

## **Armada Workshops 2011/2012**

We have arranged a series of Workshops during the winter which are available to coaches, athletes from all clubs in the Network.

Please book through me (Keith Reed) using the contacts shown below

### **Wednesday October 12<sup>th</sup> - Remedial and Injury Prevention Clinic**

This is an introductory session run by qualified practitioners aimed at helping runners who are injured or want to learn how to prevent them.

It is hoped to hold these monthly.

Venue – Derriford Health and Leisure Club 6.15pm – 8.30pm.

### **Monday November 21<sup>st</sup> – Coaching the Mind**

This is an introductory 2 hour session run by Chris Menlove – Platt on coaching the mind to improve your running performance.

Venue – Windsor House 6.30pm

### **Wednesday January 25<sup>th</sup> – Rules for Coaches/Athletes**

A chance for coaches and athletes to understand the rules of UK Athletics for all competitions including Road, Cross Country and Track and Field in a social environment

Venue – Plymouth AC Clubhouse

### **Technical Hurdles Session for Coaches**

Introduction to the basis of coaching hurdles for coaches

Venue Tavistock

Date TBC

### **Athletics 365 – Learning through games**

Date TBC

Venue TBC

### **Workshop on Sponsorship, Finance and Governance**

Date TBC

Venue TBC

Keith Reed e-mail [keith.reed@plymouth.gov.uk](mailto:keith.reed@plymouth.gov.uk)

Tel 01752 307349

Mobile 07818 511361