

# COACH DEVELOPMENT QUALIFICATIONS/WORKSHOPS



## Qualifications

### Jog Leader

<b>18WJL001</b>	Ayrshire Athletics Arena	27 Jan 2018
<b>18CJL001</b>	Stirling Sports Village	04 Feb 2018
<b>18EJL001</b>	Lasswade HS	03 Mar 2018
<b>18EJL002</b>	Craigswood Sports Centre	17 Mar 2018
<b>18GJL001</b>	Aberdeen Sports Village	25 Mar 2018

### Coaching Assistant

<b>18WA003</b>	Ravenscraig	20/21 Jan 2018
<b>18WA001</b>	Scotstoun Stadium	3/4 Feb 2018
<b>18CA001</b>	Grangemouth Stadium	10/11 Feb 2018
<b>18GA001</b>	Aberdeen Sports Village	24/25 Feb 2018
<b>18EA001</b>	Craigswood Sports Centre	31 Mar/1 Apr 2018
<b>18WA002</b>	Ayrshire Athletics Arena	7/8 Apr 2018

### Athletics Coach

<b>18WC001</b>	Ayrshire Athletics Arena	10/11 Feb 2018
<b>18GC001</b>	Aberdeen Sports Village	17/18 Feb 2018
<b>18CC001</b>	Grangemouth Stadium	24/25 Feb 2018

### Coach in Running Fitness

<b>18CR001</b>	North Inch Campus, Perth	17/18 Mar 2018
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## Coach Development Workshops

### Athletic Development & Physical Preparation

<b>II - How to create a physical preparation programme</b>		
<b>18AD2001</b>	Grangemouth	17/18 Mar 2018

### Technical Coaching Clinics

#### Speed

<b>18WSH001</b>	Hurdles, Emirates Arena	17 Feb 2018
<b>18ESA001</b>	Blocks & Acceleration, Pitreavie Stadium	17 Mar 2018
<b>18ESM001</b>	Maximum Velocity, Grangemouth Stadium	31 Mar 2018

#### Jumps

<b>18ELTJ01</b>	Long / Triple Jump, Grangemouth Stadium	03 Mar 2018
<b>18NHJ001</b>	High Jump, Aberdeen Sports Village	03 Mar 2018
<b>18EHJ001</b>	High Jump, Pitreavie Athletics Centre	17 Mar 2018
<b>18WHJ001</b>	High Jump, Emirates Arena	24 Mar 2018
<b>18EPV001</b>	Pole Vault, Pitreavie Athletics Centre	24 Mar 2018
<b>18NLTJ01</b>	Long / Triple Jump, Aberdeen Sports Village	24 Mar 2018

#### Throws

<b>18EJT002</b>	Javelin Throw, Grangemouth Stadium	24 Feb 2018
<b>18NDT001</b>	Discus Throw, Aberdeen Sports Village	03 Mar 2018
<b>18WSP001</b>	Shot Put, Emirates Arena	24 Mar 2018

**BELIEVE, BELONG, ACHIEVE TOGETHER**

