

## Creative Coach Day

ClubRoom 1, Centre for Sport & Exercise, 48 Pleasance,  
Edinburgh,

Sunday 30<sup>th</sup> March 2014



The main aim of today is to help all coaches to be better able to coach athletes (of all standards) for urban and sprint events.

### Schedule for the day

10:00	Welcome; CPD logs, licensing	LW
10:15	Introduction – What do we mean “urban” and “sprint” racing?	HQ
10:30	Example races – run and/or discuss	all
11:30	Identify skills balance in different disciplines (includes input from Tessa Hill and Murray Strain)	all
12:30	Lunch (supplied), networking, relax	
13:15	coaching capabilities – what do I need/want?	LW
14:15	Get creative – produce exercises	all
15:45	Mop-up session	LW/HQ
16:00	Depart (optional further discussions for those not in a hurry to go home!)	

Many thanks to Roger Scrutton for arranging the room for today.

HQ/LW 24 March 2014