

# West Yorkshire Athletics and Running Coach Education (Jan-Mar 2016)



These workshops and courses have been organised by England Athletics, Calderdale Athletics Network, Leeds City Council and West Yorkshire Sport. These workshops will help to develop leaders, coaches and officials in the West Yorkshire region.



For more information please contact your local CCSO Nick Settle on 07968 498710 or [nsettle@englandathletics.org](mailto:nsettle@englandathletics.org)

## Movement Skills for Running, Jumping and Throwing Day 2

Sunday 17<sup>th</sup> January, 10am – 4pm

Pudsey Leisure Centre, Leeds, LS28 7BE

FREE for qualified EA run leaders & athletics coaches

To book and for info visit: <http://goo.gl/IQgBHS>

## Injury Prevention

Monday 25<sup>th</sup> January, 6.30 – 8.00pm

Crossleys School Sports Hall, Halifax HX3 0HG

Deliverer: Ian Blackburn (Olympic and Tour de France Physio)

£5 per person, to book and for info visit

<http://goo.gl/joczKZ>



[www.englandathletics.org](http://www.englandathletics.org)

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## Leadership in Running Fitness

Saturday 6<sup>th</sup> February 9am-5pm

Cockburn High School, Leeds, LS11 5TT

£160 or £140 for EA affiliated clubs

To book and for info visit: <http://goo.gl/15GPjk>

## Strength and Conditioning / Physical Preparation for Runners

Monday 8<sup>th</sup> February, 6.30 – 8.00pm

Crossleys School Sports Hall, Halifax HX3 0HG

Deliverer: Graeme Woodward (EA Tutor & Halifax RLFC S&C)

£5 per person, to book and for info visit  
<http://goo.gl/joczKZ>

## Movement Skills for Running, Jumping and Throwing Day 3

Sunday 14<sup>th</sup> February, 10am – 4pm

Pudsey Leisure Centre, Leeds, LS28 7BE

FREE for qualified EA run leaders & athletics coaches

To book and for info visit: <http://goo.gl/xcl1Tf>



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## Stretching & Soft Tissue Release Methods

Monday 22<sup>nd</sup> February, 6.30 – 8.00pm

Crossleys School Sports Hall, Halifax HX3 0HG

Deliverer: Ian Blackburn (Olympic and Tour de France Physio)

£5 per person, to book and for info visit

<http://goo.gl/joczKZ>

## How to develop a successful social running group

Tuesday 8<sup>th</sup> March, 6.30-8.30pm

John Charles Centre for Sport, Leeds, LS11 5DJ

FREE for qualified EA run leaders & athletics coaches

To book & for info contact Nick Settle

[nsettle@englandathletics.org](mailto:nsettle@englandathletics.org)

## Leadership in Running Fitness

Saturday 19<sup>th</sup> March, 9am-5pm

Leeds Road Sport Complex, Huddersfields, HD2 1YY

£160 or £140 for EA affiliated clubs

To book and for info visit: <http://goo.gl/yMsraC>



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## Officials Education

Generic which now includes Health & Safety on the course, plus one of the specific disciplines from the list below (please specify discipline on application)

## Generic Officials Course

Wednesday 17<sup>th</sup> February, 6.30pm to 9pm

Springhall Athletic Track, Halifax, HX3 0AA

## Specific Officials courses

**(1. Track Judges. 2. Timekeeping. 3. Field Judges)**

Wednesday 24<sup>th</sup> February 2016, 6.30pm to 9pm

The Shay Stadium, Halifax, HX1 2YS

£30 person to book or for info contact Nick Settle on

[nsettle@englandathletics.org](mailto:nsettle@englandathletics.org)

For more information please contact your local CCSO

Nick Settle on 07968 498710 or

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