve an experienced UKA level 4 coaches visiting the venues to work directly with club coaches and develop coaching in the particular technical event. The sessions usually meet inside to discuss the plan for the evening before going out onto the track. If you have something specific that you would like the coach to talk about please let us know and we will do our best to get your queries answered. The coach will tailor the session based on the requirements from coaches and their level of experience. A small amount of athletes are required for the sessions to act as demonstrators. If you would like to bring some of your athletes along please let us know beforehand.

***Sprints Flying Coach Visits with Keith Fradley.*** We are very lucky that Keith has agreed to run 3 sessions for our network.

- 1) Monday 15<sup>th</sup> March will focus on dynamic warm-up. Preparation to enter the competition phase and resistance training.
- 2) Monday 19<sup>th</sup> March – Relays and block starts
- 3) Monday 24<sup>th</sup> May will look at race planning and speed maintenance.

***Throws Flying Coach Visits with Andy Brittain***

Andy is returning to our Network to revisit shot and discus coaching. Andy will be focusing the sessions on supporting coaches with their own coaching through watching them coach their own athletes. If you do not have a coaching group you are still welcome to attend. He may also be bringing accomplished athletes from his group to demonstrate.

***Hurdles Flying Coach Visit with Ted Grey.*** We welcome Ted's experience to our network.

Ted will tailor a session to meet the needs of the coaches on the evening.

***Junior Track and Field Update with Zoe Parsons.*** Zoe delivered our first network workshop back in September on Sportshall athletics. She is back again to work with coaches working with junior athletes. The workshop will revisit and remind the basics and introductions to run, jump, throw events. Showing practical ways and activities to introduce in a fun way.

***Running a faster Summer 10k with Liz and Martin Yelling.*** Meeting at the clubhouse at Tamworth AC, Liz will give a short talk about her career, an explanation of the practical session ahead before going out onto the track. The morning will be rounded off with a talk on training related to Summer 10k's and a question and answer session, followed by sandwiches! You are welcome to attend the practical, talk or both! But please let us know when you book as we need to keep a track of the numbers for catering!

***Presentation on Nutrition / Hydration for Running with Lucozade Sports Scientist Emma Kingzett.*** Covering key need states of hydration, fuel, recovery and focus the presentation concentrates on the science underpinning these areas and our recommendations based on this. The aim of the session is to equip runners with the knowledge required to then devise their own personal hydration / nutrition strategy, whatever their discipline or ability.

***Hydration Testing.*** Incorporated alongside a training session, we offer 20 – 25 athletes the opportunity to have a pre and post training urine sample analysed for markers of hydration, pre and post weight taken to allow calculation of sweat rates. From the information taken we can then offer a consultation with individual athletes to establish any issues surrounding hydration, feedback on individual sweat rates, and therefore assist in building a personalised hydration strategy to help maximise performance.

***Long and Triple Jump with Femi Akinsanya.*** These sessions will be arranged to suit the abilities of coach attending – please specify if there is something specific you would like Femi to cover so he can prepare beforehand, thanks.