



# Michael Afilaka

# Coaching Masterclass

**Coach to Rikki Fifton (UK Indoor 200m Champion)  
& Jeanette Kwakye (European Indoor 60m Finalist)**

Supported By:

**England  
Athletics**



**Saturday 2-5pm  
High Performance  
Centre (HIPAC)**

**19 May 2007**  
Loughborough University

**During this Spar Sprints Masterclass Michael will discuss his approach to sprint training with a specific emphasis on planning for competition. Guests are invited to bring along their own training plans or video footage of their athletes for analysis and discussion. There will be time for questions and perhaps some practical demonstrations.**

Places are strictly limited to 25 coaches so please book early to avoid disappointment.  
Any questions please contact Tom Crick at [tomcrick@sparsprintseastmidlands.co.uk](mailto:tomcrick@sparsprintseastmidlands.co.uk)

**SPAR SPRINTS MASTERCLASS WITH MICHAEL AFILAKA BOOKING FORM**  
**Saturday 19 May 2007, 2-5pm, High Performance Centre, Loughborough Uni**

Name \_\_\_\_\_

Contact Phone \_\_\_\_\_

Email \_\_\_\_\_

*I have enclosed a cheque made payable to England Athletics for  
£5.00*

Return to:  
**Spar Sprints Masterclass  
England Athletics  
Sports Development Centre  
Loughborough University  
Loughborough  
LE11 3TU**