

ENGLAND ATHLETICS

COACH DEVELOPMENT WEEKEND



HOSTED BY JERSEY SPARTAN AC

The sessions are designed to be practical based and will accommodate a small number of athletes within each session, as well as facilitating coaches' observations and discussions.



Saturday 24 September 2022

9am - 11am

JUMPS:

Long, High & Triple Jump

To register [click here](#)
or scan the QR code



12pm - 2pm

STEEPLECHASE:

Barrier clearance

To register [click here](#)
or scan the QR code



3pm - 5pm

THROWS:

Para throws

To register [click here](#)
or scan the QR code



Sunday 25 September 2022

9am - 11am

FUNDAMENTAL

MOVEMENT ACTIVITY

To register [click here](#)
or scan the QR code



12pm - 2pm

SPEED:

Drills and warm-up ideas

To register [click here](#)
or scan the QR code



10am - 12pm

CLUB RUN:

Running & Training ideas

To register [click here](#)
or scan the QR code



To register as an athlete for each session, please contact Jersey Spartans AC

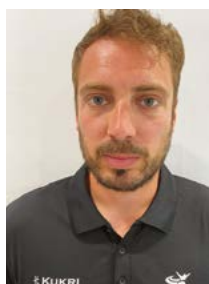
For general enquiries about the weekend, please contact Paul Moseley: pmoseley@englandathletics.org

ENGLAND ATHLETICS COACH DEVELOPMENT WEEKEND

HOSTED BY JERSEY SPARTAN AC

Saturday 24 & Sunday 25 September 2022

The sessions will be facilitated by England Athletics Event Group Leads and Event Specialists.



NICK RIDGEON

Event Group Lead for Throws

Nick supports athlete-coach partnerships on the UK Athletics Olympic Futures programme and is the chair of the UK Athletics advisory group for throws. His background includes working as the Head of Strength and Conditioning at Northumbria University, university lecturing and tutoring for both UKA and England Athletics. He has a small throws group based in the North East in which has a mixture of throwing events (currently shot, discus & hammer) and ages (16-24 years). Nick is passionate about developing athletes and coaches holistically so they can perform to their full capacity and enjoy throwing. Nick was the England Team Coach for Throws at the recent Commonwealth Games.



DARREN RITCHIE

Event Group Lead for Jumps & Combined Events

Darren is a former international long jumper with a best of 8.01m, and is a UKA Level 4 Performance Coach, as well as having a Masters in Performance Coaching, and being a UKSCA Accredited Strength & Conditioning Coach. He has over 14 years of experience as a coach practitioner in Jumps and Combined Events, working with athletes from under-17 to senior level competing at Commonwealth, European and World level. Darren was the England Team Coach for Jumps & Combined Events at the recent Commonwealth Games.



PAUL MOSELEY:

Coaching Workforce Manager / Para Athletics Coach

Paul is a learning and development specialist, who has delivered coach education courses and coach development activities for 20 years. He is a Level 3 Performance Coach and is also qualified at Event Group Level across all four Event Group areas. He has been coaching athletics for over 25 years, specialising in para athletics, but with a specific focus on wheelchair racing.



SHANI PALMER

Event Group Lead for Speed

Shani is a former Olympic athlete and highly respected presenter on topics including speed, power and coach development. Shani was the England Team Coach for Speed at the recent Commonwealth Games.



SPENCER DUVAL

Event Group Lead for Endurance

Spencer is a former Olympic athlete specialising in Steeplechase, who competed at multiple Major Games in the 1990's. He is a highly respected presenter across most endurance topics. Spencer was the England Team Coach for Endurance at the recent Commonwealth Games.



CHRIS HOLLINSHEAD

Club Run Specialist

Chris is a UKA Level 4 Endurance Coach (Marathon training) with Level 3 Strength and Conditioning and an MSc in Sports Coaching. He also has over 20 years of coaching experience. Chris has also been the lead on multiple coach education and development activities, including Flying Coach and Club Run.