



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics National Conference 2019
Cynhadledd Cenedlaethol Athletau Cymru 2019

COACHING CONFERENCE

Vale Resort, Hensol, Vale of Glamorgan. Sunday 20th October

Timetable / Amserlen:

Time / Amser	Topic / Presenter
09.30 – 09.45	Registration and Refreshments
09.45 – 09.55	Welcome and Introductions Chris Jones, National Coach – Welsh Athletics
09.55 – 10.25am	The Strategy for the Sport in Wales James Williams, Head of Operations – Welsh Athletics
10.25– 10.55am	How do we support athletes to stay in our sport? A brief look at our current athlete climate. Zoe Brown, Coach Development Coordinator – Welsh Athletics Liz Davies, National Endurance Talent Development Coordinator – Welsh Athletics
10.55 - 11.45am	Keynote Speech – Coaching the person in front of you Kelly Sotherton, 3 x Olympic Medallist and Team GB Coach
11.45 – 12.00	Refreshment Break / Egwyl
12.00 – 13.30	Event Group Technical Breakout. Choose 1 of 4; Speed for the developing athlete Ryan Freckleton, Head Coach - Athletics at Oaklands College Running efficiency – Run faster and further Chris Bramah, Physiotherapist and Biomechanics researcher, Manchester Institute of Health & Performance and the University of Salford Introduction to plyometrics – A Jumper’s guide Femi Akinsanya, Jumps and Combined Events Lead, England Athletics Physical Preparation Pathway – A Thrower’s guide Laura Kerr, Coach Development and Physical Preparation Lead, Athletics Northern Ireland
1.30pm	LUNCH / CINIO Opportunity to network with other clubs, share good practice (and potentially meet someone new!)
2.15– 2.45pm	Launch of Athlete and Coach Development Initiatives Adrian Palmer, Programme Manager – Welsh Athletics
2.45 – 4.15	Coaching Style Breakouts Choose 2 of 4 (each session last 40 mins with a 10 min break in between) Physical Preparation - The building blocks of an athlete Seb Moran, Strength & Conditioning Coach, Sport Wales Athlete Identity – The person behind the performance Chris Beaumont, Sport Psychologist, Sport Wales & Zoe Eaton, Lead Performance Lifestyle Advisor, Sport Wales Making an impact- Creating effective training environments Fyn Corcoran, UKA Coach Education Tutor and National Jumps and Combined Events Talent Development Coordinator – Welsh Athletics Unlocking a child’s potential - Exploring the world of physical literacy Anna Paterson, RVAC & Hannah Pretty, Club Manager (South) Welsh Athletics
4.15 – 4.30	Refreshment Break / Egwyl
4.30 – 5.00pm	Panel debate: What is Physical Literacy? Developing physical competencies and managing the effects of maturation Ben Pullen, PhD Student, Youth Physical Development Centre, Cardiff Metropolitan University and School of Sport and Exercise Sciences, Swansea University Anna Paterson, RVAC & Hannah Pretty, Club Manager (South) Welsh Athletics Liz Davies, National Endurance Talent Development Coordinator
5.00pm	Summary and Close