

UNIVERSITY OF BATH HIGH PERFORMANCE CENTRE



New Throws and Jumps Hall.

**UK Athletics
Bath HPC
University of Bath
Sports Training Village
Claverton Down
Bath, BA2 7AY
Telephone 01225 323559/323819 Fax 01225 32394**

E-mail southwestperformancecentre@ukathletics.org.uk

Meet the Personnel.

Malcolm Arnold

Head of Bath High Performance Centre



Director of Coaching, Uganda 1968 – 72.
Welsh National Coach, 1974 – 1994
British Athletics Head of Coaching and Development 1994 – 1997
Performance Director, UK Athletics 1996 – 7.

Coach to the following athletes.

John Akii-Bua (400 metres hurdles).

Olympic Champion 1972. World record holder 1972 – 76.

Kay Morley (100 metres hurdles).

Commonwealth Champion 1990

Mark McKoy (110 metres hurdles).

Olympic champion 1992.

Colin Jackson (110 metres hurdles)

World Junior Champion 1986

Olympic Silver medallist 1988

Commonwealth Champion 1990 and 1994

European Champion 1990, 1994 and 1998

World Indoor champion 1999

World outdoor Champion 1993 and 1999.

World record holder, indoors and outdoors, 1993 to date,
and numerous other minor medallists in major championships.

B.A.N.C. Coach of the Year, Wales, 1987

Welsh Coach of the Year, 1990.

UK Coach of the Year 1992 –93.

NCF Coach of the Year 1993

Elected to the N.C.F. Hall of Fame 1999.

Mussabini Medal 1999.

As part of the World Class Potential scheme he is also mentor to the Apprentice Elite Coaches Colin Bovell (Loughborough HPC) and Lorraine Shaw (Bath HPC). He is also mentor to the two new Team Leaders for the British Junior Team, Martin Rush and Terry Lomax.

Martin Rush



Regional Performance Manager for the S.W.England, within the UK Athletics World Class Potential strategy. He has an operational base at the University. Martin represented Great Britain many times, including the 1992 Olympic Games in Barcelona and in three World Walking Cups. He represented England in the 1996 Commonwealth Games

Lorraine Shaw



Is a WC Performance athlete linked to Bath. Lorraine was placed sixth in the recent World Championships in Edmonton. She has expressed a desire to become a coach at the end of her active throwing career. UK Athletics has employed her as an apprentice coach, working with throwers at the centre two days per week.

Ken Holmes



Scottish International athlete, placed sixth in Commonwealth Games Javelin. He is part time, partially employed by the University and UK Athletics. He works with the throwers group. He is a level 4 UK Athletics coach.

Tim Snowdon

Is a Biology teacher at a local school. He has been coaching Athletics for 26 years, and has been specializing in Pole Vault for the past 18 years. In his time he has coached numerous athletes to medal positions at English Schools, Regional and National Championships, and a number of athletes to GB representative teams both at Senior and Junior levels. He is a level4 UK Athletics coach.

Dave Saker

Is employed by the University as the endurance coach for the general student population. He also runs the University X-Country teams and the grass roots schemes, Star:Track, Talent Identification Administrator and Regional Administrator. Dave is a highly respected athletics official, having officiated in many International meetings, including the 1994 Commonwealth Games. He is a Level 4 UK Athletics coach.

BATH HPC

The High Performance Centre is in place to help improve Athletics in the region, by helping Athletes, Coaches and Officials. This will happen by holding South West Regional Squad Athletic Camps, further camps for specialist events, Coaching Seminars, Officials Seminars. This will be done both by the personnel at the centre and with the assistance of Sonia Ellis the South West Regional Development Co-ordinator and Bill Whistlecroft MBE the Regional Coaching Manager.

Regional Squad Camps.

These will Take Place at the University of Bath on the following dates from 10am to 4pm.

October 3rd 2004

November 7th 2004

December 5th 2004

March 20th 2005

Coaching Seminars for 2004/2005 at the University of Bath.

Last Autumn/Winter a number of Seminars were successfully held at the University of Bath, it is proposed to enhance that programme this year, and the following seminars will be held to develop the South West's coaching structure, all courses are eligible for UKA Coach Education credits at Level 3 & 4, but they are also open to any Level 1& 2 coaches. All courses will count for two credits on Coaches Licences for all attendees.

26 th September	Tim Snowdon	Fundamentals of the Pole Vault
24 th October	Malcolm Arnold Lorraine Shaw	Fundamentals of 400m Hurdling Fundamentals of Hammer Throwing
21 st November	Ken Holmes & Scott Murphy	Fundamentals of Rotational Shot Putt
5 th December	Malcolm Arnold	More activities for Sprinting and Starting
23 rd January	Martin Rush Dave Saker	Race Walking progressions Strength and Conditioning for YA.
13 th February	Martin Rush Ken Holmes	Training for road running (10mls +). Skills and drills for discus throwing.
20 th March	Dave Saker	Running mechanics

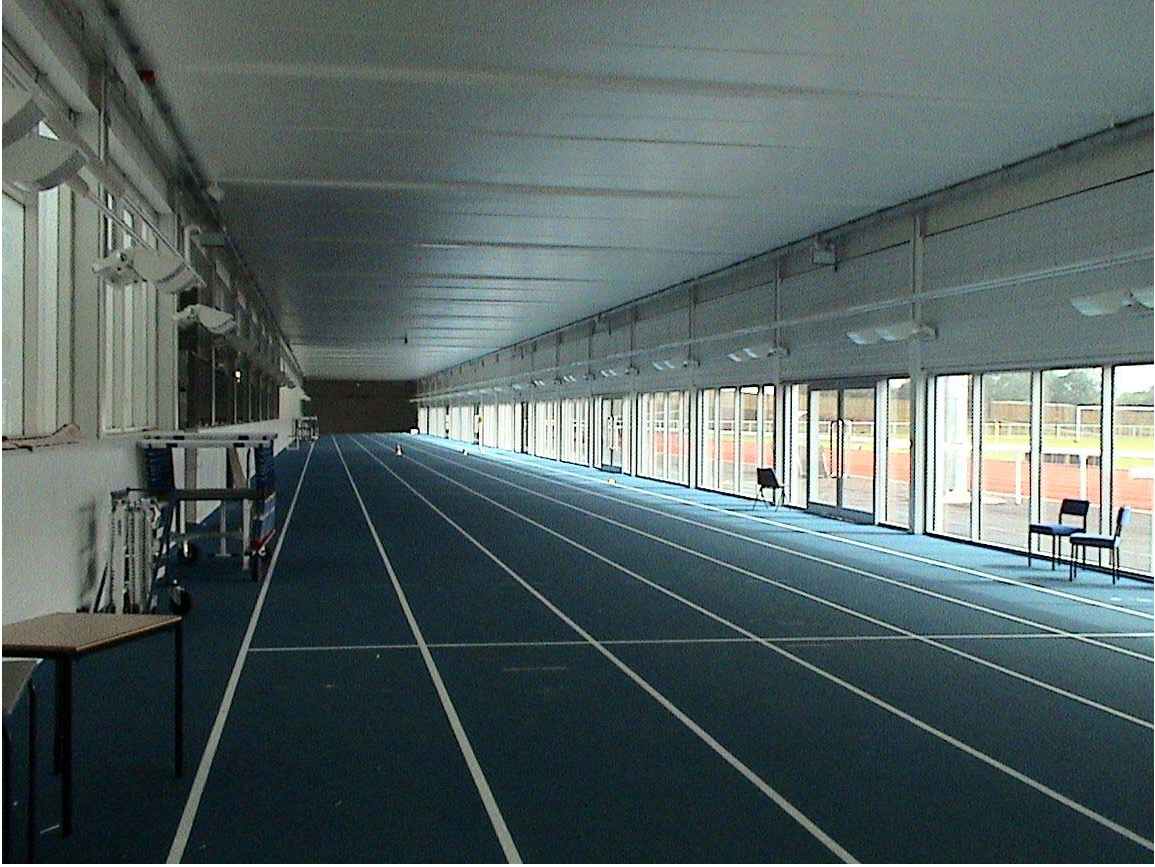
All will take place from 10am until 1pm

The charge for each course will be £7.50, please apply to David Saker at the address on the front of the brochure, naming the course/courses you wish to attend and enclosing your fee.

BATH HAMMER DAYS.

26th September 10.30am – 1.30pm
Drills Throwing and Quadathlon Test
31st October 10.30am – 1.30pm
Drills, Throwing, Core Stability and Twisting.
21st November 10.30am – 1.30pm
Drills, Throwing, Lifting.
19th December 10.30am – 1.30pm
Drills, Throwing, Bounding
30th January 10.30am – 1.30pm
Drills, Throwing, Quadathlon Test.
20th March 10.30am -1.30pm
Throwing Combined with the Southwest Squad

These are put on by Lorraine Shaw. All hammer coaches are welcome please contact David Saker at the address on the front.



**Indoor Sprint Straight.
University of Bath**