



Merseyside
Athletics Network

Throwing Coach Development Winter 2011

Effective Coaching Styles for heavy throws

Wednesday 12th October 2011, 6:30pm @ Wavertree Athletics Track
(and clubhouse, Wellington Road, Wavertree, L15 4JN)

This workshop is delivered by the England Athletics National Coach Mentor for Hammer and is aimed at those throws coaches who want to explore the best ways to develop their athletes.

Introduction to Nutrition for Power Athletes

Monday 7th November 2011, 7:00pm @ Edgehill University (TBC)

This workshop is being delivered by the Lucozade Sports Science Team and aims to give coaches the basic information regarding nutrition for those athletes who need to develop speed and power for their chosen events (throws, jumps and sprints).

Planning the Season Ahead and Basic Strength & Conditioning for Throwers

Wednesday 23rd November 2011, 7:00pm @ Litherland Sports Park,
(Moss Lane, Litherland, L21 7PT)

This workshop is aimed at those coaches who work with athletes U17 and above and seeks to give coaches the tools to plan for all aspects of the season ahead.

What Gender Difference? Coaching Female Throwers and Lifetime Evolution of Training for Throwers

Monday 12th December 2011, 6:30pm @ Wavertree Athletics Track
(and clubhouse, Wellington Road, Wavertree, L15 4JN)

This workshop is aimed at those coaches who work with athletes u17 and above and seek



To book your
place on these
workshops:

Please email Vicky Huyton

(Merseyside Athletics Network Coordinator)

vicky.huyton@sportcheshire.org

