

# Shrewsbury AC - 2018 Summer training programme

Commencing Monday 26<sup>th</sup> March 2018

Day & Time	Type of session	Age Group	Venue	Other information
Monday 6.00 pm to 7.00 pm	Running, jumping and throwing	Under 11's	Track at London Road Sports Centre	Coaches: Kathy Wray <a href="mailto:wray674@btinternet.com">wray674@btinternet.com</a> and Ian Baggley 01939 210520
Monday 6.00pm to 7.00pm	Long Jump	U13's	Track at London Road Sports Centre	Coach: Pat Higgins 07800541865.
Monday 6.00 pm to 7.00 pm	Sprints	Under 13's	Track at London Road Sports Centre	Coach: Ian Allport 01743 2419090
Monday 6.00 pm to 7.00 pm	Endurance and skill development for running jumping and throwing	Under 11's and 13's	Alternates between track and field at London Road Sports Centre	Coach: Geraldine Bush 07742719631. Assistant coach: Clare Downes
Monday 6.00 pm to 7.00 pm	Hurdles	Under 13's	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Monday 6.00 pm to 7.00 pm	High Jump	Under 13's	Track at London Road Sports Centre	Coaching by Katie and Dora. Contact Arnie Wray 01743 356969 or 07910364479.
Monday 6.00 pm to 7.00 pm	Throws events	Under 13's	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110
Monday 7.00pm to 8.00pm	Long Jump and triple jump	15 years and older with a reasonable level of fitness	Track at London Road Sports Centre	Coach: Pat Higgins 07800541865.
Monday 7.00 pm to 8.00 pm	Sprints	Under 15's and above	Track at London Road Sports Centre	Coach: Ian Allport 01743 2419090
Monday 7.00 pm to 8.00 pm	Middle distance	Under 15's and U17's	Track at London Road Sports Centre	Coach: Grace Hough 07957209635
Monday 7.00 pm to 8.00 pm	Hurdles	Under 15's and above	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.

Monday 7.00 pm to 8.00 pm	Discus and Hammer	Under 15's and above	Track at London Road Sports Centre	.Coach: Andy Lewis 07943391110. Also see the website Throws coaching page.
Wednesday 6.00pm to 7.00pm	Long Jump	U13's	Track at London Road Sports Centre	Coach: Jess Foster
Wednesday 6.00 pm to 7.00 pm	Sprints	Under 13's	Track at London Road Sports Centre	Coach: Ian Allport 01743241990
Wednesday 6.00 pm to 7.00 pm	Hurdles	Under 13's	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Wednesday 6.00 pm to 8.00 pm	High Jump	All age groups	Track at London Road Sports Centre	Coach: Richard Eastman. Email <a href="mailto:eastman@talk21.com">eastman@talk21.com</a> A session for more able jumpers – must be able to achieve these min heights: female-1.3m, male - 1.4m
Wednesday 6.00 pm to 7.00 pm	UKA Athletics 365 programme	Under 13's	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110.
Wednesday 7.00pm to 8.00pm	Long Jump and triple jump	15 years and older with a reasonable level of fitness	Track at London Road Sports Centre	Coach: Pat Higgins 07800541865
Wednesday 7.00 pm to 8.00 pm	Sprints	Under 15's and above	Track at London Road Sports Centre	Coach: Ian Allport 01743241990
Wednesday 7.00 pm to 8.00 pm	Hurdles	Under 15's and above	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Wednesday 7.00 pm to 8.00 pm	Discus and hammer	Under 15's and above	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110. Also see the website Throws coaching page.
Wednesday 6.00 pm to 7.00 pm and 7.00pm to 8.00pm	Middle distance	Under 13's, U15's and U17's. Only by prior arrangement with coach.	Track at London Road Sports Centre	Coach: Grace Hough 07957209635
Wednesday 7.00pm to 8.00pm	Endurance for road, cross country, fells	Senior athletes min age 18yrs.	From the London Road Sports Centre	Coach: Graham Jones 07837242742 and Graham Parton 07880512618

In addition to the above some coaches will arrange additional sessions for their athletes. You can find out more information from your coach.