

scottishathletics Jumps Project 2022-23

Regional Development Days

Purpose?

The purpose of the RDD is to assist coaches to progress their knowledge and application within the training environment for the jump events, as well as increase the number of coaches working in the Horizontal Jumps and High Jump by:

- (i) Engaging with Coaches – Providing practical, accessible workshop opportunities for ongoing learning
- (ii) Building Networks – Helping coaches to work cooperatively and collaboratively with coaches from other clubs

Criteria?

Coaches with valid licence and up-to-date SAL coach membership

Athletes with up-to-date SAL athlete Membership

Who?

The RDD are aimed at any coach who wants to develop their understanding of Jumps (CA qualified and above).

Each coach attending will be able to bring an athlete to participate in the session*

**(Athlete minimum standard – Male HJ 1.60 Female 1.50, Male LJ 5.50m Female 5.00m, Male TJ 11.50m Female 10.00m)*

When?

November	4 th West & East (Emirates)
March	18 th West & East (Emirates)
April	1 st North (Inverness)
Virtual sessions	2/3 weeks post each practical day

What?

Focus on supporting coaches to develop the technical and physical literacy of athletes and increase their knowledge and understanding of how to effectively plan and develop their programmes.

How?

The 2–3-hour workshops can be signed up for via google form / more info by emailing:

allan.hamilton@scottishathletics.org.uk