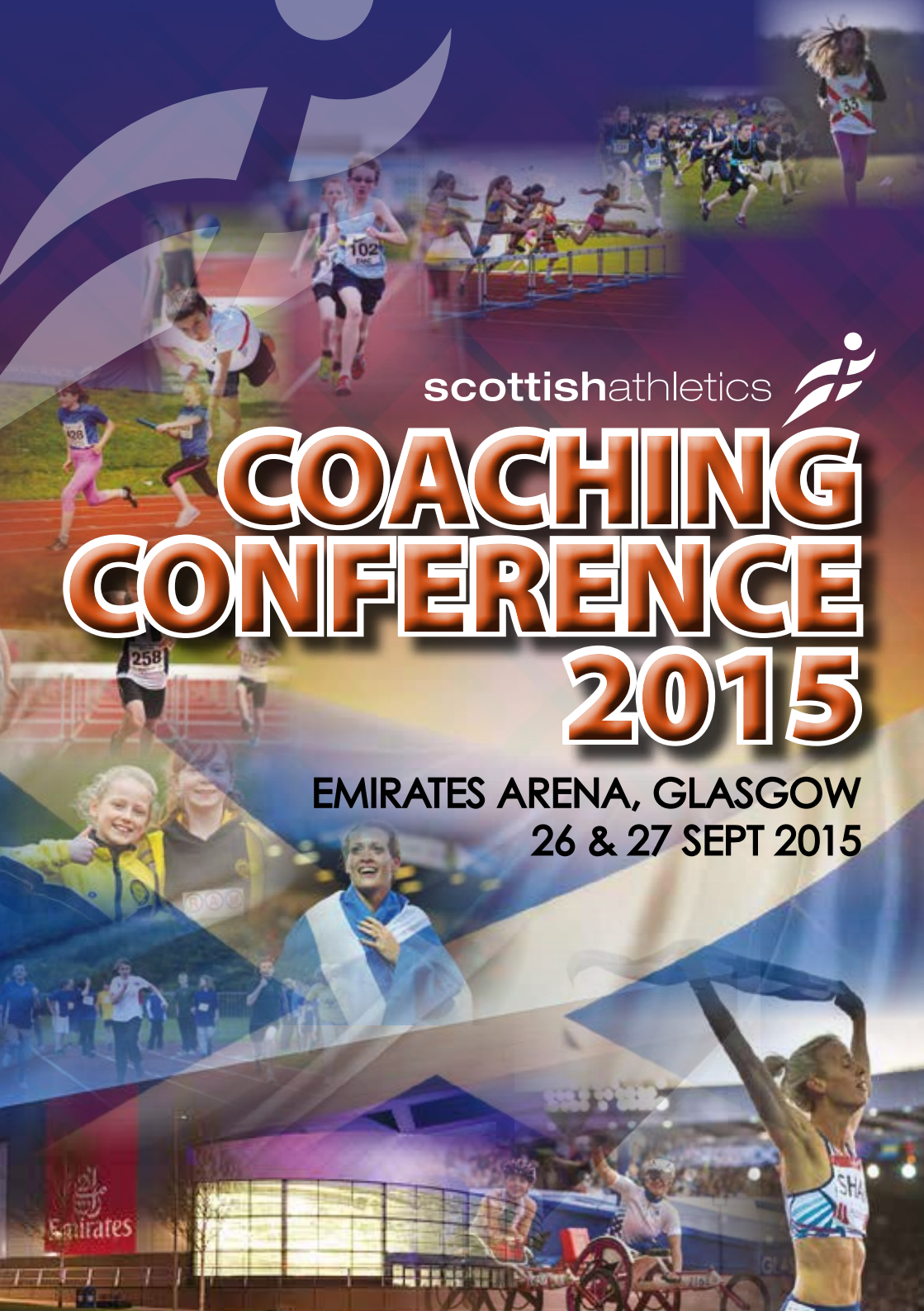




scottishathletics

COACHING CONFERENCE 2015

EMIRATES ARENA, GLASGOW
26 & 27 SEPT 2015





SATURDAY 26 SEPTEMBER 2015

TIME	DETAILS	LOCATION
09:00	Registration and Tea & Coffee	
09:30 - 09:45	Welcome and Introduction to weekend: Rodger Harkins / Mark Munro	Sports Hall
09:45 - 10:45	Keynote 1: Boo Schexnayder - COACHING PLAYGROUND TO PODIUM - Lessons learned through my coaching journey	Sports Hall
10:45 - 11:00	Comfort Break	Sports Hall
11:00 - 12.30	Breakout 1	
BREAKOUT 1 CHOICE	Practical Workshops	
	1) Vesteinn Hafsteinsson - Conditioning for Throws	
	Seminar	
	2) Jonas Tawiah - Dodoo - My Philosophy on Coaching Speed	Sports Hall
	3) Mick Woods - Developing an Endurance Powerhouse Club	NGB Room 1
	4) Susan Moncrieff - My Approach to Coaching through my Lessons as an Athlete	NGB Room 2
12:30 - 13:30	Lunch	Sports Hall
13:30 - 15.00	Breakout 2	
BREAKOUT 2 CHOICE	Practical Workshops	
	5) Vesteinn Hafsteinsson - Coaching the Discus	
	6) Mike McNeill - Competencies for Throwing Javelin	
	7) Jared Deacon - Practical Application of Speed Drills for the Club Coach	
	8) Boo Schexnayder - Plyometric Conditioning for the Power Athlete	
	Seminar	
	9) Pierre-Jean Vazel - My Approach to Successfully Coaching Athletes from Youth through to Senior Level	NGB Room 1
	10) Ron Morrison & Don Macgregor - Planning for the Marathon	NGBRoom2
15:00 - 15:30	Refreshment Break	Sports Hall
15:30 - 17.00	Breakout 3	
BREAKOUT 3 CHOICE	Practical Workshops	
	11) Jonas Tawiah - Dodoo - Sprinting Attractors for Acceleration and High Speed Running	
	12) Mick Jones - Hammer Coaching Clinic	Crownpoint
	13) Susan Moncrieff - Coaching the High Jump	
	14) Mike McNeill - Javelin Coaching Clinic	Crownpoint
	15) Jared Deacon - Developing Running Efficiency in Middle Distance Running	
	Seminar	
	16) Shona Malcolm - Inclusive Coaching in the Club Environment	NGB Room 1
	17) Malcolm Patterson & Andrew Douglas - Coaching Mountain Running	NGB Room 2
17:00	Finish Day 1	



SUNDAY 27 SEPTEMBER 2015

TIME	DETAILS	LOCATION
09:00	Registration and Tea & Coffee	
09:30 - 09:45	Welcome Day 2 - Coach Education and Coach Development update: Jim Goldie / Darren Ritchie	Sports Hall
09:45 - 10:45	Keynote 2: Phil Moreland - PHYSICAL PREPARATION IN OUR COACHING PRACTICE	Sports Hall
10:45 - 11:15	Refreshment Break	Sports Hall
11:15 - 12.45	Breakout 4	
BREAKOUT 4 CHOICE	Practical Workshops	
	18) Jonas Tawiah - Dodoo - Sprinting Attractors for Acceleration and High Speed Running (repeat)	
	19) Vesteinn Hafsteinsson - Coaching the Shot Putt	
	20) Phil Moreland - Developing Physical Competencies for Athletics	
	21) Mick Jones - Positive Coaching in Fault Corrections of Throws	
	22) Pierre-Jean Vazel - My Approach to Coaching Hurdles (supported by Allan Scott)	
	23) Boo Schexnayder - Coaching the Horizontal Jumps	
	Seminar	
	24) Geoff Wightman - Coaching Philosophy of Middle Distance Running	NGB Room 1
	25) Adrian Stott & Ross Houston - Coaching Ultra Running	NGB Room 2
12:45 - 13:30	Lunch	Sports Hall
13:30 - 13.45	Rodger Harkins scottishathletics - Coach Award Nominations: Performance Coach of the Year Development Coach of the Year (Winners announced at Awards Dinner) Children Coach of the Year	Sports Hall
13:45 - 14.45	Q & A - "Talk of the Conference" - Hosted by Geoff Wightman Panel - Jonas Tawiah-Dodoo, Vesteinn Hafsteinsson, Pierre-Jean Vazel, Boo Schexnayder, Phil Moreland, Neil Black	Sports Hall
14.45	Wrap up & Close	

CONFERENCE BIOGRAPHIES

NEIL BLACK, BRITISH ATHLETICS PERFORMANCE DIRECTOR

BIOG: Following the Olympics in 2012, Neil Black has performed the role of Performance Director for British Athletics, overseeing the delivery of the World Class Performance Plan system (Olympic and Paralympic).

Black has been involved with Britain's top athletes for more than 20 years and was formerly UKA's Head of Sports Science and Medicine. In the lead-up to 2012 saw him co-ordinate all support elements for Team GB athletes, managing the support programmes for Olympic heptathlon champion Jessica Ennis-Hill and double Olympic champion Mo Farah.

Neil will be supporting the conference over the weekend and will feature in the final session in a Q&A session titled "Talk of the Conference".



BOO SCHEXNAYDER, OLYMPIC COACH

BIOG: Irving "Boo" Schexnayder is regarded internationally as one of the leading authorities in training design. He, as co-founder of Schexnayder Athletic Consulting (SAC), brings 36 years of experience in coaching. Boo is regarded as one of the world's premier field event coaches, and was the mastermind behind 19 NCAA Champions during his collegiate coaching career.

Schexnayder has also been a prominent figure on the international scene, having coached triple jumper Walter Davis to multiple World Championships, and long jumper John Moffitt to a silver medal at the 2004 Olympics in Athens. He also tutored former US Long Jump Champ Brian Johnson, Miguel Pate who was ranked 6th in the world in 2008, and US Indoor Champ Jeremy Hicks. He has coached 10 Olympians, and has served on coaching staffs for Team USA to the 2003 Pan Am Games in Santo Domingo, the 2006 World Junior Championships in Beijing, and was the Jumps Coach for Team USA at the 2008 Olympics in Beijing.

An educator by profession and a mentor of hundreds of coaches, he has been very active in curriculum development for Coaching Education programs, and has lectured nationally and internationally on speed/power training programs, biomechanics, track and field specific training and rehabilitation. He has authored several publications covering these topics.

KEYNOTE OVERVIEW: Boo will kick off the conference with a keynote on, 'Lessons learned through my coaching journey'. In the keynote Boo will share his coaching experiences and the lessons learned during his time as a high school coach through to coaching at the Olympic Games. Boo has coached athletes to the World Championships and has had medal success at the Olympics coaching the triple jump and long jump. At the conference, Boo will be sharing his technical model and philosophy in coaching the horizontal jumps. Boo has also lectured internationally on speed/power training programs and he will be delivering a workshop on plyometric conditioning for the power/speed athlete.



CONFERENCE BIOGRAPHIES

JONAS TAWIAH-DODOO, OLYMPIC COACH

BIOG: Jonas Tawiah-Dodoo was a part of the UK Athletics Apprentice Coach programme in the 4 year lead up to the London 2012 Olympics, working with world renowned coaches Dan Pfaff and Stuart McMillan. His experience in sport is not limited to athletics, as he has worked with rugby for several years.

Since graduating from the Apprentice Coach programme, Jonas Tawiah-Dodoo has been working closely with a number of talented young sprinters, with his most recent prodigy Chijindu Ujah (9.96 for 100m and 6.53 for 60m). Ujah, the 2013 European Junior 100m champion, is the youngest Briton to break the 10-second barrier Holy Grail and won his first British outdoor title this year to secure his place to the World Championships in Beijing. Jonas also coaches Sean Safo-Antwi, who ran 6.59 and finished 2nd at 2015 Sainsbury's Indoor British Championships, an automatic qualifier for the 2015 European Athletics Indoor Championships in Prague.

Since 2013, Jonas has also taken charge of the 2012 Olympic long jump champion, Greg Rutherford's speed work. Last year, we saw Rutherford winning both the European and Commonwealth titles.

SESSION OVERVIEW: Jonas is the head of performance for his training group 'Speed Works'. The goal of Speed Works is to ensure the transitioning of talented junior athletes into high performing seniors, which is one of the key themes of the conference. Jonas will deliver a presentation on his philosophy of developing speed throughout the year. He will also deliver a number of practical workshops on the key 'attractors' that are common in acceleration and high speed mechanics, which will aid the coach in the observation of these movements.



PHIL MORELAND, HEAD OF PERFORMANCE CONDITIONING sportsotland INSTITUTE OF SPORT

BIOG: For the past two years, following the recruitment process over the period Post London 2012 Olympic/ Paralympic Games, Phil has been the head of strength and performance conditioning at the sportsotland institute of sport.

Phil has been working in Performance sport for over 20 years with particular experience in Asia, Australia and the UK. He was formerly the Performance Services Manager at the Australian ACTAS and in his time at ACT he has acted as a consultant to Australian Hockey and the Australian Archery programmes. He has substantial experience working with Olympic and Paralympic athletes and sports.

In addition to his experience in Australian and Asia, Phil is very familiar with our UK and Scottish World Class system as he was Head of Strength and Conditioning for seven years at the Northern Ireland Sports Institute (2002 to 2009). During that period he was a member of both the BOA and UKSCA Strength and Conditioning Steering and Advisory group.

SESSION OVERVIEW: Two years ago Phil presented at our national conference in September 2013 where he convincingly raised our awareness to the silent epidemic of the lack of physical literacy currently being displayed in sport. Since then scottishathletics has worked closely with Phil and Kelvin Giles to create new coach development opportunities to help coaches develop skills to observe, assess and develop strategies to fix the physical competencies in our athletes. At the conference Phil will be presenting on how to develop these strategies in the club/coaching environment, along with leading practical workshops on how to develop physical competencies, and demonstrating how to build these competencies into a training programme.



CONFERENCE BIOGRAPHIES

VESTEINN HAFSTEINSSON, OLYMPIC COACH (Global Throwing)

BIOG: Vésteinn broke the Icelandic discus record four times during his career and his best performance was to reach the final at the Olympic Games in Barcelona 1992. His Icelandic record of 67.64m set in 1989, is still standing strong. Throughout his career Vésteinn took part in five World Championships, two European Championships and four Olympic Games. Vésteinn finished his career as a Discus Thrower in 1996 and has since been coaching world class throwers. Since 1996 he has many success stories, including Gerd Kanter winning Olympic Gold in Beijing 2008, and shot putter Joachim B. Olsen winning the silver medal in Athens 2004.



More recently, Vesteinn is coaching Scottish Discus thrower and Commonwealth Games athlete Nicholas Percy.

SESSION OVERVIEW: At the Coaching Conference, Vesteinn will be looking at how to teach the shot and Discus, as well as delivering a practical workshop looking at the physical demands and requirements of throwing and how to develop these.

MIKE MCNEILL, OLYMPIC COACH

BIOG: Mike McNeill has been in the sport for over 30 years, and has enjoyed success after success and is widely regarded as one of the best javelin coaches in the country. One of Mike's biggest success was coaching Goldie Sayers to the Olympics in 2004. Sayers first came under McNeill's wing as a raw 13 year-old and to take her to the world's biggest stage was a proud moment for Mike; a feat every coach dreams of. Throughout McNeill's coaching career, his proudest moments have also included helping Mark Roberson produce a five metre personal best, when he went from an 80m thrower to an 85m performer, and also Sayers' victory in the AAA of England Championships when she sealed her Olympic place. McNeill has also guided international athletes such as Julie Hollman, Stefan Baldwin, Linda Gray and former world junior champion David Parker.



SESSION OVERVIEW: In throwing the Javelin, the athlete is exposed to high levels of multi-plane and multi-directional forces. At the conference, Mike will explain the physical competencies required to the throw the Javelin, and how to develop them. Mike will also be delivering a coaching clinic on coaching the Javelin at the newly refurbished Crownpoint.

CONFERENCE BIOGRAPHIES

JARED DEACON MSc ASCC

SCOTTISH RUGBY ACADEMIES STRENGTH & CONDITIONING COACH

BIOG: Jared Deacon is a former International 400m athlete who competed at every major senior international championship through a 10 year career, where he won a relay gold medal for Great Britain at the 2002 European Athletics Championships and for England at the 2002 Commonwealth Games. He also represented England at the 1998 Commonwealth Games. He was a regular feature in the international British 4x400 metres relay team, competing at the 1999 World Championships in Athletics and the 2003 IAAF World Indoor Championships.

Deacon has been fortunate enough to have worked with elite athletes from many different sports in a career in strength and conditioning as well as being a sports specific coach working with sprinters and hurdlers in athletics, where he worked with many of Great Britain's next generation of elite and Olympic athletes, and is currently working in rugby union with the top end of the SRU academy structure.

SESSION OVERVIEW: Jared will be delivering a number of theory and practical workshops on developing running efficiency in middle distance running at various speeds, and running drills for the club coach to improve running mechanics in sprinting. In the endurance session, we look at the running efficiency and metabolic demands of endurance running and examine the performance gains through the development of mechanical efficiency at various speed. In the speed session, Jared offers coaches a number of useful coaching drills to add to their toolbox, to improve sprinting mechanics in their developing athletes.



MICK JONES, PERFORMANCE COACH

BIOG: Mick Jones is the former Commonwealth Champion at the 2002 Commonwealth Games in Manchester, and previously coached by the late Alan Bertram.

Jones competed in British athletics for over 20 years and captained the Great Britain team to victories in the European Cup. Jones is currently ranked sixth on the British all-time British thrower in the hammer, and is currently coaching Scottish athletes Kimberley Reed and Scottish Commonwealth athlete, Chris Bennett

SESSION OVERVIEW: In our coaching practice it is easy to critique the technical faults that we observe, but how do you fix these faults?

Jones will deliver a workshop on Positive Coaching in Fault Corrections of Throws, where he looks at the language and communication employed with the athletes to achieve this. At the conference, Mick will also be carrying out a coaching clinic on the Hammer at the newly refurbished Crownpoint.



CONFERENCE BIOGRAPHIES

RON MORRISON & DON MACGREGOR



BIOG: Ron Morrison (pictured left) coached and instilled good training values from an early age into Andrew Lemoncello. More recently, Morrison is coaching para athlete Derek Rae, who earlier this year made his international debut represented GB & NI marathon team at the IPC World Championships, in the T46 classification. Rae is now preparing for the Rio Olympics in 2016 in the marathon.

BIOG: Don Macgregor had a fantastic record in the marathon where one of his finest runs (pictured right), was one of the best ever races by a Scottish endurance runner, competing in the Munich Olympics in 1972. He had a super career as a runner on all surfaces and over all distances - 25 sub 2:20 marathons for a start! He continued this excellent running as a veteran and in the 45 - 49 age group he appeared four times in the world rankings with times of 2:19.10 for eleventh in the world all-time list as well as 2:19:36 (16th), 2:23:00 (54th) and 2:27:27.



SESSION OVERVIEW: Ron and Don will deliver a presentation on how to develop international standard marathon performances at the senior level. From their vast experiences in coaching male, female and para marathon runners, they will share their coaching philosophy and approach to the event and discuss the commitment required to 'earn' that level of performance.



CONFERENCE BIOGRAPHIES

MALCOLM PATTERSON & ANDREW DOUGLAS



BIOG: Malcolm Patterson is scottishathletics Impact 2018 Event Development Coach Mentor responsible for hill running. Malcolm has experience as an international athlete, a team manager at international level and as a coach to individuals at a high level and to the national squad. At scottishathletics Malcolm has been charged with helping endurance athletes seeking to improve at the elite level of hill running, gain more experience or indeed take their first steps in this strand of the sport.

BIOG: Andrew Douglas (coached by Sophie Dunnett) was a late developer in athletics, first showing his promise in 2010 with impressive performances on the road and cross country culminating in his second place at the Scottish Cross Country Championships in 2012. Following initial successes on the road and cross country, Andrew looked at making a transition to marathon with a view to the 2014 Commonwealth Games. A succession of injuries meant Andy did not achieve this target, however he refocused his competitive targets to take the Scottish Trail Running Championship in May 2014 and then by the end of the 2014 summer season had gained qualification to Great Britain teams at the European and World Mountain Running championships. Douglas has followed this success up in 2015 qualifying for the European Mountain Running Championships for the second year in a row and finishing an impressive fifth.



SESSION OVERVIEW: At the conference Malcolm and Andy will deliver a presentation on how to develop international standard mountain running performances. They will provide an insight into their coaching philosophy and approach to training for hill and mountain running and explore the potential of converting from long distance performances to mountain running.

PIERRE-JEAN VAZEL, OLYMPIC COACH

BIOG: Pierre-Jean Vazel was the coach to Men's 100m African record holder (9.85s) and 2008 World Champion over 60m Olusoji Fasuba. PJ has also coached several of Frances' most famous sprinters including Ronald Pognon and Christine Arron. In addition to working with Elite athletes, he also coaches young developing sprinters and hurdlers at ES Montgeron Athletic Club near Paris and is a reporter for the IAAF and La Monde. A trained artist, Vazel also has a keen interest in Track and Field statistics. Through years of research he has developed an excellent understanding of the history of the sprints and hurdles across the world and collects data on the training methods of many of the world's most famous athletes and coaches.



SESSION OVERVIEW: PJ has successfully coached athletes from youth all the way through to the elite senior level. At the conference PJ, will present his planning and coaching philosophy for developing athletes throughout the pathway, and share his key experiences of working at either end of the spectrum. PJ will also be leading a practical session (supported by Allan Scott) on his coaching of the hurdles event.

CONFERENCE BIOGRAPHIES

ALLAN SCOTT, scottishathletics

BIOG: Allan Scott is a former Scottish hurdler, who represented Scotland in the 2006 Commonwealth Games and Great Britain at the 2008 Beijing Olympics. Throughout his successful career Scott also represented Great Britain in the European and World indoor and outdoor championships. For the past two years, Scott has been an apprentice coach at **scottishathletics**, where he has been mentored by a number of World-class coaches, specifically Malcolm Arnold and Benke Blomkvist.



SHONA MALCOLM OBE, DISABILITY DEVELOPMENT OFFICER scottishathletics

BIOG: **scottishathletics** Disability Development Officer, Shona Malcolm has been in post for over eight years and has been instrumental in shaping the excellent working partnership between **scottishathletics** and Scottish Disability Sport as well as leading specific events and projects and supporting the volunteer workforce.

Malcolm, the long-serving club member, official, coach and disability development officer was highlighted for her 'services to athletics' in the annual list and was awarded an OBE in 2014.

In her officiating capacity, Shona has performed the role of Chief Field Official at the Olympics and Para Games in 2012, and has officiated at three Commonwealth Games and many international matches in UK for mainstream athletics.

Shona coaches the current European record holder for the Club and the World record holder for the Discus, as well as coaching at the Forth Valley Flyers. She is also an Honorary Life Member and three times past president of Central AC and coaches with Forth Valley Flyers.



SESSION OVERVIEW: Coaching para athletes is rewarding (and can be a challenge) and some of Scotland's top coaches have worked with or, are currently working with para athletes of all levels. By and large the knowledge that coaches already have is sufficient to work with most athletes with adaptations depending on the athletes' ability, which is much the same as working with any athlete. Some areas require more technical knowledge, for example wheelchair racing, seated throwing and guided running. At the conference, Shona will be delivering a presentation on inclusive coaching in the club and sharing advice to coaches who find themselves working in these areas.

CONFERENCE BIOGRAPHIES

GEOFF WIGHTMAN, MD RUN BRITAIN

BIOG: Geoff Wightman is a former international marathon runner who once came in eighth in the Commonwealth Games and sixth in the European Championships. The **scottishathletics** former CEO is now the Managing Director of Run Britain, and is one of track and field world's leading announcers. He is also the author of the bestseller 'Diary of an Also-Ran'. Wightman has successfully coached his son, Jake to European Junior Champion and represented Scotland at the 2014 Commonwealth Games.



SESSION OVERVIEW: Wightman will be delivering a presentation on how to develop international middle distance performances, ensuring the athlete's do the right thing at the right time for success at senior level. Wightman will explore the attention to detail required to take athletes to the 'next level', and share the lessons learned as he coached Jake from European junior champion, to representing Scotland at the 2014 Commonwealth Games. At the end of the conference, Wightman will be employing his announcing skills in a special Q&A session with a panel of speakers from the conference, titled "Talk of the conference". This will be an ideal opportunity for coaches to ask any questions to the panel on any of the content that was covered (or not) over the weekend.

SUSAN MONCRIEFF, HIGH JUMP COACH

BIOG: Susan Moncrieff (formerly Susan Jones) is the former British high jump record holder (1.95m) and silver medallist in the Manchester 2002 Commonwealth Games. Moncrieff also competed in the 2006 Commonwealth Games, World Championships in 2001 and the European Championships in 2002. Over a 10-year period, Susan won more the nine medals at British Championship level. Susan is now developing herself as a top class high jump coach and is coaching Amelia Jennings-McLaughlin who jumped 1.80m indoors to win the Scottish Indoor Championships this year.



SESSION OVERVIEW: Throughout Susan's successful career she was coached by Simon Nathan (former Head of Performance Operations at UK Athletics), Tudor Bidder (former Technical Director for Jumps and head of UK Athletics' world class potential programme) and Mike Holmes (coach to Olympic medallist Steve Smith and Heptathlete Katarina Johnson-Thompson). At the conference, Susan will provide an insight into her time as a world-class athlete and how the lessons learned, through working with these world-class coaches, has shaped her coaching practice today. Susan will also deliver a practical session on coaching the high jump.

CONFERENCE BIOGRAPHIES

ADRIAN STOTT & ROSS HOUSTON



BIOG: Adrian Stott is one of Scotland's most experienced ultra-distance runners, is the former 24hr International Champion and is also known as the manager of Edinburgh's specialist running shop, Run and Become. Stott has been a member of the GB & NI Ultra squad team management for a number of years including the World 100K Championships in 2015.

BIOG: Ross Houston started off running track, where he won the Scottish Schools 1500m in his early years. Since then, Houston has progressed through the distances and has achieved success on the road and cross-country, representing his country on numerous occasions. Ross has won multiple Scottish titles on the road and transitioned successfully to marathon, which ultimately led to him represent Scotland in the 2014 Commonwealth Games in Glasgow – with his marathon lifetime best set at 2:18:28 in Frankfurt. Beyond Glasgow 2014.



SESSION OVERVIEW: At the conference Adrian and Ross will deliver a presentation on how to develop international standard ultra marathon performances. They will provide an insight into their coaching philosophy and approach to training for ultra distance running. The workshop will also explore the routes of converting from other endurance disciplines to ultra running.

MICK WOODS, OLYMPIC COACH

BIOG: Mick Woods is a former long-distance runner and a middle/long distance running coach who has worked with numerous Scottish athletes in recent years (Steph Twell, Beth Potter, Lennie Waite). He is currently a coach at Aldershot Farnham & District AC and sports lecturer at St Mary's University in London. As an athlete, Woods ran internationally for Ireland and ran in over 70 marathons, with a personal best of 2:20.12. Woods is now one of Great Britain's leading endurance running coaches.



Woods has been coaching since 1986 and has been extremely successful, with numerous of his junior and senior athletes qualifying for European and World Championships, as well as the Commonwealth Games and Olympic Games. Woods is currently coach to many GB athletes including Olympian and Commonwealth bronze medallist Steph Twell, European Cross Country champions Emelia Gorecka and Jess Coulson, as well as European U23 Cross Country medallist Jonny Hay.

SESSION OVERVIEW: In the presentation Mick will deliver a presentation on how to develop an endurance powerhouse club at the senior level. Mick has had great success coaching at Aldershot and will share his philosophy and approach to coaching endurance and how to balance individual success with team goals.

BOOKING FORM

DELEGATE INFORMATION

NAME

ADDRESS

SC MEMBERSHIP NO.

COACHING LICENCE (URN)

TELEPHONE NO. CLUB

EMAIL

BREAKOUT CHOICE

 1

 2

 3

 4

Please detail number references of session(s) you wish to attend

CONFERENCE INFORMATION

NAME **National Coaching Conference** CODE **15NCC001**

VENUE **Emirates Arena, Glasgow**

DATE **26 & 27 September 2015**

COST £25.00 / £50.00*

(*SC member £25 / non SC member £50 - Please delete as appropriate)

Group Booking: £20.00 per person for 10 or more places (For SC members only)

Places will only be confirmed once payment has been received in full.

Payment terms – cheque or credit/debit card with booking form

Cancellation policy - no refunds shall be issued for non-attendance.

Cheque Postal Order Visa Visa Debit Solo Switch Mastercard

Please delete as appropriate

.....

Card Number

ISSUE NO. VALID FROM EXPIRY DATE SECURITY CODE

Please return the completed booking form to darren.ritchie@scottishathletics.org.uk or to the postal address below;

Scottish Athletics Limited, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

t. 0131 539 7320 f. 0131 539 7321 e. admin@scottishathletics.org.uk www.scottishathletics.org.uk



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COACHING CONFERENCE 2015

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To register please email - Darren.ritchie@scottishathletics.org.uk



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COACHING CONFERENCE 2015

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