

Merseyside Athletics Network



Merseyside
Athletics Network

Coach and Athlete Development Days



Merseyside
Athletics Network

These development days are an opportunity for coaches and athletes across the county to work alongside some of the top coaches in the North of England. Coaches are welcome to work alongside the lead coach for each event in order to learn new skills and ideas.

**Sunday 6th March & Sunday 3rd April 2011
@ Wavertree Athletics Track**

**10:00-12:30pm- Event development (athletes & coaches)
1:30- 3:00- Event Development (athletes & coaches)
1:30-3:00pm - Coach development workshop (coaches)**

6th March- Coach and Athlete Development- Nutrition
3rd April- Official and Coach Development for
Disability track and field events

**AM-Sprints / Hurdles / Long Jump / High Jump / Shot Putt
PM- 300, 400m Sprints / Triple Jump / Discus / Javelin**



To book your place, please contact:

**Mike Dooling
078100 53328**

micheal.dooling@sky.com

**Athletes
pay £3 per
day or £5
for both!!**

