



West Wales Regional Athletics Council
Pole Vault, Long, High & Triple Jumps Workshops
Swansea University Indoor Athletics Centre
Sunday 23rd October 2011
10.30am to 4.00pm

On **Sunday 23rd October** there will be jump workshops for Pole Vault, High Jump, Long Jump and Triple Jump for any interested coaches and athletes.

The workshop will be held at the **Swansea University Indoor Athletics Centre**.

IMPORTANT: The cost of the session will be £5 per athlete, with cheques payable to **West Wales RAC**. Coaches are **FREE** and the session is open to athletes and coaches from any region in Wales. To be eligible athletes must be in 2nd year U15, U17, U20 or Senior age groups.

10.00am Arrival.

10.30am Brief Introduction

10.40am **Event Specific Jumps Warm Up** led by lead coaches [*Nigel Lewis [LJ]/David Hawthorn [TJ]* Ed Thomson [*PV*], Steven Bailey [*HJ*]

11.10am **Event Specific Coaching [1]** HJ/LJ/TJ/PV [all coaches involved].

12.45pm LUNCH.

1.15pm Warm Up [general]

1.30pm **Event Specific Coaching [2]** [All coaches involved].

2.30pm **Jumps Testing** [to include SLJ/STJ/5 x Spring Jumps/30m Speed Test].

3.30pm Concluding Activity: Inter-discipline Shuttle Relays...

4.00pm Departure and closing remarks...

To book, please return the form below to Andrew Jenkins, 5 Highpool Close, Newton, Swansea, SA3 4TU, no later than Friday 21st October.

Coach / Athlete Name: _____

Event Group Attending: _____

Club: _____ **Athlete age group:** _____

Email Address: _____

Mobile Number: _____

I enclose a cheque for £____ payable to West Wales RAC.

Signature: _____

Print Name: _____