



## SOUTH LONDON ATHLETIC NETWORK

### YOUNG ATHLETES DEVELOPMENT DAY (U/13/15/17) FOR SPRINTS AND ENDURANCE

VENUE: SUTTON ARENA - SUNDAY 11<sup>TH</sup> DECEMBER – FROM 9.30 TO 12.45

This is a half day programme for young athletes, coaches and parents. Coaches should benefit from the strength and conditioning session and also the practical session. The talk will range over the requirements for success, choosing a coach, commitment, support and lifestyle. The practical session will focus on, preparation, running techniques, and the construction of training schedules.

Standard entry charges:

Cost: UKA club members Adult £2.40 Juniors (u16) £1.50 Students £1.60

Non UKA Club members Adult £3.75 Juniors (u16) £2.40

#### PROGRAMME:

9.30 Registration

9.45 – 10.45 Strength and conditioning (access to weights room and hall) **Mike Winch**

10.45 – 11.45 'What makes a successful athlete'? **Ray Thompson** (Les Alder room)

11.45 - 12.45 Event specific training session **Ann Roden** Endurance (track)

A parent's forum will run from 12.15 to 12.45 in the Les Alder room and will cover questions and answers on the topic of 'living with a young athlete'. **Ray Thompson**

For further information and to give SLAN an idea of numbers please can you email Ray at [raythompson-slh@live.co.uk](mailto:raythompson-slh@live.co.uk)

Ray Thompson Sept 2011