

England Athletics Midlands workshop

Coaching performance athletes in your local environment

An exciting series of innovative discussions with keynote presenters

Learn to effectively coach, influence, and plan to optimise performance outcomes for your most talented athletes. The workshop will include open discussions from a panel of experts in coaching, and planning and exceptional networking opportunities. Presenters include:

Tom Parker from The Smart Clinics

- ◆ Tom will give a summary of his organisation, their partnership with Bupa and the blood tests and Bupa health assessments they offer. He will outline their Private Medical Insurance packages and other services as well as their future plans. Including opportunities for Q&A.

David Lowes

- ◆ Is XC essential for track success?
- ◆ Weekly sessions for each of the phases of a yearly plan

Steve Vernon

Coach to Olympic athletes

Sunday 11 September 2016 9am-4.30pm

Holiday Inn, Milton Keynes East

London Road, Newport Pagnell, MK16 0JA

Cost £10 – includes tea, snacks & coffee all day, finger buffet lunch

For reduced Accommodation rates (£70 Single B&B, £76 Double B&B), please call Hotel direct on 01908 613688 and quote 'England Athletics'



To register for this workshop please visit:

www.ulearnathletics.com/cpdEvent/84219