

Regional Coach & Athlete Technical Workshops



Speed



A series of workshops for all Assistant and Club Coaches delivering:

- Technical - what to coach content
- Working with top level coaches
- A chance to analyse and improve your own athletes performance
- A great local networking opportunity
- An opportunity to improve yourself as a coach.

Places are limited to 20 coaches and cost just £20 per coach, with one athlete per coach free.

The workshops will be run by Graham Pilkington, Regional Coach Lead for Speed in the North – gpilkington@englandathletics.org

Sport City, Manchester - Sat 10th March 2018 10am-2pm

Sheffield (EIS) - Sat 24th March 2018 10am-2pm

Gateshead College (next to Gateshead Stadium) - Sat 14th April 2018 10am-2pm

For more information about England Athletics coaching support visit:

www.englandathletics.org/coach-development-speed

For booking and information on masterclasses and workshops visit:

www.englandathletics.org/coach-development-speed-events