



uk:athletics

# COACHING

## South West

### Athletics Coaching Courses 2005/6

ENGLAND  
ATHLETICS

#### Level 1 Courses

Cost £50

The Level 1 qualification enables you to assist a level 2 or above coach in coaching athletics and teaches basic coaching principles of the various event groups. Minimum age to attend is 16.

SW055	Sat 17th September 05	Truro
SW073	Sat 1st October 05	Exeter Arena
SW057&67	Fri 21st October 05	Yeovil
SW071	Sat 12th November 05	Paignton Community C.
SW069	Thur 17th November 05	Chelt & Gloc Uni
SW070	Thur 17th November 05	Chelt & Gloc Uni
SW058	Sun 20th November 05	Bath HPC
SW056	Sat 26th November 05	Gloucester Uni
SW063	Sat 3rd December 05	Bournemouth Uni
SW061	Sun 12th February 06	Ivybridge
SW064	Sun 19th February 06	Yeovil
SW062	Sat 18th March 06	Bournemouth Uni

#### Children in Athletics Module

Cost £50

This qualification enables you to assist a level 2 or above coach in coaching children age 8-13 in fun type activities. Minimum age to attend is 14.

SWcia33	Sun 9th October 05	Bournemouth Uni
SWcia32	Thur 24th November 05	Glos Uni
SWcia27	Sun 27th November 05	Bristol (Withywood)
SWcia25	Sat 28th January 06	Truro
SWcia28	Sun 19th February 06	Yeovil
SWcia26	Sat 25th February 06	Gloucester Uni
SWcia72	TBC	Scilly Islands, Cornwall

#### Fitness in Running and Walking Module

Cost £50

This qualification enables you to lead a group of people for walking or running.

Minimum age to attend is 16.

SWfirw20	Sun 9th October 05	Bournemouth Uni
SWfirw13	Sat 3rd September 05	Ivybridge
SWfirw18	Sun 27th November 05	Bristol (Withywood)
SWfirw17	Sat 11th March 06	Gloucester Uni
SWfirw15	Sat 1st April 06	Truro

Reserved places on courses are no longer accepted so application forms with cheques only please.

Confirmation and course details will be forwarded when all applications for a particular course have been received so early applicants please be patient - thanks.

#### Level 2 Courses

Cost £120

The Level 2 qualification enables you to coach alone in chosen event group(s). To complete the level 2, 3 days have to be completed - 2 core - plus the third day - at least one event group (extra event group modules cost £30) Minimum age to attend is 18.

##### Day 1 & 2

SW225	22/23rd October 05	Yeovil College
SW220	29/30th October 05	Ivybridge
SW221	5/6th November 05	Truro
SW224	21/22nd January 06	Bristol
SW222	28/29th January 06	Gloucester
SW223	4/5th February 06	Bath HPC
SW226	11/12th February 06	Bournemouth Uni

##### Day 3

17th December 05	Ivybridge	Speed, Throws
18th December 05	Ivybridge	Endurance, Jumps
25th March 06	Bath HPC	Speed, Throws
26th March 06	Bath HPC	Endurance, Jumps

#### Level 3 & 4 Courses

Cost -varied

The Level 3 & 4 qualifications enable you to coach alone in chosen event group(s). To complete each of the levels all 6 days have to be completed - 4 core - plus the event specific weekend. Minimum age to attend is 18.

##### Phase I

24/25th September 05	Bath HPC
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##### Phase II

28/29th January 06	Cardiff (NIAC)
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##### Event Specific modules

26/27th November 05	Throws / Sprints - Cardiff Uni (NIAC)
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26/27th November 05	Jumps / Endurance - Bath HPC
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##### Optional Modules

8/9th April 06	Mentoring - Bath HPC
24th September 05	Coaching disabled athletes - Birmingham

Please send applications to Katherine Evans at UK Athletics

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If you have any queries or would like more information please call - **Bill Whistlecroft the Regional Education and Training Administrator (RETA) on 01935 422646**

89 Elliotts Drive, Yeovil, Somerset BA21 3NR  
or Sonya Ellis - SW RDC on 07968 498709.

#### \*\* What course would you prefer to attend? \*\*

evening, weekend or week day courses can be organised to meet local needs - if you would like to have a course in your area with specific needs, then please contact Bill Whistlecroft.