

COACH EDUCATION - SOUTH WEST

Athletics Coaching Courses 2006/7

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.

SW10077	Sat 2nd September 06	Ivybridge CC
SW10076	Sat 9th September 06	Mounts Bay Sc, Penzance
SW10078	Fri 20th October 06	Yeovil College
SW10082	Sat 11th November 06	Filton College Bristol
SW10083	Sun 10th December 06	Bournemouth Uni
SW10081	Sat 25th November 06	Oxtalls Campus GLOS
SW10084	Sat 3rd February 06	Bournemouth Uni
SW10089	Sat 5th November 06	Taunton
SW10090	Sat 24th February 06	Bath 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.

Sat 21 Oct	Ivybridge CC
Sun 19 Nov	Filton College, Bristol
Sat 10 March	Oxtalls Campus GLOS
Sat 3 February	Bournemouth Uni
Sun 21 January	Bath Uni

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.

SWfirw23	Sat 2nd Sept 06	Ivybridge CC
SWfirw24	Sun 19th Nov 06	Filton College
SWfirw26	Sun 11th March	Bath Uni

Please note the new contact details for applications

Reserved places on courses are not 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. If you have any queries or would like more information please call the regional office on 01392 879733 or email southwestoffice@englandathletics.org

More courses are being planned and information will be distributed as soon as available - if you would like a course in your area and feel there is enough local interest (about 20 people) plus a suitable venue then please contact us to discuss this further.

Application forms are available - www.southwestathletics.com

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

21/22nd Oct	Ivybridge CC
28/29 Oct	Yeovil College
4/5 Nov	Treliske - Truro
27/28 Jan 07	Oxtalls Campus Glos
10/11 Feb 07	Filton College, Bristol
17/18 Feb 07	Bournemouth Uni

Day 3

16 Dec	Ivybridge - Speed, Throws
17 Dec	Ivybridge - Endurance, Jumps
24 March	Filton College - Speed, Throws
25 March	Filton College - 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

28/29 Oct	Yeovil College
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Phase II

24/25 Feb	Ivybridge
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Event Specific modules

14/15 April 07	Bath University
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Optional Modules

2/3 Dec 06	Strength & Conditioning - Yeovil College
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Optional modules

Eating Disorders - £50

25 November	Yeovil College
26 November	Cornwall

** 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 the Regional Office.

For any applications or enquiries please contact the Regional Office:

England Athletics - South West,
Exeter Golf and Country Club, Countess Wear, Exeter, EX2 7AE

Tel: 01392 879733

email southwestoffice@englandathletics.org
website: southwestathletics.com