

## A 'JUMPS' DAY

WHERE: National Indoor Arena, Cardiff

WHEN: Sunday March 13th 2011

COST: Normal entry cost for NIAC

DURATION: 10.30am—4.00pm

This is a 'fun jumps day' for all coaches jumpers [male and female aged 14-17 [Years 9-11 in High School].

All the four disciplines will be catered for.

It is not a squad but just an opportunity for coaches and jumpers to get together to share ideas.....

There will be a jumps specific warm and relevant coaching sessions PLUS lots and lots more.....!!!!

There will be jumps competitions and relays....

**ALSO**—there will be chance for the U15 girls to take part in a triple jump competition BUT no jumper can have an approach run longer than 10 stride. This is purely for developmental purposes only...

For further information please contact Ed Thompson or Nigel Lewis...

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**Contact Nigel on: [nigel.lewis2a@virgin.net](mailto:nigel.lewis2a@virgin.net)**

