

SOUTH WEST REGION WORKSHOPS NOV 2008 TO MAR 2009

Dear all

Please see details below of workshops being held in the South West region. We are looking for a minimum of 8 coaches per workshop and bookings can be made through the office by telephoning **01392 879733** or email southwestoffice@englandathletics.org

There is no charge for the workshops.

Please contact **Matt Foad** on mfoad@englandathletics.org for further details on the workshop content if required.

26 th November	Yeovil AC	Energy Systems & Conditioning	1900
26 th November	Exeter AC	Energy Systems & Conditioning	1900
26 th November	Newquay & Par AC	Energy Systems & Conditioning	1900
3 rd December	Cheltenham & County Harriers	Energy Systems & Conditioning	1900
3 rd December	Coombe Dingle	Energy Systems & Conditioning	1900
14 th January	Yeovil AC	Circuit Training	1900
14 th January	Exeter AC	Circuit Training	1900
14 th January	Cheltenham & County Harriers	Circuit Training	1900
19 th January	Newquay & Par	LTAD	1900
19 th January	Coombe Dingle	LTAD	1900
11 th February	Newquay & Par AC	Circuit Training	1900
11 th February	Coombe Dingle	Circuit Training	1900
23 rd February	Yeovil AC	LTAD	1900
23 rd February	Exeter AC	LTAD	1900
23 rd February	Cheltenham & County Harriers	LTAD	1900
18 th March	Yeovil AC	Rest, Recovery & Recuperation	1900
18 th March	Exeter AC	Rest, Recovery & Recuperation	1900
18 th March	Cheltenham & County Harriers	Rest, Recovery & Recuperation	1900
23 rd March	Newquay & Par	Rest, Recover& Recuperation	1900
23 rd March	Coombe Dingle	Rest, Recovery & Recuperation	1900

We look forward to hearing from you should you wish to book a place on any of the above workshops.

Kind regards

Morag Ford

Regional Administrator

England Athletics

Telephone **01392 879733**

website: www.englandathletics.org