

West Lothian Athletics Partnership - Coaching Sessions – Summer 2013

The three West Lothian Clubs (Livingston and District AC, Lothian Running Club and Linlithgow AC), West Lothian Council, West Lothian Leisure and **scottishathletics** present a series of coaching sessions throughout the Summer of 2013.

The sessions are aimed primarily at coach development with all coaches/helpers in West Lothian invited to attend. Athletes are also invited to attend, from 11 years of age plus, and who are taking part in athletics regularly.

The focus on each session would be:

- Event basics and key technical points
- Preparation for competition

Venue: All sessions would take place at Craigswood Stadium, Livingston.

Time: Each session would take place from 7 – 8.30 pm.

Programme:

Date	Area	Lead Coach
Monday 22 nd April	Jumps – High Jump	Kevin Maguire
Tuesday 7 th May	Throws – the basic throwing principles	Sandy Robertson
Tuesday 21 st May	Jumps – Long Jump	Gary Wilson
Monday 17 th June	Hurdles	Fiona MacAulay

Cost: The sessions are provided free of charge for athletes and coaches. There is no need to book – please just come along.

Dress: The sessions will take place outdoors so please come dressed appropriately for the sessions.

For any further information please contact the co-ordinator of the programme:

Neil Boyle, 07875 241 881 or email - nboyle@westlothianleisure.com