



Suffolk Essex
Athletics Network

Suffolk Essex Athletics Network

Long jump session

On Saturday 20th February, the Suffolk Essex Athletics Network saw coaches and athletes meet at Braintree Athletics Track to share ideas and best practices in long jump training. The session was led by Eddie Hawkins, who is part of the National Coach Development Programme, and included many drills and training ideas including plyometric training, posture work, and event specific technical drills.

This is the first of many network coach and athlete development sessions being organised, with the next major network event being the upcoming coach and athlete development day taking place on Saturday 27th March 2010.



Level one coaching course

As a result of the coaching course waiting list that has been developed by the network and supported by England Athletics, a level one coaching course was recently hosted by the Suffolk Essex Athletics Network. The level one course, held at Ipswich on Saturday 6th March proved to be a great success with 24 new coaches from across the network attending.

Coach mentoring day

Thirteen coaches from clubs across the network attended a coach development and mentoring day on Sunday 7th March. The workshop supported coaches that would like to provide mentoring for athletes, and also to provide mentoring for other coaches within the network over the coming months. The workshop led by Les Duggan provided an excellent networking opportunity for coaches, whilst furthering their knowledge and gaining new ideas that can be used throughout the network.