

**Long and
Triple
Jump**

Coach Development Evening

Aimed at coaches who want to learn about injury prevention in jumpers and plyometric drills specific to long and triple jump.

Coaches are welcome to bring athletes along who are Under 15 and above.

DATE:
27th April 2011

TIME:
7-9pm

VENUE:
Wavertree

**To book your place, please contact:
Vicky Huyton**

Vicky.huyton@sportcheshire.org / 07738402931



Merseyside Athletics Forum

