

ENGLAND ATHLETICS

**LCDP**

**LOCAL COACH**

**DEVELOPMENT PROGRAMME**

**North West**  
**Winter 2011/12**

**Cheshire • Cumbria**  
**Greater Manchester**  
**Isle of Man • Lancashire**  
**Merseyside**



**Merseyside**  
Athletics Network



**Manchester**  
Athletics Network



**Cheshire**  
Athletics Network



**Isle of Man**  
Athletics Network



**M60**  
Athletics Network



**South Cumbria &  
North Lancashire**  
Athletics Network

## Introduction

Welcome to the North West Local Coach Development Programme Booklet. Within this booklet you will find information on workshops in your area run through your local Club & Coach Support Officer (CCSO) or your local McCain Athletics Network (AN).

As you will see, the 2011-2012 programme has a wide range of workshops on offer in your local area, and as the name of the programme suggests we have put on coach development opportunities locally that meet the needs of coaches through feedback we have received from clubs and coaches.

Although you are welcome to attend any of the workshops, please do support your local events. If workshops become fully booked, then priority will be given to local coaches over those from neighbouring areas.

If as a coach or a club you feel there is a need for different workshops and topics to be covered please do get in touch with your local CCSO or network coordinator, and where there is demand we will look to put on a workshop to meet local needs.

Places are limited. Coaches must complete a booking form to secure a place and return to your local England Athletics Club and Coach Support Officer. To book onto a Network workshop please contact them directly (details on relevant pages).

If you have any questions or comments, would like to book onto a workshop please get in touch with your local CCSO or Network coordinator

We look forward to seeing you at a workshop over the winter

Sarah, Claire and Emma

### Sarah Friday

CCSO Cheshire and Greater Manchester

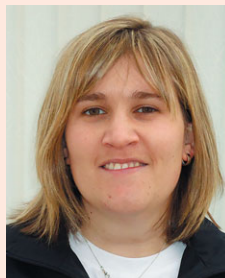
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**Saturday 1 October 2011**

**Leeds Metropolitan University**

England Athletics is once again holding three major coaching conferences which cover the whole country - one in each of the north, midlands and south. This year the focus of each is slightly different and is based on input from coaches in each area into what content they would like to see.

The North Conference, to be held at Leeds Metropolitan University on Saturday 1 October, is open to all coaches, and while it is suitable for a range of coaches it is aimed particularly at those working with junior athletes (10-18 year olds). Based on feedback from previous conferences, we have pitched this year's event at a level that is accessible to everyone regardless of qualifications i.e. Leaders, Assistants and people newly qualified as Coaches will not be overwhelmed by the content presented.

## Event Group Workshops

### Speed – Learning To Run Before Learning To Sprint

The first part of the afternoon will outline the most important movement competencies that athletes need to develop in order to sprint effectively. Coaches will then discuss how to apply these principles to coaching flat sprints or hurdles.

### Jumps – Exercise Selection & Session Planning

The jumps afternoon will discuss the most important exercises for youngsters to perfect towards senior success as jumpers, and how to integrate these exercises into sessions as part of a club coaches weekly plan.

### Throws – Developing Throws In Your Club

The throws coaches will be looking into the most effective ways of encouraging good technical practice in young throwers, working in a group situation. The workshop will cover the most important skills and exercises to develop in young throwers, as well as how to plan them into a 12 week cycle.

### Youth Endurance – Training Guidelines For Young Athletes

This session will be covering the technical guidelines coaches working with young athletes in endurance should be considering. Suggestions on developing varied sessions for coaching endurance with a group of athletes in a club setting will be one of the key themes.

### Road Running – Improving Individuals Within Mixed Ability Groups

The first part of the session will look at the crucial role physical preparation plays in the development of all senior endurance athletes. The second half will see discussion on how creative coaching styles can be used to increase the quality and variety of sessions for groups of mixed ability levels.

### Combined Events – Development of Young Athletes Through Multi Event Training Plans

The session aims to offer some practical exercises and guidelines around the development of young athletes through multi discipline training plans, and how the importance of a rounded approach to skill development is crucial in achieving senior success.

**Please visit [www.englandathletics.org/north-coach-conference](http://www.englandathletics.org/north-coach-conference) for up to date information about the conference.**

## Athletics Network events

**Sunday 2 October 2011** 10am-3pm

### Off-road development day

@ Teggs Nose Country Park, Macclesfield

**Wednesday 12 October 2011** 7pm

### Planning the season ahead and goal setting

@ De Vere Whites, Darebury, Warrington

**Monday 14 November 2011** 6.30pm

### Youth development – how training affects young athletes

@ Winsford Lifestyle Centre, Winsford

**Sunday 27 November 2011** 10am-12pm

### Cheshire Run-Jump-Throw series

(including Horizontal Jumps S&C, Winter Sprint Development, Hammer & Discus Winter Development plus Plyometrics Workshop and Circuit training)

@ Macclesfield Leisure Centre & Athletics Track

**Wednesday 30 November 2011** 6.30pm

### Nutrition for endurance athletes (5k to half Marathon)

@ Knutsford Leisure Centre

**Coming up in 2012...**

### More in the Run-Jump-Throw series

### Endurance Flying Coach visits

### Throwing Flying Coach visits

### Polevault development

To book onto any of the network workshops please contact Vicky Huyton Cheshire Athletics Network Coordinator on 07738 402931 or vicky.huyton@sportcheshire.org



Cheshire  
Athletics Network

## LCDP events

Supporting the network activity in Cheshire will be generic workshops with a focus on physical preparation, which underpin all athletic events, and supporting athletes to achieve their potential.

**Sunday 30 October 2011** 12-4pm

### A multi event approach for young athletes, incorporating Athletics 365

@ Knutsford Leisure Centre

**Sunday 11 December 2011** 10am-1pm

### LTAD and the growing athlete – anatomy, movement and posture

@ Knutsford Leisure Centre

**Sunday 29 January 2012** 10am-1pm

### Strength, power and plyometrics – what can be done in a club environment?

@ Knutsford Leisure Centre

To book onto any of the above workshops please contact Sarah Friday (details on p.2)



## Athletics Network events

**10 & 27 August 2011**

### Athletics 365 Workshops – Enhancing youth coaching

**Saturday 10 September 2011**

### Diet and nutrition for endurance performance

**Sunday 25 September 2011**

### Cross network QuadKids competition

**Saturday 12 November 2011**

### Greater Manchester Networks youth development day

Including Sport Psychology, Physical Conditioning for Young Athletes and more...

**Future Events include:**

### Lucozade Sport Science seminars

and practical workshops for coaches on: Hydration, Recovery, Supplements and fuelling

### Run, Jump and Throw sessions

Advancing existing coach education through sharing best practice.

### Strength and conditioning workshops

for specialist event groups.

For more information visit:

[www.englandathletics.org/manchesterman](http://www.englandathletics.org/manchesterman)

[www.englandathletics.org/M60](http://www.englandathletics.org/M60)

To find out more please contact Ceri Richardson, Manchester and M60 Athletics Networks Coordinator on 07534 223392 or c.richardson@manchester.gov.uk



## LCDP events

To complement the delivery taking place across the two Greater Manchester based networks, the following workshops will be delivered:

**Sunday 4 September 2011** 10am-1pm

### Planning and periodisation

delivered by Sports Coach UK

@ Sportcity, Manchester 10 – 1

**Saturday 29 October 2011** 1pm-4pm &

**Saturday 28 January 2012** 10am-1pm

### Long and triple jump – keeping it simple

with Carl Foster, NCDP Mentee

@ Sportcity, Manchester

**Sunday 27 November 2011** 10am -1pm &

**Sunday 26 February 2012** 10am-1pm

### Hurdles – keeping it simple

with Roger Devlin, North Area Coach Development Programme Mentee

@ Sportcity, Manchester

To book onto any of the above workshops please contact Sarah Friday (details on p.2)



## LCDP events

Over the last couple of years the LCDP has focused on event specific development, which has been valuable, but working alongside clubs and coaches in the area a range of generic skills have been identified as areas they wish to develop. Working with local deliverers and venues, workshops have been put together across a variety of topics.

**Monday 22 August 2011** 6pm – 9pm

### Introduction to disability athletics

With Shelley Holroyd  
@ Preston Sports Arena

**Wednesday 14 Sept 2011** 6pm – 9pm

### Athlete assessment – what to test and when to test!

With Graham Pilkington  
@ Stanley Park Sports Centre, Blackpool

**Sunday 30 October 2011** 10am – 1pm

### Effective planning and periodisation

With Sportscoach UK  
@ Blackburn Rovers Ewood Park

**Sunday 15 January 2012** 10am – 1pm

### Introduction to sport psychology

With a professional Sports Psychologist  
@ Rossendale (venue TBC)

**Sunday 5 February 2012** 10am – 1pm

### Sports nutrition – what to eat when

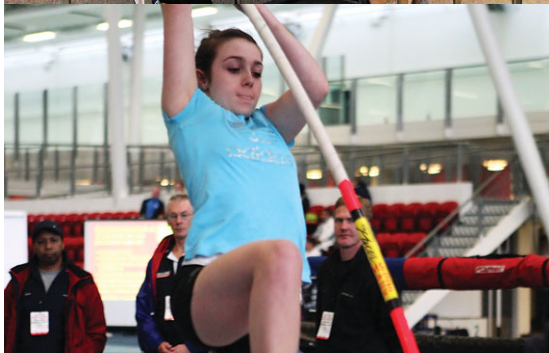
With a Professional Sports Nutritionist  
@ Lancaster (venue TBC)

**Sunday 17th March 2012** 10am – 1pm

### Injury prevention – how to prevent injury with athletes

With a professional Sport Physiotherapist  
@ Lytham St Annes, YMCA, Mythop Road

To book onto any of the above workshops please contact Claire Buckle (details on p.2)



## Athletics Network events

**Wednesday 12 October 2011** 6.30pm

### Effective coaching styles for heavy throws

@ Wavertree Athletics Track

**Saturday 8 October 2011** 10am-1pm

### Launch of the 'Merseyside Disability Athletics Project' and coach breakfast

@ Wavertree Athletics Track

**Wednesday 19 October 2011** 6.30pm

### Planning the season and nutrition for endurance runners (5k to half marathon)

@ Walton Lifestyle Centre, Liverpool

**Monday 7 November 2011** 7pm

### Introduction to nutrition for power athletes

@ Edgehill University

**Wednesday 23 November 2011** 7pm

### Throwing - the basics and strength and conditioning for throwers

@ Litherland Sports Park

**Monday 12 December 2011** 6.30pm

### What gender differences?

Coaching female throwers and lifetime evolution of training for throwers  
@ Wavertree Athletics Track

To book onto any of the above workshops please contact Vicky Huyton Merseyside AN Coordinator on 07738 402931 or vicky.huyton@sportcheshire.org



## LCDP events

**Monday 19 September 2011** 6-9pm

### Athlete assessment – what to test and when to test!

@ Garston Village Urban Hall, Liverpool With Graham Pilkington

**Wednesday 19 October 2011** 10am-1pm

### Effective planning and periodisation

With Sports coach UK @ Greenbank Sports Academy, Sefton Park

**Wednesday 18 January 2012** 10am-1pm

### Introduction to sport psychology

With a sport psychologist @ Wavertree Athletics Track

**Saturday 4 February 2012** 10am-2pm

### Youth development – what to know about youth development

@ Kirby Sports College  
With an EA NCDP mentee

To book onto any of the above workshops please contact Claire Buckle (details on p.2)

## LCDP events

### Cumbria Half Days for Endurance

Each half day will start with a session led by Sam Ayers, looking at Speed, Agility and Quickness using mini-hurdles and ladders or Core Stability and Core Strength. Sam is a Level 3 Endurance Coach and a mentee on the National Coach Development Programme, she is also a personal trainer and fitness instructor. The second part of the morning will see the following topics covered by specialist coaches in that area:

#### Saturday 3 September 2011

9.30am -12.30pm

#### Running Mechanics

#### Wednesday 12 October 2011

6.30pm-9.30pm

#### Nutrition

#### Saturday 5 November 2011

9.30am-12.30pm

#### Planning for Training, Part 1

#### Saturday 10 December 2011

9.30am-12.30pm

#### Planning for Training, Part 2

#### Saturday 14 January 2012

9.30am -12.30pm

#### Flexibility

#### Saturday 3 March 2012

9.30am -12.30pm

#### Injury Prevention

#### Saturday 7 April 2012

9.30am -12.30 pm

#### Elite Athlete Talk

@ Thornthwaite-cum-Braithwaite Victory Memorial Hall (on the A66 just outside Keswick)

Cost - £5 per session

**Tuesday 15 November** 6pm - 9pm

### Youth Endurance Workshop

Jenny Harris, National Coach Mentor for Youth Endurance, will be delivering a presentation on 'Training Guidelines for Youth Endurance Coaches'.

@ Thornthwaite-cum-Braithwaite Victory Memorial Hall (on the A66 just outside Keswick)

### Sheepmount Stadium Workshops

**Tuesday 6 September 2011**

6 - 8.30pm

#### Clark Morton, Nutrition Workshop

**Thursday 27 October 2011**

6 - 8.30pm

#### Craig Heap, Motivation and Success Workshop

**Thursday 24 November 2011**

6 - 8.30pm

#### Kathryn Osborne, Sports Injury Prevention Workshop

**Thursday 8 December 2011**

6 - 8.30pm

#### John McNamee, Planning Coaching Sessions Workshop

To book any of the above workshops in Cumbria please contact Emma Williams (details on p.2)



## Athletics Network events

The South Cumbria/North Lancashire Network has just entered its second year of delivery and it has been able to establish a number of coach development opportunities in the last year. The three clubs in the network have chosen to focus on event specific workshops in the last year and this is going to continue in the coming year along with a number of generic coach development opportunities.

The Network is in the process of organising several more event specific workshops in the coming months based on the need the local coaches identified; these sessions will be complemented by the network offering a series of generic workshops ran by Sportscoach UK.

The Workshops that are being planned currently are:

#### September 2011

#### Endurance (Kendal)

#### October 2011

#### Sprints (Lancaster)

#### November 2011

#### Endurance (Barrow)

#### November/ December 2011

#### Hurdles (Kendal)

#### February 2012

#### Throws (Lancaster)

The combination of all of these coach development opportunities will conclude with a coach development day for local coaches taking place in March 2012 at a central venue in the network area.

For more information about these coach development opportunities please contact the network coordinator Robert Thomson on: [RobThomson@furnessacademy.co.uk](mailto:RobThomson@furnessacademy.co.uk) or 07594316452



South Cumbria & North Lancashire  
Athletics Network



## Athletics Network events

The Isle of Man Athletics Network have previously focused on delivering LCDP weekend workshops covering areas where local expertise has lacked such as Jumps and Throws.

In addition to this local coaches have been invited to work in partnership with the Isle of Man Sport Institute S&C coaches in delivery of training sessions to IOM National Squad Athletes.

This year whilst still covering event specific areas, the IOM Athletics Network plans to focus on areas such as child development and Long Term Athlete Development.

Workshops to be scheduled:

### Introduction to LTAD

with Sportcoach UK

### Introduction to Fundamentals

with Sportscoach UK

### Athletics 365 Workshop

Deliverer TBC

### S&C for Athletics

with Gilmour Stevenson

The above workshops are largely based around feedback from LCDP coaches but should coaches think of any other topics that would be of interest or benefit I would be delighted to look into facilitating them.

For further information on any of the workshops please do not hesitate to contact the Athletics Network coordinator Trevor Christian on [trevor.christian@gov.im](mailto:trevor.christian@gov.im) or 01624 688576



Isle of Man  
Athletics Network



## Region-wide LCDP events

In addition to the county coach development opportunities, we are running a number of regional sessions for coaches across the region to come together to share ideas and learn from each other.

### Heavy Throws (shot, discus and hammer)

Led by Malcolm Fenton, National Coach Mentor for the heavy throws, supported by local mentees on the National Programme. The sessions will include the basic throws model, winter into summer training and competition preparation.

**Saturday 26th November** 10am-4pm  
@Leigh Sports Village

**Sunday 27th November** 10am-4pm  
@ Sportcity, Manchester

**Sunday 11th March** 10am-4pm  
@ Sportcity, Manchester

### High Jump

National Coach Mentors for high jump Denis Doyle and Graham Ravenscroft will lead the series of progressive sessions from basic technical model to the integration of movement skills focusing on the run up and physical preparation, with the support of local mentees on the National Coach Development Programme.

**Friday 14th October**  
@ Sportcity, Manchester 7.30 – 9.30pm

**Saturday 15th October**  
@ Sportcity, Manchester 10 – 2pm

**Saturday 31st March**  
@ Sportcity, Manchester 10.30 – 3pm

### Endurance

In association with the David Turnbull, England Athletics North West Area Coach Mentor, the endurance programme has been designed to deliver a range of practical and theory coach development and provide an opportunity for like minded coaches to get together and share experiences and knowledge.

**Saturday 29 October** 10am-1pm  
**Progression of training to seniors** (18 to 23 year olds) with David Lowes, Steve Vernon and Alex Gorman  
@ Trafford Athletic Stadium, Longford Park

**Sunday 22 January** 10am-1pm  
**Coaching female athletes** with Dr. Norman Poole, Dr. John Rogers, Alex Gorman plus a female endurance athlete  
@Grimsargh Village Hall, Preston Rd, Grimsargh

To book your place on the any of these North West Region workshops please contact your local CCSO (see page 2 for more information)



# What is the Local Coach Development Programme?

**England Athletics are committed to the development of coaches**

The Local Coach Development Programme (LCDP) is aimed at active Level 1 and Level 2 coaches, coaching assistants and leaders who are keen to learn and are committed to the future of athletics in England.

As a coach on the LCDP you are able to access various workshops on offer in your county and region

The bulk of the group activity takes place in the winter months and the underlying purpose of the programme is:

- ◆ To improve the skills of coaches within their specific events and generic supporting skills required for their coaching;
- ◆ To encourage and facilitate regular meetings of groups of coaches, with their athletes where relevant.
- ◆ The LCDP will include a combination of group sessions for coaches, small seminars and workshops.

The programme will help you improve your coaching, reinforce current knowledge and allow you to share ideas and best practise with other coaches.

The benefits for you:

- ◆ 12 Months FREE membership the Local Coach Development Programme;
- ◆ Access to local mentors to support your development;
- ◆ Opportunities to increase and develop your knowledge of the four pillars of athletics - Physical Preparation, Psycho-behavioral, Lifestyles, Technical and Tactical;
- ◆ Links to the National Coach Development Programme (NCDP) where appropriate;
- ◆ FREE LCDP t-shirt

**Don't hesitate, sign up to the programme today!**

**Visit [www.EnglandAthletics.org/lcdp](http://www.EnglandAthletics.org/lcdp) complete the application form and return to your local CCSO (see page 2).**