



West Wales Grass Roots School Years 7, 8 & 9 (U13 & U15) Coaching Workshops
Sunday 12th December 2010 @ Swansea University Indoor Athletics Centre

Time	Jumps	Throws	Running
10.00	High Jump	Javelin	Sprint Hurdles
12.00	Long Jump	Discus	
2.00	Pole Vault	Shot	Sprints (100m/200m)
4.00	Close	Close	Close

- The workshop costs £2 per 2 hour session payable on the day. Coaches are FREE.
- Sessions are mainly athlete centered whilst also providing the coaches opportunities to develop their coaching knowledge. Open to any interested West Wales athlete subject to having achieved the eligibility criteria in each discipline they wish to take part, and any coach holding a valid and current UKA license of any level, although mainly aimed at UKA Level 1 & 2 coaches.
- Workshops will be mainly practical and will include fundamental & basic techniques, skills and drills, common faults and remedies.
- Attending coaches please indicate how many of their athletes will be attending by returning the booking form so coordinator and tutors can be more prepared. Coaches don't have to bring an athlete to be able to attend and observe.
- Coaches and athletes will have the opportunity to ask the tutors questions and exchange practical coaching ideas throughout the day.
- Closing date of Friday 10th December.
- The Coaches delivering the workshops will be:
 - Georgina Williams – Sprints
 - Andrew Griffiths – Sprint Hurdles
 - Peter Roberts – Shot
 - Peter Roberts – Discus
 - John Davies – Javelin
 - Steve Ryan – High Jump
 - Steve Ingram – Long Jump
 - Ed Thompson – Pole Vault

Athlete eligibility criteria:

Event:	Year 7/U13G:	Year 8/9 U15G:	Year 7 U13B:	Year 8/9 U15B:
100m/200m	15.2/31.9	14.0/28.9	14.6/30.5	13.1/27.0
Hurdles	14.6	14.3	16.0	14.4
High Jump	1.18m	1.36m	1.20m	1.45m
Long Jump	3.55m	4.15m	3.75m	4.70m
Pole Vault	Any interested	Any interested	Any interested	Any interested
Javelin	13.00m	16.10m	17.65m	26.55m
Discus	12.90m	15.15m	14.00m	19.90m
Shot	5.60m	6.45m	5.90m	8.90m



