

Sprints Workshop

focusing on athletes with cerebral palsy

8 February 2014, 1200—1700
Aberdeen Sports Village, AB24 5RU

Tutor: Keith Antoine

Coaches already working with an athlete with cerebral palsy should invite their athletes to attend. The workshop will focus on cerebral palsy but anyone interested in sprinting will gain a great deal from attending.



AGENDA

- Considerations for coaching sprinters with cerebral palsy
- Questions from coaches and support staff
- Practical session with athletes to include running technique, blocks, starts and pick up
- Lunch
- Review of the practical session and training implications
- The role of strength and conditioning for sprinters with cerebral palsy
- Practical session to address identified issues
- Planning the training year
- World standards - making it into Team GB

For more information or to book onto the workshop contact:

Scottish Disability Sport

Tel: 0131 317 1130

Email: admin@scottishdisabilitysport.com

*Places on the course are limited to 15 people.
The workshop is free to attend and lunch will be provided.*

Name of Workshop:	
Date of Workshop:	
Reference:	

Please complete and return this form to Administrator, Scottish Disability Sport, Caledonia House, South Gyle, Edinburgh EH12 9DQ or email the completed form to admin@scottishdisabilitysport.com by at least 2 weeks before the start of the course

Delegate Details

(Please copy for additional delegates and complete in block capitals or send electronically)

Title	First Name	Surname
Position		
Organisation		
Email		
Address		
Postcode		
Telephone		

If you do not receive confirmation and directions to the venue by email within 2 weeks of the event, please phone 0131 317 1130

Signature	
Date	
Special Requirements (e.g. mobility, hearing, vision, access to learning, dietary requirements):	
<i>To ensure all delegates are able to participate fully, please inform us as soon as possible if you require assistance.</i>	

Previous Training in this area

<input type="checkbox"/>	Yes, please name	
<input type="checkbox"/>	No	

Method of Payment *(Please tick relevant box below)*

<input type="checkbox"/>	Cheque: I enclose a cheque for £ made payable to Scottish Disability Sport		
<i>Please send to:</i> Administrator, Scottish Disability Sport, Caledonia House, South Gyle, Edinburgh EH12 9DQ			
<input type="checkbox"/>	Invoice: Please invoice my organisation for £		
Name		Position	
Organisation			
Address			
Telephone		Email	

For enquiries or information about the workshop content, please contact Administration on 0131 317 1130 or visit the website www.scottishdisabilitysport.com