

# Club & Coach Training Guide 2007

## Long Term Athlete Development (LTAD)

**Course Tutor:** Sports Coach UK

**Venue:** Richard Herrod Leisure Centre, Carlton

**Time:** 6:30pm – 9:30pm

**Date:** Thursday 22<sup>nd</sup> November 2007

**Cost:** £10 in Nottinghamshire, £20 outside Nottinghamshire

### Course Description:

**Aimed at: - All Coaches & Teachers**

Recent research has shown how vital appropriate training at the correct time is to an athlete's development. This workshop will explore the key concepts of LTAD and what it means to both athletes and coaches. It will also identify and recognise the reasons for adopting LTAD and its concepts, and identify appropriate actions to integrate LTAD into coaching.

**Cost:** £10 people in Nottinghamshire  
£20 people outside Nottinghamshire

**For more details contact:** Yuet-Mai Wan  
**Tel:** 0115 9772976  
**Email:** [yuetmai.wan@nottscc.gov.uk](mailto:yuetmai.wan@nottscc.gov.uk)