

ASHFORD AC SPRING/SUMMER COACHING PROGRAMME 2010



COACHES AVAILABILITY APRIL TO SEPTEMBER 2010

The aim of the list below is to seek to ensure that our club members have accurate information on the availability of event coaching on Ashford AC club nights. The coaches below are available to coach as part of the AAC club night coaching programme. Additional training sessions are by arrangement with individual coaches.

Availability is based on the AAC club training times of:

- Tuesday 5.45-7pm for ages 11-13
- Tuesday 6.30-8.30pm all others
- Thursdays 5.30-6.30 for Ashford Alligators (every other week- see web site for dates)
- Thursday 6.30-8.30pm

Julie Rose Athletics Academy is on Wednesdays and Friday from 5.30pm to 6.45pm. It works alongside Ashford AC in promoting athletics for those in school years 5/6. For more information contact Jacqui Snare at the Stadium.

We aim to offer coaching to all the major disciplines most of the time. The club is run by volunteers and therefore not all events are available all the time. If you are interested in a particular event, please ask about it. We can usually put you in touch with someone who can hopefully assist.

If you would like to help out with coaching in any capacity, please let us know.

Event	Day/Times	coaches
Young athletes multi events 11-13 years	Tuesdays 5.45 - 7pm	Pat Hany Fiona Sime John Rogers Barry Watson Phil Heathfield
Ashford Alligators- disability athletics 9- 17 years	Thursday 5.30 - 6.30pm (every other week- see web site for dates)	Pete Le Rossignol Claire Le Rossignol Fiona Sime
Shot, Discus, Javelin and Hammer	Tuesday and Thursdays 6.30-8.30pm These sessions are for athletes currently being coached by Ted. Others (aged over 18) wishing to attend should have a prior discussion with Ted.	Ted Hawkins
Shot and Discus	Thursdays 6.30 - 8pm first session 8 th April	David Fox
High Jump	Tuesdays 7pm - 8pm Thursdays 6.30-8pm	John Bancroft Derek Seamon
Pole Vault	Beginners/under13's 1st and 3rd Tuesday each month 6pm-6.45 All others Tuesday 6.30-8pm Thursdays 6.30-8.30pm Experienced athletes only	Derek Laws
Race walks	Improvers session 1st Thursday each month 6pm Beginners session-2 nd Tuesday each month 5.45pm	Chris Hobbs
Middle /long distance and Steeplechase	Tuesday and Thursdays 6.30 - 8pm	Stella Bandu Graham Funnell Lee Harris
Sprints development group	Tuesday and Thursdays 6.30-8pm	Pam Lowe Liz Barrett Jacqui Snare
Sprints & Hurdles	Tuesday and Thursdays 6.30-8pm	Chas Robinson
Long/Triple jump/ Sprints	Thursdays 6.30-8pm	Mike Mein
Sprints and Jumps	Tuesday and Thursdays 6.30-8pm	Pete Le Rossignol Claire Le Rossignol
Induction programme for u15/u17/u20 athletes	Starts each first Tuesday of the month	Pete Le Rossignol Claire Le Rossignol Pam Lowe Mary Davison