

Somerset Athletics Network

COMBINED EVENTS

Coaching Days

Incorporating **STEEPLECHASE & POLE VAULT** coaching for beginners to the more experienced



FEBRUARY HALF TERM

Wednesday 23rd & Thursday 24th February, 2011

YEOVIL ATHLETICS ARENA, BA21 3DS

10 am – 4.30 pm

The coaching days are open to club and school based athletes **U13s, U15s, U17s, U20s & Seniors**, first timers to the more experienced. Coaching groups will be organised on ability, age and level of experience and will be delivered by **event coach specialists**.

Pole Vault and **Steeplechase** are also open to beginners to the more experienced. All combined eventers (male and female) will be given the opportunity to try pole vault on the Thursday. **Steeplechase** is open to male and female endurance athletes.

COST

£8 for one day

£12 for two days

FREE for coaches

Cheques payable to 'Somerset Activity & Sports Partnership'



IF YOU WOULD LIKE TO ATTEND PLEASE COMPLETE THE APPLICATION FORM WITH PAYMENT AND RETURN BY FRIDAY 18th FEBRUARY TO:
Charlotte Fisher, SASP, Hestercombe House, Cheddon Fitzpaine, Taunton, TA2 8LQ

email cfisher1@somerset.go.uk or phone 07919 540489 for further information

	Events	Age Groups
DAY 1:	High Jump, Hurdles, Shot Middle Distance	U13, U15, U17, U20 & Seniors
	Steeplechase	top end U15s U17, U20 & Seniors
DAY 2	Javelin, Long Jump, Sprints Plus Discus & Pole Vault	U17, U20 & Seniors
	Pole Vault	U15, U17, U20 & Seniors

PLEASE NOTE that on the Wednesday evening at Yeovil Club House there will be an additional evening workshop (FREE) running from 5.30 – 7.30pm for any athletes, parents or coaches wishing to stay on ‘PREPARING ATHLETES FOR COMPETITION’ with Tim Snowdon

Top Quality Event Coaching

Hurdles – Bill Whistlecroft (Level 4)

Bill has taken athletes through from English schools titles to GB representation

High Jump – Richard Llewellyn-Eaton (Level 4)

Currently coaching a crop of regional & national standard junior athletes.

Throws, Sprints & Pole Vault – Stuart Richards (Level 2)

Coaches a number of high ranking Power of 10 combined eventers & pole vaulters.

Long Jump & Hurdles - Graham Norris (Level 3)

Experienced combined events coach & development coach.

Pole Vault & Jumps – Tim Snowdon (Level 4)

Highly experienced jumps and pole vault coach. Tim also coaches at Bath University.

Javelin – Simon de Wilton (Level 3)

Coach to GB international Izzy Jeffs and a number of other top ranked junior throwers.

Middle Distance & Steeplechase – Charlotte Fisher (Level 4)

Coaches a number of national standard runners from 800 to 5k and steeplechase

Also attending the day will be **Richard Bowden** Senior Team Manager of the highly successful Somerset Schools Track & Field & Combined Events. Richard has also been senior team manager to the schools international team.

