

The National Coach Development Programme (NCDP)

A Hammer Coaching day

Sunday 23rd October 2016

At Peterborough Regional Fitness & Swimming Centre
Bishop's Road PETERBOROUGH PE1 5BW

There is a large car park by the track. This day will be free to attend and is being funded by England Athletics. Primarily for coaches, the day will also include a coaching element and attendees may bring athletes along with them. The sessions will be headed by Malcolm Fenton and Rob Earle, who are both National Coach Mentors in the Hammer & Throws. There will be a theory and discussion element to the day, followed by a practical throws session. The day will run from 11:00am to 3:00pm, refreshments will be provided, but attendees are advised to bring their own lunch. I would request that athletes bring along their own Hammers and be advised that we will be filming some parts of the practical element of the day. Can anyone wishing to attend please contact me, so that an idea of the numbers can be gauged. Regards, Malcolm

mfenton@englandathletics.org