



ENGLAND ATHLETICS
www.EnglandAthletics.org

Nutrition Workshops (Free of Charge)

Led by Kevin Currell, Senior Performance Nutritionist for the English Institute of Sport

The workshop will focus on fundamental aspects of nutrition for athletes in all events as well as considerations for training and competition. Kevin has delivered many workshops for England Athletics in the past and is back to deliver this fascinating session specifically for athletics coaches/athletes/parents.

This is also your opportunity to ask Kevin all those questions you may have with regard to nutrition for your event.

The workshop is for any coach of any event and will most definitely benefit you as a coach and will ultimately benefit your athletes!

Weds 30th March, 7pm-9pm at Northampton Academy, Wellingborough Road, Northampton NN3 8NH

For more information or to book on either workshop please contact Steve Moore, Club & Coach Support Officer, 07920078548 or smoore@EnglandAthletics.org

England Athletics Local Coach Development Programme
supporting your development as a coach according to your needs

