



Coaching

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MAY 2010

LONG AND TRIPLE JUMP FLYING COACH

BANK HOLIDAY MONDAY AFTERNOON 3RD MAY at 1.30pm Carn Brea will see a visit from Rob Linskill to run a coaches workshop for horizontal jumps. The emphasis is on **coaches** who are invited to bring ONE athlete. The workshop will centre on training, problem solving and alternative approaches to training, with lots of Q & A time.

I am sorry this is short notice, but it is difficult finding a slot during the summer months.

Coaching conference

SATURDAY 22ND MAY

CARN BREA HUB CLUB

0930-1300

- **Mentoring-the buzz word in athletics-what it means, how it works, how it can help coaching**
- **Muscles and Movers to include a discussion of posture and related injuries, from the national development programme held at Loughborough 2009**
- **London 2012 and where do we fit in**
- **The Duchy Athletics Network and how it will affect coaching**
- **Flying coaches-how it works-what do we need-when do we need them Lets have some ideas from you.**
- **Discussion of what we can do to improve our standards**
- **Any coaching topic you wish to bring up**

This will be an involvement conference where coaches can have their say. All I need to know is if you are coming.

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I regret that this clashes with a Women Southern League fixture, but to be honest there just isn't a free weekend, and it is not just for Track and Field coaches.
The event is supported by England Athletics