



Coach Development Weekend

Building, Maintaining & Progressing a Performance Endurance Group in a local coaching environment.

One that includes both sexes, large numbers, varying abilities & ages

Presenters Include

- Colin Baross – *England Athletics Coach of the Year*
- Dave Buzza – *2:11 Marathon with Ben Cox. Athlete Insight.*
- Dr Andi Drake – *National Coach Mentor for Endurance*
- Charlie Ramsdale – *Ultra-runner*
- Dave Rowland – *National Coach Mentor for Physical Preparation*
- Amanda Wilding - *Sports Psychologist*

Topics discussed will include:

- 'The Athlete Mind' (Amanda Wilding)
- 'Mobilisation for Performance' (Dave Rowland)
- 'Drills & Movement Skills for Performance' (Colin Baross)
- 'Nutrition' (Charlie Ramsdale)
- 'Performance Interview' (Dave Buzza with Ben Cox)
- 'Recovery Strategies & Super-Compensation' (Dr Andi Drake)

Dates : 12 & 13th September 2015

Venue: The Park Hotel, Barnstaple

<http://www.brend-hotels.co.uk/thepark>

Delegate Packages:

1) Early Arrival Package: Friday 11th **£40BB with £15 single room supplement**

2) Weekend Rate: includes Lunch & Dinner on Saturday & Sunday Breakfast

Twin Room accommodation £70 with £15 single room supplement

3) Day Rate - Saturday only: £20 per person refreshments included.

**NB – Conference will run 0930 to 1700hrs on Saturday, with coach networking in the evening and practical applications on the Sunday.*

To book please go to the U Coach/U learn link below:

<http://www.ulearnathletics.com/cpdEvent/81627>

For further details contact: mbrace@englandathletics.org 07540703511

www.englandathletics.org

