

Disability Coaching - RaceRunning

Sunday 29th April, 2018

11am - 3pm

Meadowmill Sports Centre, Tranent, EH33 1LZ

Cost £50 : payable to RaceRunning Scotland

For more information and to register please contact:

Marietta van der Linden, Queen Margaret University
email: mvanderlinden@qmu.ac.uk
tel: 0131 474 0000



This workshop is designed to give participants knowledge of RaceRunning, athlete training and running bikes.

It will help you to identify potential athletes, how to deliver athlete training and understand how to adjust bikes.

The workshop is conducted in a classroom in a practical manner with participants also having the chance to see and speak with athletes.

Who for:

Coaches and volunteers who are interested in/already working with RaceRunning athletes. 16+ years

Prerequisite:

No prior qualification or experience needed.

Includes: Hand out on coaching techniques and bike set up.
Scottish Athletics Certificate of Attendance
Tea & Coffee

Bring your own lunch or there is a Cafe on-site.