

SUFFOLK COUNTY ATHLETICS ASSOCIATION

COACHING EDUCATION AND COURSES

NETWORK COACH DEVELOPMENT

Network Long Jump Coach Development session with Eddie Hawkins

Date: Thursday 19th April

Venue: Colchester Garrison Athletics Track, Circular Road North, Colchester.

Time: 6.30-8.00pm

Cost: Free to all coaches (including coaching assistants) in the Suffolk Essex Athletics Network.

Session details: Eddie Hawkins, currently on the National Coach Development programme for long jump will be leading a coach development session for network coaches.

The session will cover event specific drills & short approach jumps practice looking at technical aspects of the take off & flight to identify & correct technique.

Booking essential: To book your place please e-mail tania.spurling@suffolkcoastal.gov.uk

ENGLAND ATHLETIC COURSES

• **Coaching Assistant**

- **Course Dates:** 31.Mar.12 to 01.Apr.12
- **Location:** COURSE FULL: Lee Valley HiPAC 61 Meridian Way, Picketts Lock, London, N9 0AR
- **Cost:** £175

- **Course Code:** COURSE FULL: SC044
- **England Athletics affiliated club member cost:** £130

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

Please note: The minimum age for this course is 18.

• **Coach in Running Fitness**

- **Course Dates:** 31.Mar.12 to 01.Apr.12
 - **Location:** Bury St Edmunds Leisure Centre, Beetons Way, Bury St Edmunds, Suffolk. IP33 3TT
 - **Cost:** £365
 - **Course Code:** SC0467
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England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This endurance running qualification primarily for those working with runners up to and including the event group development stage. All applicants must be active leaders or coaches who have completed as a minimum a Level 1, Fitness in Running & Walking, LiRF or Coaching Assistant qualification. CiRF is about the broad application to non track based endurance running events rather than specific events or distances and is not designed for coaches who want to work with runners taking part in track based events such as 800m–10k track races or steeplechase. When qualified you will be insured to coach without supervision

Please note: The minimum age for this course is 18.

- **Leadership in Running Fitness**

- **Course Dates:** 31.Mar.12
- **Location:** Lynnsport & Leisure Park, Greenpark Aenue, Kings Lynn, Norfolk, PE30 2NB
- **Cost:** £90
- **Course Code:** SC0501

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.

- **Officials - Risk Assessment**

- **Course Dates:** 31.Mar.12
- **Location:** Westbourne Sports College, Marlow Road, Ipswich, IP1 5JN
- **Cost:** 20
- **Course Code:** SO/0197RA

The Risk Assessment Course which must be completed before a Level 2c (regional) Endurance licence is awarded.

- **Leadership in Running Fitness**

- **Course Dates:** 01.Apr.12
- **Location:** Hackney Marshes Centre, Homerton Road, london, E9 5PF
- **Cost:** £110
- **Course Code:** SC0507

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.

- **Officials - Level 2 (Field)**

- **Course Dates:** 01.Apr.12
- **Location:** Air Training Corps, HQ Norfolk & Suffolk Wing, Constitution Hill Roundabout, Constitution Hill, Norwich, NR6 7RA
- **Cost:** 30
- **Course Code:** SO/0199FD

A one day course that will allow the candidate to work under the supervision of a qualified official in the specific discipline with a view to becoming a qualified technical official.

- **Officials - Level 2 (Track)**

- **Course Dates:** 01.Apr.12
- **Location:** Air Training Corps, HQ Norfolk & Suffolk Wing, Constitution Hill Roundabout, Constitution Hill, Norwich, NR6 7RA
- **Cost:** 30
- **Course Code:** SO/0199TR

A one day course that will allow the candidate to work under the supervision of a qualified official in the specific discipline with a view to becoming a qualified technical official.

- **Officials - Level 2 (Timekeeper)**

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- **Course Dates:** 01.Apr.12
 - **Location:** Air Training Corps, HQ Norfolk & Suffolk Wing, Constitution Hill Roundabout, Constitution Hill, Norwich, NR6 7RA
 - **Cost:** 30
 - **Course Code:** SO/0199TK

A one day course that will allow the candidate to work under the supervision of a qualified official in the specific discipline with a view to becoming a qualified technical official.

- **Officials - Level 2 (Starter/Marksman)**

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- **Course Dates:** 01.Apr.12
 - **Location:** Air Training Corps, HQ Norfolk & Suffolk Wing, Constitution Hill Roundabout, Constitution Hill, Norwich, NR6 7RA
 - **Cost:** 30
 - **Course Code:** SO/0199SM

A one day course that will allow the candidate to work under the supervision of a qualified official in the specific discipline with a view to becoming a qualified technical official.

- **Officials - Level 2 (Field)**

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- **Course Dates:** 01.Apr.12
 - **Location:** Education Centre, Parliament Hill, Highgate Heath (next to Lido near Highgate Harriers) London, NW5
 - **Cost:** 15.00
 - **Course Code:** SO/0201FD

A one day course that will allow the candidate to work under the supervision of a qualified official in the specific discipline with a view to becoming a qualified technical official.

- **Coaching Assistant**

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- **Course Dates:** 12.Apr.12 to 13.Apr.12
 - **Location:** Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ
 - **Cost:** £190
 - **Course Code:** SC0472

England Athletics affiliated club member cost: £130

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

Please note: The minimum age for this course is 18.

- **Athletics Coach**

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- **Course Dates:** 14.Apr.12 to 15.Apr.12
 - **Location:** Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ
 - **Cost:** £365
 - **Course Code:** SC0473

England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This qualification is the cornerstone of the Coach Education Programme. The course plus assessment period is a total of four days including the formal assessment. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Please note: The minimum age for this course is 18.

- **Leadership in Running Fitness**

- **Course Dates:** 14.Apr.12
 - **Location:** Bury St Edmunds Leisure Centre, Beetons Way, Bury St Edmunds, Suffolk. IP33 3TT
 - **Cost:** £110
 - **Course Code:** SC0478
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A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.

- **Officials - Health and safety**

- **Course Dates:** 17.Apr.12
 - **Location:** University Track, Wilberforce Road, Cambridge, CB3 0EQ
 - **Cost:** 10
 - **Course Code:** SO/0200HS
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This is a compulsory module for all track and field technical officials.
The module represents a key component of the technical officials' qualification.

- **Officials - Health and safety**

- **Course Dates:** 17.Apr.12
 - **Location:** University Track, Wilberforce Road, Cambridge, CB3 0EQ
 - **Cost:** 10
 - **Course Code:** SO/0200HS
-

This is a compulsory module for all track and field technical officials.
The module represents a key component of the technical officials' qualification.

- **Athletics Coach**

- **Course Dates:** 21.Apr.12 to 22.Apr.12
 - **Location:** Willesden Sports Centre, Donnington Road, London, NW10 3QX
 - **Cost:** £365
 - **Course Code:** SC0520
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England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This qualification is the cornerstone of the Coach Education Programme. The course plus assessment period is a total of four days including the formal assessment. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Please note: The minimum age for this course is 18.

- **Leadership in Running Fitness**

- **Course Dates:** 21.Apr.12
- **Location:** Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, Essex, CM1 2EH
- **Cost:** £110
- **Course Code:** SC0541
- **Booking Deadline:** 15.Apr.12

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is

18.<http://www.englandathletics.org/news.asp?itemid=5449&itemTitle=New+Athletics+Coaching+%26+Leadership+Workforce+Credit+Scheme§ion=42§ionTitle=England+Athletics+News>

- **Athletics Coach**

- **Course Dates:** 28.Apr.12 to 29.Apr.12
- **Location:** Bury St Edmunds Leisure Centre, Beetons Way, Bury St Edmunds, Suffolk, IP33 3TT
- **Cost:** £365
- **Course Code:** SC0448

England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This qualification is the cornerstone of the Coach Education Programme. The course plus assessment period is a total of four days including the formal assessment. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Please note: The minimum age for this course is 18

- **Athletics Coach - Assessment Day**

- **Course Dates:** 12.May.12
- **Location:** Bedford International Athletics Stadium, Barker Lane, Bedford, MK41 9SB
- **Cost:** n/a
- **Course Code:** SC0363c

This Assessment Day is part of the Athletics Coach qualification.

Please note this Assessment Day is part of the Athletics Coach qualification and you cannot attend/book on until you have completed days 1,2 & 3 and have had your Diary assessed and received a PASS confirmation from your Area Education Coordinator.

To book on an assessment please contact your Area Education Coordinator.

- **Athletics Leader**

- **Course Dates:** 12.May.12
- **Location:** Bedford International Athletics Stadium, Barker Lane, Bedford, MK41 9SB
- **Cost:** £130
- **Course Code:** SC0528

England Athletics affiliated club member cost: £95

The course will teach Leaders to set up and monitor a group of standard sessions covering a range Athletics events.

Please note: The minimum age for this course is 16.

- **Leadership in Running Fitness**

- **Course Dates:** 19.May.12
- **Location:** East Bergholt Sports Centre, Heath Road, East Bergholt, Colchester, Co7 6RJ
- **Cost:** £110
- **Course Code:** SC0542
- **Booking Deadline:** 11.May.12

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.
<http://www.englandathletics.org/news.asp?itemid=5449&itemTitle=New+Athletics+Coaching+%26+Leadership+Workforce+Credit+Scheme§ion=42§ionTitle=England+Athletics+News>

- **Coach in Running Fitness - Assessment Day**

- **Course Dates:** 16.Jun.12
- **Location:** Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, Essex, CM1 2EH
- **Cost:** n/a
- **Course Code:** SC0471c

This Assessment Day is part of the Coach in Running Fitness qualification.

Please note this Assessment Day is part of the Coach in Running Fitness qualification and you cannot book or attend until you have completed days 1, 2 & 3 and have had your Diary assessed and received a PASS confirmation from your Area Education Coordinator.

To book on an assessment please contact your Area Education Coordinator.

- **Athletics Coach - Assessment Day**

- **Course Dates:** 01.Jul.12
- **Location:** Eastwood Academy, Rayleigh Road, Leigh-on-Sea, Essex, SS9 5UU
- **Cost:** n/a
- **Course Code:** SC0496c

This Assessment Day is part of the Athletics Coach qualification.

Please note this Assessment Day is part of the Athletics Coach qualification and you cannot attend/book on until you have completed days 1, 2 & 3 and have had your Diary assessed and received a PASS confirmation from your Area Education Coordinator.

To book on an assessment please contact your Area Education Coordinator.

- **Leadership in Running Fitness**

- **Course Dates:** 07.Jul.12
- **Location:** Bedford International Athletics Stadium, Barker Lane, Bedford, MK41 9SB
- **Cost:** £110
- **Course Code:** SC0547
- **Booking Deadline:** 29.Jun.12

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.

- **Athletics Coach**

- **Course Dates:** 15.Jul.12 to 22.Jul.12
- **Location:** Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, Essex, CM1 2EH
- **Cost:** £365
- **Course Code:** SC0511

England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This qualification is the cornerstone of the Coach Education Programme. The course plus assessment period is a total of four days including the formal assessment. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Please note: The minimum age for this course is 18.

- **Coach in Running Fitness**

- **Course Dates:** 21.Jul.12 to 22.Jul.12
- **Location:** Regional Fitness & Swimming Centre, Bishops Road, Peterborough, PE1 5BW
- **Cost:** £365
- **Course Code:** SC0533

England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This endurance running qualification primarily for those working with runners up to and including the event group development stage. All applicants must be active leaders or coaches who have completed as a minimum a Level 1, Fitness in Running & Walking, LiRF or Coaching Assistant qualification. CiRF is about the broad application to non track based endurance running events rather than specific events or distances and is not designed for coaches who want to work with runners taking part in track based events such as 800m–10k track races or steeplechase. When qualified you will be insured to coach without supervision

Please note: The minimum age for this course is 18.

- **Athletics Leader**

- **Course Dates:** 15.Sep.12
- **Location:** Lee Valley HiPAC 61 Meridian Way, Picketts Lock, London, N9 0AR
- **Cost:** £130
- **Course Code:** SC0449

England Athletics affiliated club member cost: £95

The course will teach Leaders to set up and monitor a group of standard sessions covering a range Athletics events.

Please note: The minimum age for this course is 16.

- **Athletics Coach - Assessment Day**

- **Course Dates:** 15.Sep.12
- **Location:** Willesden Sports Centre, Donnington Road, London, NW10 3QX
- **Cost:** n/a
- **Course Code:** SC0520c

This Assessment Day is part of the Athletics Coach qualification.

Please note this Assessment Day is part of the Athletics Coach qualification and you cannot attend/book on until you have completed days 1,2 & 3 and have had your Diary assessed and received a PASS confirmation from your Area Education Coordinator.

To book on an assessment please contact your Area Education Coordinator.

- **Coaching Assistant**

- **Course Dates:** 22.Sep.12 to 23.Sep.12
- **Location:** Lee Valley HiPAC 61 Meridian Way, Picketts Lock, London, N9 0AR
- **Cost:** £190
- **Course Code:** SC0447

England Athletics affiliated club member cost: £130

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

Please note: The minimum age for this course is 18.

[Click here](#) to read about our Coaching Course Credit scheme and [download the document](#).

- **Athletics Coach**

- **Course Dates:** 29.Sep.12 to 30.Sep.12
- **Location:** Lee Valley HiPAC 61 Meridian Way, Picketts Lock, London, N9 0AR
- **Cost:** £365
- **Course Code:** SC0461

England Athletics affiliated club member cost: £325

This course also has a third training day plus an assessment day. Please check you are able to attend on the dates given for these before booking.

This qualification is the cornerstone of the Coach Education Programme. The course plus assessment period is a total of four days including the formal assessment. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Please note: The minimum age for this course is 18.

- **Coaching Assistant**

- **Course Dates:** 29.Sep.12 to 30.Sep.12
- **Location:** Bury St Edmunds Leisure Centre, Beetons Way, Bury St Edmunds, Suffolk. IP33 3TT
- **Cost:** £190
- **Course Code:** SC0535

England Athletics affiliated club member cost: £145

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

Please note: The minimum age for this course is 18.

- **Athletics Leader**

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- **Course Dates:** 29.Sep.12
 - **Location:** Bedford International Athletics Stadium, Barker Lane, Bedford, MK41 9SB
 - **Cost:** £130
 - **Course Code:** SC0548
 - **Booking Deadline:** 21.Sep.12
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England Athletics affiliated club member cost: £95

The course will teach Leaders to set up and monitor a group of standard sessions covering a range Athletics events.

Please note: The minimum age for this course is 16.

- **Coaching Assistant**

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- **Course Dates:** 27.Oct.12 to 28.Oct.12
 - **Location:** Bedford International Athletics Stadium, Barker Lane, Bedford, MK41 9SB
 - **Cost:** £190
 - **Course Code:** SC0549
 - **Booking Deadline:** 18.Oct.12
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England Athletics affiliated club member cost: £145

This qualification is for those who wish to move towards being a coach and begin to gather experience in the detail of making coaching decisions.

Please note: The minimum age for this course is 18.

- **Athletics Leader**

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- **Course Dates:** 11.Nov.12
 - **Location:** Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, Essex, CM1 2EH
 - **Cost:** £130
 - **Course Code:** SC0512
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England Athletics affiliated club member cost: £95

The course will teach Leaders to set up and monitor a group of standard sessions covering a range Athletics events.

Please note: The minimum age for this course is 16.

- **Athletics Coach - Assessment Day**

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- **Course Dates:** 18.Nov.12
 - **Location:** Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, Essex, CM1 2EH
 - **Cost:** n/a
 - **Course Code:** SC0511c
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This Assessment Day is part of the Athletics Coach qualification.

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To book on an assessment please contact your Area Education Coordinator.

- **Coach in Running Fitness - Assessment Day**

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Course Dates: 15.Dec.12

Location: Regional Fitness & Swimming Centre, Bishops Road, Peterborough, PE1 5BW

Cost: n/a

Course Code: SC0533c

This Assessment Day is part of the Coach in Running Fitness qualification.

Please note this Assessment Day is part of the Coach in Running Fitness qualification and you cannot book or attend until you have completed days 1 ,2 & 3 and have had your Diary assessed and received a PASS confirmation from your Area Education Coordinator.

To book on an assessment please contact your Area Education Coordinator.
