



## West Wales Regional Athletics Council

**Javelin, Discus & Sprints Workshops @ Swansea University Indoor Athletics Centre**

**Sunday 20<sup>th</sup> November 2011**

**10.00am to 4.00pm**

On **Sunday 20<sup>th</sup> November** there will be Discus, Javelin and Sprints workshops for any interested coach and athletes in the U15 to Senior age groups with a 2011 season best of at least an AAA G3. The workshop will be held in Swansea University Indoor Athletics Centre. The cost of the session will be £5 per athlete, cheque payable to West Wales RAC. Coaches are **FREE** and the session is open to athletes and coaches from any region in Wales.

DISCUS TUTOR **Andy Neal** has coached in club environments throughout Southern England for 25 years. His philosophy is based around helping athletes achieve their goals through individualised training programs and movement based training. As a Tutor and Trainer within the Coach Education system, he is in a position to critically support the athlete/coach partnership. He is an Accredited Strength & Conditioning Coach through UKSCA and is personal coach to one British Champion.

SPRINTS TUTOR **Mike Leonard** has been a coach since 1989 is a UKA level 4 sprints coach, a tutor /assessor for UKA and regularly delivers workshops within the England Athletics structure. Mike has coached at all levels and abilities and throughout the age groups. He coached Craig Pickering to the European Junior 100m title in 2005 and have also coached other UK junior and senior internationals. Currently coach to Daniel Oderinde, the Southern U15 200m champion and England Open 100m bronze medallist who has Pb's of 11.21 and 23.32 as well as other promising young athletes.

JAVELIN TUTOR **John Davies** A javelin coach for more than 20 years and is a UKA Level 4 Performance Coach, John has held the position of Welsh National Coach for Javelin and has coached numerous Welsh Champions and record holders, from school to international athletes including Lee Doran (78.63m) and Lianne Clarke (52.31m).

He not only coaches elite athletes at Welsh and UK International level but is equally committed to novice athletes. In 2010 John had one of his senior male athletes, Lee Doran selected for the Welsh Commonwealth Games team.

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**To book return the form below to Andrew Jenkins at  
5 Highpool Close, Newton, Swansea, SA3 4TU, no later than Friday 18<sup>th</sup> November.**

Coach / Athlete Name: \_\_\_\_\_

Club: \_\_\_\_\_ Athlete age group: \_\_\_\_\_

Email Address: \_\_\_\_\_ 2011 Season Best & Grading: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_



## **Timetable and Programme**

**10.00 Arrivals**

**10.15 Introductions to coaches**

### **Discus Timetable:**

- 10.30** Coach/Athlete pairs – current technical objectives and development strategies. An opportunity for coaches and athletes to clearly state what their current technical work is trying to address and the mechanisms by which they are addressing it.
- 10.45** Preparation activities for throwing (Practical warm up based) General through to specific preparations for throwing
- 11.15** Practical Throws Session 1 Athletes to throw. Coaches to verify what is being seen.
- 12.30** Working **Lunch** incorporating video footage of Existing Discus Models  
Current GB internationals and the opposition – should we copy or compare?
- 1.00** Discussion of Technical Development Strategies; Are drills the solution or the problem? Opportunity to discuss alternative methods in helping athletes acquire the movements we're looking for.
- 1.30** Preparation Activities
- 1.45** Practical Throws Session 2 Opportunity for coaches and athletes to put into practice the development strategies discussed.
- 3.00** Physical Prep – the Winter Ahead. What's in the mix for winter training?
- 3.45** Q & A
- 4.00** Close

### **Javelin Timetable:**

- 10.30** Technical throwing Session with Video analysis feedback
- 12.30** **Lunch**
- 1.30** Practical Training Session with the use of 'Club Bells'
- 2.30** Practical Training Session with Med & Throwing Balls
- 3.30** Review of Day, Questions & Answers
- 4.00** Close

### **Sprints Timetable:**

- 10.30** Dynamic Warm Up
- 11.00** Acceleration Mechanics working on the technical aspects of accelerating well. Practising this with various drills and exercises.
- 12.00** Warm Down
- 12.15** **Lunch**
- 1.00** Theory - Max Velocity Mechanics, Technical aspects of running fast using drills to improve mechanics and building these into a running session to improve speed.
- 1.45** Dynamic Warm Up
- 2.05** Max Velocity Mechanics practical
- 3.15** Warm Down
- 3.30** Conclusions and question and Answer session
- 4.00** Close.