

**Athlete and Coach
Development Session**

Hurdles and Jumps Academy

**Saturday 30th March 2019
10:00am to 12:00 noon**

Bingham Track NG13 8BL

**Athletes – interested in improving
in High Jump, Long Jump, Triple
Jump or Hurdles?**

**Coaches – do you want to learn
more about coaching these events?**

**Then come along to our next
Nottinghamshire Athletics Network
Hurdles and Jumps Academy
coaching session.**

**Sessions will be led by England
Athletics event specialist coaches.**

A small voluntary charge of £2 will be requested
from all athletes attending

Hosted by Rushcliffe AC



**Nottinghamshire
Athletics Network**



**For further information speak to
a coach at your club or contact:**

**David Lisgo (Network Coordinator)
01623 635991 mwcdg_david@hotmail.co.uk**

