

# England Athletics Local Coach Development Programme East Midlands Events

Please note: dates are soon to be released for the Solihull High Jump Academy, Nottinghamshire Throws Academy and Lincolnshire Academies

## October 2011

- 12 **Athletics 365 Workshop** with Traci Edwards (National Coach Development Programme mentee), 7-9pm, Derby
- 12 **S & C Workshop** with Paul Gair (National Coach Development Programme mentee), 7-9pm, Leicestershire
- 26 **Strength & Conditioning with Advanced Plyometrics** with Jared Deacon, 7pm-9pm, Derby
- 26 **Performance Impact session** covering the talented athlete, 6.30-9.00pm Loughborough
- 26 **S & C Workshop** with Paul Gair (National Coach Development Programme mentee), 7-9pm, Nottinghamshire

## November 2011

- 6 **Northwood Hurdles** with Ted Grey, Staffordshire
- 9 **Nutrition workshop** with Martin MacDonald, 7pm-9pm, Grantham Meres Leisure Centre
- 23 **Sprints Q&A** with Alison Allee (National Coach Development Programme mentee), 7pm-9pm, Northampton
- 23 **Performance Impact Session** covering the talented athlete, 6.30-9.00pm Loughborough
- 30 **Endurance Q&A** with Dave Sunderland (National Coach Mentor), 7pm-9pm, Derby

## December 2011

- 4 **Northwood Hurdles** with Ted Grey, Staffordshire
- 14 **S & C Workshop** with Paul Gair (National Coach Development Programme mentee), 7-9pm, Leicestershire

## January 2012

- 8 **Northwood Hurdles** with Ted Grey, Staffordshire
- 11 **Throws Q&A session** with Jim Edwards (Paralympics throws coach), 7-9pm, Corby
- 25 **S & C Workshop** with Paul Gair (National Coach Development Programme mentee), 7-9pm, Nottinghamshire
- 29 **Northwood Hurdles** with Ted Grey, Staffordshire

## February 2012

- 15 **Athletics 365 Workshop** with Traci Edwards (National Coach Development Programme mentee), 7-9pm, Grantham Meres Leisure Centre
- 22 **S & C Workshop** with Paul Gair (National Coach Development Programme mentee), 7-9pm, Leicestershire
- 29 **Performance Impact session** covering the talented athlete, 6.30-9.00pm Loughborough

## March 2012

- 6 **Northwood Hurdles** with Ted Grey, Staffordshire
- 7 **Psychology/Mental Toughness Workshop** with Leonie Lightfoot (National Coach Development Programme Manager), 7-9pm, Northampton
- 14 **Strength & Conditioning with Advanced Plyometrics** with Jared Deacon, 7-9pm, Corby
- 14 **S & C Workshop** with Paul Gair (National Coach Development Programme mentee), 7-9pm, Leicestershire



For further information or to book a place contact  
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Derbyshire Athletics Network  
Northamptonshire Athletics Network  
Nottinghamshire Athletics Network  
Lincolnshire Athletics Network  
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