



Dear Club Member

As you know we are very keen to get more club members involved in coaching at the club.

The following "Coaching Assistant" coaching courses will be running in the South East over the next few months.

11/12 Sep	Julie Rose, Ashford
18/19 Sep	Sutton Arena
16/17 Oct	Portsmouth
23/24 Oct	Lee Valley
27/28 Oct	St Mary's Twickenham
11/12 Dec	Lee Valley
18/19 Dec	K2 Crawley

More information about the "Coaching Assistant course can be found on the following links -

Video

<http://coaching.uka.org.uk/video/role-of-the-coaching-assistant/>

Coaching Assistant pre course material

<http://coaching.uka.org.uk/qualifications/coaching-assistant-award/coaching-assistant-award-pre-course-material/>

Coaching Assistant post course material

<http://coaching.uka.org.uk/qualifications/coaching-assistant-award/coaching-assistant-post-course-supporting-information/>

Overview

<http://coaching.uka.org.uk/qualifications/coaching-assistant-award/>

There is also a "Leadership in Running Fitness" course at the end of July

Leadership in Running Fitness Course – Julie Rose, Ashford. July 31st.

Please contact Richard Elliott, Mick Duffin or Janet Duffin or any Committee Member if you are interested and require more details – or e:mail us on paddock.woodac@btopenworld.com