



Coaching Taster Session

Interested in understanding more about athletics events?

Interested in getting more involved but don't have any experience?

Try our parent's coaching taster session on Sunday 28th April, 11am to 3pm.

Both MUMS & DADS are welcome and you can bring an athlete with you to practice on :-)

It will be a very light hearted affair that will introduce parents to the basic techniques and coaching points for runs, jumps and throws. By the end of the session you will be able to identify 2 or 3 things that we try to coach Junior Athletes for each event. You will also have some ideas for games or drills for each event so that you could help a coach during a session if you wanted.

The session will be run internally so there will be no outside coaches or tests to worry about. Our aims for the day are purely:

- 1) To help parents understand a bit more about each athletics discipline and rules.
- 2) To help parents decide if they want to help out with coaching or other volunteer roles around the club.
- 3) To have a bit of fun and build some inter-club relationships. If your children take to athletics we could be together for many years so we may as well get to know each other better!

The only charge for the event will be an entrance fee to the centre of £2.90. Please bring a packed lunch and we'll grab a coffee during the day also.

There is a limit of 20 people on this event so please register by emailing ayoung@demuto.eu

Thanks and we hope you can make it.