

A DATE FOR YOUR DIARY

Coaching Conference
at
Loughborough University
October 21st 2007

Keynote Speaker: Frank Dick O.B.E.

former director of coaching for British Athletics, now world renowned motivational speaker and coaching theorist.

Outline programme includes sessions on:

- Injury Prevention
- Speed training - the "Art of Performance"
- Throws - feedback from World Throws Conference & the "Finnish Way"
- Middle Distance - successful training methods
- "Good enough or perfect?" - Technique in drills
- Jumps - development of the Take-off

PRICE: £10.00* for all coaches

*Conference sponsored by the former MACD

- To apply:**
1. Complete the application form on the right.
 2. Make out cheque to "England Athletics Ltd" for £10.
 3. Include a large plain envelope with your name and address written on and affix a "Large Letter" stamp.
 4. Enclose all 3 items into an envelope and send it to;
Alan Richardson, England Athletics, Sports Development Centre, Loughborough University, Loughborough LE11 3TU.

2007 East Midlands Coaching Conference Registration Form

NAME:

UKA COACH LICENCE NO.:

ADDRESS: _____

POSTCODE: _____

TEL. NO.:

E-MAIL:

CLUB:

EVENT AREA INTEREST

(Please tick all that apply)

ENDURANCE

SPEED

JUMPS

THROWS

