

**Athlete and Coach  
Development Session**

# **Hurdles and Jumps Academy**

**Sat 7th September 2019  
10:00am to 12:00 noon**

**YMCA Sports Village  
Lord Hawkes Way, Newark, NG24 4FH**

**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

Supported by Newark AC



**Nottinghamshire  
Athletics Network**



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

**David Lisgo (Network Coordinator)  
01623 635991 mwc dg\_david@hotmail.co.uk**

