

31st October 2011

Coaching Courses for Parents: Basic Athletics Skills

This year we are privileged to have 6 free hours of training of basic athletics skills for the parents. These courses are to train parent coaches who will then coach within our club, either to a) a group of children - by yourselves or alongside an experienced coach, or b) to your own children.

Coaching cue cards will be given for free.

These courses will be run during the beginning of our summer season to enable a great start in helping our children to be better athletes. Experienced coaches will be taking these sessions at our club during November. The first 12 adults who reply will be chosen to attend these sessions.

Jumps:-

Wednesday, November 2nd - 5:30-6:30pm - Neil Bartlett

Monday, November 7th - 4-5pm - Paul and Jan Lothian

Throws:-

Wednesday, November 9th - 5:30-6:30pm - Millie McNie

Monday, November 14th - 4-5pm - Adam Miller