



FRA COACHING CONFERENCE 2018

'Coaching Junior Fell Runners'

Mytholmroyd Community Centre, Mytholmroyd, Hebden Bridge. HX7 5AF
17th November 1000-1600

The aim of the conference is to give delegates and clubs an opportunity to hear the latest on coaching junior athletes. The keynote speakers are experts in the field and will present information not currently included within current coaching qualifications. The sessions will be designed to allow coaches and clubs to evaluate their current practise and action plan going forward.

SCHEDULE 1000-1600

Keynote 1 - Jamie Salter

'A systematic approach to developing athletic ninjas'

Keynote 2 - Dale Forsdyke

'Don't Forget the Person Inside the Athlete': Psychosocial factors in Talent Identification and Development

Breakout Session 1 - Steve Pearson

'What can we nick from sprints and games'

Breakout Session 2 - Graeme Woodward

What can Coaches do to develop athleticism and reduce injury risk?

Plenary Session: Putting it all together - Graeme, Steve, Jamie and Dale.

COST: £15 per person

Maximum number of delegates: 60

Book via form on FRA website in Events/Coaching

