

TRAINING ORGANISATION PLAN 2024

COACHES TO SEND SHAUN (BY TEXT, WHATSAPP OR EMAIL) A LIST OF THEIR ATHLETES THAT HAVE TRAINED AT THE CLUB'S SESSIONS AS SOON AS POSSIBLE AFTER THE SESSION HAS FINISHED.

The list below shows the allocation of track space at club sessions. The maximum number of athletes allowed per coach at any one time is 12 as per England Athletics guidelines.

Warming up on the track should be carried out so as not to interfere with other athletes' sessions.

Other qualified coaches may stand in for the coaches listed below providing that their maximum allowed group sizes are not exceeded.

Throws coaches should liaise with Freedom Leisure staff to use throws area as usual.

High Jump, Long Jump and Pole Vault coaching can take place at any session. Coaches of each of these disciplines should liaise with one another to avoid each other's sessions.

All track coaches should communicate with each other so as to be aware of each other's sessions. Sessions may be required to be staggered if deemed to be a risk.

MONDAY - TRACK

Rob Law

Shaun Ainge

Chris Hollinshead

Matt Mayne

Bob Hughes (with Hayden Carter, Lorna Turner, Ross Goode and Mark Green)

(+ possibility of a small number of experienced C&S athletes by agreement with Shaun)

TUESDAY - TRACK

Development Group

Shaun Ainge (with Natalie Griffiths)

Nigel Haycock

WEDNESDAY - TRACK

Rob Law

Gary Myles - Hurdles – Lanes 6 to 8 home straight

Chris Hollinshead

Bob Hughes (with Hayden Carter, Lorna Turner, Ross Goode and Mark Green)

(+ possibility of a small number of experienced C&S athletes by agreement with Shaun)

THURSDAY - TRACK

Development Group

Shaun Ainge (with Natalie Griffiths)

Matt Mayne

Bob Hughes

Nigel Haycock

Jon Ross