



North Area Coaching Courses 2009

NOTE: Please ensure application forms are fully completed and returned with **photograph** and **payment (payable to England Athletics)** at least **2 weeks** prior to the course start date.

LEVEL 1				
22/11/2009	John Charles Centre for Sport, Leeds	Yorkshire/ Humberside	NC0071	£60 per person
28/11/2009	Sportcity, Manchester (Fully booked)	North West	NC0064	£60 per person
28/11/2009	Leeds Metropolitan University (Fully booked)	Yorkshire/ Humberside	NC0070	£60 per person
05/12/2009	Preston Sports Arena	North West	NC0068	£60 per person
13/12/2009	Coach Lane Campus, Northumbria Uni (Fully booked)	North East	NC0062	£60 per person
19/12/2009	Sportcity, Manchester (Fully booked)	North West	NC0065	£60 per person
28/02/2010	Robin Park Arena, Wigan	North West	NC0113	£60 per person
06/03/2010	Leverhulme Park, Bolton	North West	NC0114	£60 per person
27/03/2010	Sportcity, Manchester	North West	NC0109	£60 per person
CHILDREN IN ATHLETICS				
05/12/2009	Sportcity (Fully booked)	Manchester	NC0051	£60 per person
20/02/2010	Robin Park Arena, Wigan	North West	NC0112	£60 per person
21/03/2010	Leeds Metropolitan University	Yorkshire/ Humberside	NC0094	£60 per person
RUN IN ENGLAND – Leadership in Running Fitness				
27/11/2009	Stockton Riverside College	North East	NC0095	£90 per person
6 or 13/12/2009 TBC	David Lloyd Health & Fitness Club, Hull	Yorkshire/ Humberside	NC0115	£90 per person
30/01/2010	Brigshaw High School, Castleford	Yorkshire/ Humberside	NC0105	£90 per person
31/01/2010	Sportcity, Manchester	North West	NC0110	£90 per person
21/02/2010	Sportcity, Manchester	North West	NC0111	£90 per person
21/02/2010	York St John University	Yorkshire/ Humberside	NC0104	£90 per person
27/03/2010 TBC	Cumberland Athletics Track, Crewe	North West	NC0115	£90 per person
24/04/2010	Sheffield Hallam University	Yorkshire/ Humberside	NC0063	£90 per person
LEVEL 2 Express				
Express course	At Gateshead – sign up for all dates.	- must attend	Core and 1 event module	£140 per person
7 th & 8 th Nov 09	Core Weekend – Gateshead Stadium	North East	NC0073	
19/12/2009	Event Day & Assessment - Speed	North East	NC0073S	
19/12/2009	Event Day & Assessment - Throws	North East	NC0073T	
20/12/2009	Event Day & Assessment - Endurance	North East	NC0073E	
20/12/2009	Event Day & Assessment - Jumps	North East	NC0073J	
Express course	At Leverhulme Park – Sign up for all dates	- must attend	Core and 1 event module	£140 per person
24 th & 25 th Oct 09	Core Weekend – Leverhulme Park	North West	NC0080	
05/12/2009	Event Day & Assessment - Speed	North West	NC0080S	
05/12/2009	Event Day & Assessment - Throws	North West	NC0080T	
06/12/2009	Event Day & Assessment - Endurance	North West	NC0080E	
06/12/2009	Event Day & Assessment - Jumps	North West	NC0080J	
Express course	At Leeds Metropolitan University – Sign up for all dates	- must attend	Core and 1 event module	£140 per person
19 th & 20 th Dec 2009	Core Weekend – Leeds Mets Uni	Yorkshire/ Humberside	NC0100	
23/01/2010	Event Day & Assessment - Speed	Yorkshire/ Humberside	NC0100S	
23/01/2010	Event Day & Assessment - Throws	Yorkshire/ Humberside	NC0100T	
24/01/2010	Event Day & Assessment - Endurance	Yorkshire/ Humberside	NC0100E	
24/01/2010	Event Day & Assessment - Jumps	Yorkshire/ Humberside	NC0100J	
Express course	At Leigh Sports Village & Sportcity, Manchester – Sign up For all dates	- must attend	Core and 1 event module	£140 per person
30 & 31 Jan 10	Core Weekend – Leigh Sports Village	North West	NC0086	
	Event Module Venue – Sportcity Manchester			
20/03/2010	Event Day & Assessment - Speed	North West	NC0086S	

20/03/2010	Event Day & Assessment - Throws	North West	NC0086T	
21/03/2010	Event Day & Assessment - Endurance	North West	NC0086E	
21/03/2010	Event Day & Assessment - Jumps	North West	NC0096J	
Express course	At Don Valley Stadium Sheffield – Sign up For all dates	- must attend	Core and 1 event module	£140 per person
13 & 14 Feb 10	Core Weekend – Don Valley Stadium	Yorkshire/Humberside	NC0103	
27/03/2010	Event Day & Assessment - Speed	Yorkshire/Humberside	NC0103S	
27/03/2010	Event Day & Assessment - Throws	Yorkshire/Humberside	NC0103T	
28/03/2010	Event Day & Assessment - Endurance	Yorkshire/Humberside	NC0103E	
28/03/2010	Event Day & Assessment - Jumps	Yorkshire/Humberside	NC0103J	
LEVEL 2 (EVENT)				
Level 3 Module				
12/13 Dec 2009	Strength & Conditioning - Sportcity	Manchester	NC0009	£100 per person
16' 17 Jan 2010	Strength & Conditioning - Sportcity	Manchester	NC0093	£100 per person
LEVEL 3 (PHASE 1)				
UKCC				
Qualification to be introduced in		April 2010	onwards	TBC
LEVEL 3 (PHASE 2)				
31 st Oct & 1 st Nov 09		Phase 2	Sportcity	NC0054
(For coaches Way through the Level 3 Course only)		Not accessible to new coaches.	Manchester	
UKCC Qualification to be		introduced in	April 2010	onwards.
LEVEL 3 (PHASE 4) Event Specific Weekend				
21/ 22 Nov 09	Sprints- 100m/200m/400m/Relay or 100m hurdles – 400m hurdles <i>please confirm specific</i>	Alexander Stadium Birmingham	NC0056	£100 per person
21/ 22 Nov 09	Throws – Javelin Shot Putt Discus Hammer <i>please confirm specific</i>	Alexander Stadium Birmingham	NC0057	£100 per person
21/ 22 Nov 09	Jumps – Long jump/Triple Jump High Jump Pole Vault <i>please confirm specific</i>	Alexander Stadium Birmingham	NC0058	£100 per person
21/ 22 Nov 09	Endurance – 800m/1500m/3k-10k Fell-Hill Steeplechase Marathon Racewalking <i>please confirm specific</i>	Alexander Stadium Birmingham	NC0059	£100 per person
(For coaches Way through the Level 3 Course only)				
Not accessible to new coaches.				
UKCC		Qualification to be introduced in	April 2010	onwards
				TBC

Please return the application form and cheque to England Athletics, Education and Customer Services, Wellington House, Starley Way, Birmingham International Park, Solihull, B37 7HE or some courses can be booked online at www.englandathletics.org

