



SUSSEX COACH AND ATHLETE DEVELOPMENT DAY

SUNDAY 21ST FEBRUARY 2010 – LEWES LEISURE CENTRE

COACHES PROGRAMME

DISCUS MASTER CLASS: Andy Neal – 10.00am to 12.00pm

Andy has been coaching at various levels for over 20 years and is now primarily working with dedicated, higher level discus throwers. He is involved in the education and development of coaches on behalf of UKA and England Athletics. His personal aim is to have a beneficial development effect on both athlete and coach alike.



PLYOMETRICS MASTER CLASS: Donovan Reid – 9.30am to 11.00am

Donovan started his athletics career as an athlete and one of his best achievements was coming seventh in the 100m final in the 1984 Olympics. Donovan has been coaching at various levels since 1992 and has had athletes represent UK in the World Championships, European Championships and the Olympics.

MULTI EVENTS MASTER CLASS: Steve King – 10.00am to 12.00pm

Steve has been the Lead Coach for the Sussex County Squad for the last 4 years. Since 2007 Steve helped team manage and coach 6 winning Sussex teams in Combined Events at the English Schools Championships. During his coaching career of 30 years he has coached international athletes in High Jump, Long Jump, Triple Jump, 400m, Hurdles and Combined Events.



All other events will also be held throughout the day from 9.30am to 1.00pm, so if you are a coach please feel free to attend the day and get involved with one or two of the event groups.

Should you have any questions please do not hesitate to contact me at zoe.mckinnon@dorothy-stringer.co.uk or 07811 278827.

Alternatively please visit the network website on www.sussexathleticsnetwork.org.uk for further information.



www.englandathletics.org