

COACH DEVELOPMENT QUALIFICATIONS/WORKSHOPS



Qualifications

Jog Leader

18WJL001	Ayrshire Athletics Arena	27 Jan 2018
18CJL001	Stirling Sports Village	04 Feb 2018
18EJL001	Lasswade HS	03 Mar 2018
18EJL002	Craigswood Sports Centre	17 Mar 2018
18GJL001	Aberdeen Sports Village	25 Mar 2018

Coaching Assistant

18WA003	Ravensraig	20/21 Jan 2018
18WA001	Scotstoun Stadium	3/4 Feb 2018
18CA001	Grangemouth Stadium	10/11 Feb 2018
18GA001	Aberdeen Sports Village	24/25 Feb 2018
18EA001	Craigswood Sports Centre	31 Mar/1 Apr 2018
18WA002	Ayrshire Athletics Arena	7/8 Apr 2018

Athletics Coach

18WC001	Ayrshire Athletics Arena	10/11 Feb 2018
18GC001	Aberdeen Sports Village	17/18 Feb 2018
18CC001	Grangemouth Stadium	24/25 Feb 2018

Coach in Running Fitness

18CR001	North Inch Campus, Perth	17/18 Mar 2018
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Coach Development Workshops

Athletic Development & Physical Preparation

II - How to create a physical preparation programme		
18AD2001	Grangemouth	17/18 Mar 2018

Technical Coaching Clinics

Speed

18WSH001	Hurdles, Emirates Arena	17 Feb 2018
18ESA001	Blocks & Acceleration, Pitreavie Stadium	17 Mar 2018
18ESM001	Maximum Velocity, Grangemouth Stadium	31 Mar 2018

Jumps

18ELTJ01	Long / Triple Jump, Grangemouth Stadium	03 Mar 2018
18NHJ001	High Jump, Aberdeen Sports Village	03 Mar 2018
18EHJ001	High Jump, Pitreavie Athletics Centre	17 Mar 2018
18WHJ001	High Jump, Emirates Arena	17 Mar 2018
18EPV001	Pole Vault, Pitreavie Athletics Centre	24 Mar 2018
18NLTJ01	Long / Triple Jump, Aberdeen Sports Village	24 Mar 2018

Throws

18EJT002	Javelin Throw, Grangemouth Stadium	24 Apr 2018
18NDT001	Discus Throw, Aberdeen Sports Village	03 Mar 2018
18WSP001	Shot Put, Emirates Arena	24 Mar 2018

BELIEVE, BELONG, ACHIEVE TOGETHER

