



# Somerset Schools & County AA 'Winter Coaching Courses' - 2016

*somerset-schoolsathletics.org.uk*



## Sunday 13th March - Combined Events Coaching Course

This course will be a 'three event' session to give those taking part the feeling for Combined Events.

In this branch of athletics we are a very successful county, invariably having one of the largest teams at the ESAA Championships and more often than not an England Representative in the International Indoor Pentathlons in Glasgow.

The competitions for the various age groups are made up of the following events:

- Junior Girls Pentathlon** - Hurdles, Shot, High Jump, Long Jump, 800 metres
- Intermediate Girls Heptathlon** - Hurdles, High Jump, Shot, 200 metres, Long Jump, Javelin, 800 metres
- Senior Girls Heptathlon** - Hurdles, High Jump, Shot, 200 metres, Long Jump, Javelin, 800 metres
- Junior Boys Pentathlon** - Hurdles, Shot, Long Jump, High Jump, 800 metres
- Intermediate Boys Octathlon** - Long Jump, Discus, Javelin, 400 metres, Hurdles, High Jump, Shot, 1500 metres
- Senior Boys Decathlon** - 100 metres, Long Jump, Shot, High Jump, 400 metres, Hurdles, Discus, Pole Vault, Javelin, 1500 metres

### The Provisional Programme for the Track and Field Coaching Courses

9.30	Years 7 and 8 athletes register
9.45	Years 9 and 10 athletes register
9.55	Years 11, 12 and 13 athletes register
10.00	Welcome
10.10	Warm-up with Event One Coach
10.30	Event ONE Coaching
12.00	Refreshment break
	Discussion and Power-Point Presentation
1.00	Event TWO Coaching
2.30	Warm-down with Event Two Coach
2.45	Dispersal

(The Combined Events Course will have a slightly different format to accommodate a third event coaching session.)

**ANY NOTICE OF CANCELLATION DUE TO ADVERSE WEATHER CONDITIONS WILL BE POSTED ON THE SSAA WEBSITE.**

## Somerset Coaching Course - 13th March 2016

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ School Year \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_

I am delighted to accept my invitation to the Combined Events Coaching Course as indicated below.

### Sunday 13th March

- Sprints
- Hurdles
- Long Jump
- High Jump
- Pole Vault
- Javelin
- Discus
- Shot

**Choose 3 events**  
(circle the events)

**Cost £10**

Please return this form, accompanied by the £10 course fee, by Friday 29th January

OR if solely applying for this course by Friday 4th March

To: Brian Baker  
SSAA Coaching  
16 Holly Court  
Frome  
BA11 2SQ

If you apply via the website you must send the £10.00 fee by post to the address on the left.



**Somerset Coaching Courses - 2016**

Name \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ School Year \_\_\_\_\_  
 Email \_\_\_\_\_  
 School \_\_\_\_\_

I am delighted to accept my invitation to the Track and Field Coaching Course(s) as indicated below.

Sunday 14th February	Sunday 28th February	Sunday 17th April
Sprints	Sprints	Sprints
Endurance	Endurance	Endurance
Hurdles	Hurdles	Hurdles
Steeplechase	Steeplechase	Steeplechase
Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump
High Jump	High Jump	High Jump
Pole Vault	Pole Vault	Pole Vault
Javelin	Javelin	Javelin
Discus	Discus	Discus
Shot	Shot	Shot
Hammer	Hammer	Hammer
<b>Choose 2 events</b> <small>(circle the events)</small>	<b>Choose 2 events</b> <small>(circle the events)</small>	<b>Choose 2 events</b> <small>(circle the events)</small>
<b>Cost £10</b>	<b>Cost £10</b>	<b>Cost £10</b>

Please return this form, accompanied by the £10 fee for each course, by **Friday 29th January**

To: Brian Baker  
 SSAA Coaching  
 16 Holly Court  
 Frome  
 BA11 2SQ

If you apply via the website you must send the £10.00 fee(s) by post to the address on the left.



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 'Winter Coaching Courses' - 2016**

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Dear

This is a personal invitation for you to attend the four 2016 Somerset Athletics Coaching Courses to be held at the Bill Whistlecroft Athletics Arena, Yeovil.

Invitations have been sent to all athletes who represented the county during 2015 along with highly placed Area and School Representatives in Cross-Country, Track and Field and Combined Events Championships.

There are four Sunday courses:

- Track & Field events - **14th February; 28th February; 17th April**
- Combined Events - **13th March**

The courses commence at 9.30 and end at (approximately) 2.45 with the cost of each course being £10 per athlete. Cheques should be made payable to **SSAA Coaching** and accompany the reply slips. The initial closing date is **Friday 29th January** with subsequent closing dates one week before each course.

You may apply by using the web form on the SSAA website but all fees must be sent by post as soon as any application is submitted. Fees are non-refundable but can be 'rolled over' to subsequent courses.

The county is strong in all disciplines at Regional and National levels and we firmly believe this is due, in no small part, to the winter coaching courses which help build excellent camaraderie amongst team members.

We pride ourselves on our team spirit at South-West and English Schools' AA Championships where individual athletes (particularly those new to the group) are supported and encouraged fully by their team-mates. This sense of 'togetherness' helps promote individual and team success and can be traced back to our winter preparation.

**You are strongly advised to bring suitable clothing in case of inclement weather along with your normal athletics kit. (Changing facilities are limited.) Light refreshments are advisable.**

Please visit the SSAA website to view detailed information on each course.

We look forward to seeing you at one or more of the 2016 courses and hope you have a rewarding experience.

*Somerset Coaching Committee*