

# North & West Yorkshire

## Flying Coach Visits

September 2016



The Flying Coach Programme is to benefit clubs, coaches and athletes of a variety of abilities, across all disciplines. Under the scheme, top coaches visit local clubs to work directly with club coaches, the emphasis is on helping the coach's expertise in a particular technical event in a practical coaching environment.

The sessions are open and **FREE** to any England Athletics qualified coaches and leaders who wishes develop themselves and improve their knowledge.



### Jumps

#### Discipline Focus: Pole Vault

Monday 19<sup>th</sup> September 7.00pm – 8.30pm  
Princess Mary Athletics Stadium, Bradford Road,  
Spenborough WF15 6LW  
Deliver: Johnathan Baker



### Speed

#### Discipline Focus: Hurdles

Wednesday 21<sup>st</sup> September 7.00pm - 8.30pm  
UAK, Green Head Road, Keighley, BD20 6EB  
Deliver: John Barton



#### Discipline Focus: Sprints

Tuesday 27<sup>th</sup> September 6.00pm – 7.30pm  
South Leeds Stadium, Middleton Grove,  
Leeds, LS11 5DJ  
Deliver: Keith Daniel



[www.EnglandAthletics.org](http://www.EnglandAthletics.org)

## Throws

### Discipline Focus: Javelin

Wednesday 14<sup>th</sup> September 7.00pm - 8.30pm  
UAK, Green Head Road, Keighley, BD20 6EB  
Deliver: Paul Wilson

### Discipline Focus: Discuss & Shot Up

Tuesday 20<sup>th</sup> September 7.00pm - 8.30pm  
South Leeds Stadium, Middleton Grove,  
Leeds, LS11 5DJ  
Deliver: Paul Wilson

### Discipline Focus: Discuss & Shot Up

Wednesday 21<sup>st</sup> September 6.30pm - 8.00pm  
Scarborough RFUC, Scalby Road,  
Scarborough YO13 0NL  
Deliver: Nick Ridgeon & Ivan Washington

As there are limited spaces for the evening and you will need to register your interest to guarantee a place.

If you are interested in attending, please use these link below and register your interest:

**Jumps:** <http://bit.ly/FCVJumps>

**Speed:** <http://bit.ly/FCVSpeed>

**Throws:** <http://bit.ly/FCVThrows>

If you have any further questions, please contact EA's CCSO Nick Settle on either mobile: 07968 498710 or email: [nsettle@englandathletics.org](mailto:nsettle@englandathletics.org)



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