

Sat 13 December 2014 0900-1630

### Disability Inclusion Training (DIT)

Vanessa Daobry

A formal, certified qualification in coaching disability groups in athletics. This part theory and part practical session will help give you the confidence you need to make your sessions inclusive, fun and enjoyable. For age 16+.

Newham Athletics Centre, E13 8SD  
£10.00

Sun 11 January 2015 1000-1300

### Sprints – Speed Development

Aiden Sayers

Speed development and its associated movement drills, bend transition work and general conditioning. Use of dynamic warm-ups to evaluate athletes.

Allianz Park Athletics Track, NW4 1RL  
FREE

Sun 11 January 2015 1330-1630

### Physical Preparation

Alex Reid

Essential movements and skills for athletics. The journey to performance. Including multi-throws and high intensity plyometrics.

Allianz Park Athletics Track, NW4 1RL  
FREE

Sun 22 February 2015 1000-1300

### Endurance & Steeplechase

Nick Anderson and Stella Bandu

A high level distance running workshop based around endurance and its progressions as well as steeplechase and its development through the ages.

Newham Athletics Centre, E13 8SD  
FREE

Sun 22 February 2015 1330-1630

### Hurdles Development – Sprint Hurdles

Tony Benton

Sprint hurdle workshop focused around technical development, hurdle drills and hip mobility

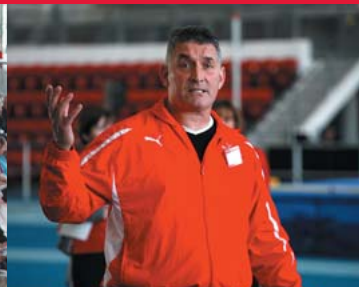
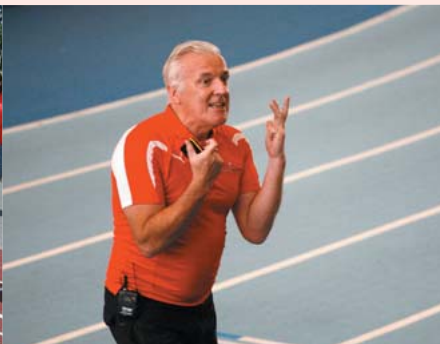
Newham Athletics Centre, E13 8SD  
FREE

### Additional Support

Additional support for coaches is also available through the Local Coach Development Programme to complement these workshops. It can include Flying Coach visits, mentoring, observation and shadowing, and other one-to-one opportunities

Further information from Tim Howells  
[thowells@englandathletics.org](mailto:thowells@englandathletics.org)

# England Athletics Local Coach Development Programme London 2014-2015



Booking & information: [thowells@englandathletics.org](mailto:thowells@englandathletics.org)

## England Athletics Local Coach Development Programme – London

All sessions are free of charge (except for the certified Disability Inclusion Training course and South Region Coaching conference which are heavily subsidised).

To book or for further information please contact  
**Tim Howells: [thowells@englandathletics.org](mailto:thowells@englandathletics.org)**



### Wed 17 September 2014 1830-2030 **Health in Athletics 1**

*Courtney Kipps & Kunle Odetoyinbo*  
Nutrition in sport and the science of hydration and how it impacts on athletics.

**Institute of Sport Exercise & Health,  
170 Tottenham Court Road, W1T 7HA  
FREE**

### Sat 27 September 2014 0930-1630 **South Region Coaching Conference**

A variety of workshops, sessions and seminars. Further details from [www.englandathletics.org/coaching-conferences](http://www.englandathletics.org/coaching-conferences)

**Lee Valley Athletics Centre, N9 0AR  
£30 if booked before 15 August  
(£40 after)**

### Wed 8 October 2014 1830-2030 **Health in Athletics 2**

*Kunle Odetoyinbo, Bruce Paton and Akbar de Medici*

The science of recovery, general recovery strategies, injury rehabilitation (returning an athlete to training after knee injuries), compression in athletics (pros and cons).  
**Institute of Sport Exercise & Health,  
170 Tottenham Court Road, W1T 7HA  
FREE**

### Fri 10 October 2014 1830-2030 **Olympic Lifting** *Tim Howells*

A flying coach style visit based on Olympic lifting fundamentals and alternatives. How to integrate Olympic lifting into your training, including pros and cons.  
**Newham Athletics Centre, E13 8SD  
FREE**

### Sat 18 October 2014 0900-1100 **Youth Development**

*David Millett*

Back to basics – integration of balance, coordination, movement principles for run, jump and throw, as well as 365 progressions from junior to event groups (focus around 8-15 year olds).  
**Willsden Sports Centre, NW10 3QX  
FREE**

### Sat 18 October 2014 1100-1300 **Youth Development - Advanced**

*David Millett*

Following directly on from the earlier session, the second half of the day will advance your skills in youth development and provide knowledge surrounding physical prep for youth and challenges to coaches.  
**Willsden Sports Centre, NW10 3QX  
FREE**

### Wed 22 October 2014 1830-2030 **Olympic Lifting**

*Tim Howells*

A flying coach style visit based on Olympic lifting fundamentals and alternatives. How to integrate Olympic lifting into your training, including pros and cons.  
**Allianz Park Middlesex University Gym,  
NW4 1RL  
FREE**

### Wed 12 November 2014 1830-2030 **Screening in Athletics**

*Rob Thickpenny*

A unique workshop based on the various screening methods used in athletics, in particular in running. This session will help you to understand robustness within the sport and to screen your athletes.  
**Institute of Sport Exercise & Health,  
170 Tottenham Court Road, W1T 7HA  
FREE**

### Sun 16 November 2014 0930-1330 **Throws Development**

*Garry Power and Abdul Buhari*

Technical development of the throws, including Javelin and Hammer. Progression of the throws from junior to senior.  
**Lee Valley Athletics Centre, N9 0AR  
FREE**

### Sun 16 November 2014 1330-1630 **Physical Preparation**

*Rob Thickpenny*

General physical preparation in athletics, including circuit development and planning, bands, bags and bells.  
**Lee Valley Athletics Centre, N9 0AR  
FREE**

