

Active Coach Day at Carmichael, 23rd February 2013 – FINAL INFORMATION

VENUE: At the time of writing we don't know precisely which room we'll be using, but it'll be amongst the buildings of the Carmichael Visitor Centre which is at the junction of a little yellow road and the A73 at grid ref NS 949390. We will put a kite at the junction.

START: Please arrive ready to start at 10:00. Coffee/tea and biscuits will be available from 9:45.

FOOD: We will supply lunch, largely vegetarian. If you have any particular dietary needs please let us know. Contributions of CAKE are most welcome and get special mentions in despatches.

FOOTWEAR: In order to avoid damaging or just dirtying the indoor floor, please take some sandals or "Crocs" for indoor use – or be prepared to pad around in socks.

CLOTHING: As with previous coach CPD days, it will all be very practical, and just a little bit physical – though exactly how physical remains up to you. Please bring or wear clothing you can "run" in.

SWAP SHOP: Please bring with you one or two of your favourite coaching ideas or sessions – for any age or TD level – and be prepared to describe them for the group. Also, we'd like you to bring a really useful coaching prop – your challenge is to make it one that no-one else brings!

Schedule for the day

- 10:00 Welcome
- 10:05 Introduction and introductions
- 10:15 Late arrivals and sudden gaps – group discussion of how to make the most of them
- 11:00 Terrain running skills – Richard Lecky-Thompson
- 12:30 Lunch & discussion
- 13:30 Summary (Lecky)
- 13:45 Ideas swap shop
- 14:30 Group work: Top 10 tips
- 14:45 Props – what do you rely on?
- 15:30 Personal action planning
- 16:00 Depart

Many thanks to Dick and Trish Carmichael for letting us use part of their lovely estate, and to Tinto for use of their map.

WHAT TO BRING

<ul style="list-style-type: none">• waterproofs	<ul style="list-style-type: none">• change of footwear
<ul style="list-style-type: none">• running clothing	<ul style="list-style-type: none">• CAKE !
<ul style="list-style-type: none">• session idea	<ul style="list-style-type: none">• favourite prop