

Throws coaches meetings (Engaging Coaches)  
Swansea Indoor Centre Sunday February 12th

Dear coach,

We have been recently appointed to develop throws coaching courses in parallel with other coaching course activities in the short term prior to the appointment of a national throws coach. In order to complete this task we have considered several options that included:

- Inviting coaches to offer a course on a particular throw;
- Inviting athletes to what was, in effect, a squad;
- Inviting coach and an athlete to an event development session.

After a lot of discussion we thought that the involvement of local coaches was paramount and that all the throws events that might benefit from such a course that is aimed at the development of an event at club level with the club coach through the existing network of throws coaches with no charge for these courses.

We have put together a programme (attached) initially to look at shot and javelin with the idea that the day be as practically based as possible, essentially with revisiting the technique and looking at how the accepted models are to be developed within the individual athletes and the club membership.

The aim is specifically aimed at coaches and the improvement in the technical models used in clubs and should involve no more than 1 athlete per coach so that a group of working coaches can come together and discuss and implement a way forward for Welsh throws coaches.

Hopefully this will become an acceptable way forward for us all as we work together sharing our expertise and knowledge base of the individual events so that we each benefit from seeing good coaching practice from each other on these day courses.

Yours etc.

Paul Jensen (Shot)  
John Davies (Javelin)

Programme for Sunday February 12<sup>th</sup> at Swansea

10.00 Arrival and Registration

10.15 - 11.00 Analysis of Shot and Javelin (Presentation)

11.00 - 12.00 Progression's through Shot and Javelin in Group's

12.00 - 12.30 Lunch

12.30 - 14.00 Full Technical Session's for both events

A very basic programme aimed at hands on coaching, please will coaches and athletes please bring appropriate clothing for both inside and outside weather conditions

We are aware that some athletes are 'Multi Event' athletes, and perhaps haven't got a Shot or Javelin coach, so may not attend this course because of this, so please if you want any assistance with these two events, bring your Multi Event coach or indeed a parent with you, please will you let me know if you want any assistance with this

There is not going to be no charge for the course but we would appreciate you letting us know if you are going to attend please, some contact details are below for you

John Davies (Javelin) Mobile: 07971673003. Email: [jdavies52@btinternet.com](mailto:jdavies52@btinternet.com)

Paul Jensen (Shot) Mobile: 02920754183. Email: [june@jensen.plus.com](mailto:june@jensen.plus.com)

Andrew Jenkins (West and South West Wales Network Officer)  
Mobile: 07894573555 Email: [andrew.jenkins90@ntlworld.com](mailto:andrew.jenkins90@ntlworld.com)