As a new initiative

RaceRunning Denmark is facilitating a course for new coaches at the 2018 RaceRunner’s Camp. The instructors of the course will be the experienced coaches from the Danish National RaceRunning Team. They share their training methods, and guide the participants through theoretical and practical exercises. The entire Coaching Course will be English. Athletes participating at the Camp will not have the opportunity to participate in the Coaching Course. Also, national team staff members at the Camp will not be able to participate at the Coaching Course.
Overview

Date: 7th – 11th July 2018
Location: Frederiksberg Atletikstadion, Sønderjyllands Alle 6, 2200 Frederiksberg, Denmark.

Current Schedule

<table>
<thead>
<tr>
<th>Day Date</th>
<th>Sat 7th</th>
<th>Sun 8th</th>
<th>Mon 10th</th>
<th>Tue 11th</th>
<th>Wed 12th</th>
<th>Thurs 12th</th>
<th>Fri 13th</th>
<th>Sat 14th</th>
<th>Sun 15th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching course</td>
<td>Arrival</td>
<td></td>
<td></td>
<td></td>
<td>Exam</td>
<td>Departure</td>
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<tr>
<td>Coaching course &amp; Cup</td>
<td>Arrival</td>
<td></td>
<td></td>
<td></td>
<td>Exam</td>
<td>Cup</td>
<td></td>
<td></td>
<td>Departure</td>
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Tentative Agenda:

Saturday, 7th of July  
Arrival

Sunday, 8th of July  
10.00 – 12.00 Theory
13.00 – 16.00 Practical assessment

Monday, 9th of July  
The Coaching Course participants will be training the Camp athletes

Tuesday, 10th of July  
The Coaching Course participants will be training the Camp athletes

Wednesday, 11th of July  
The Coaching Course participants will be training the Camp athletes
Oral Examination
Feedback & Evaluation of the Coaching Course

Thursday, 12th July  
Departure

Monday through Wednesday the Coaching Course participants will be coaching the same group of athletes. They will be working together in groups of four: two of them will be coaching, the other two observing. Each group will have a supervisor from the instructor team.

Course curriculum

The RaceRunning Coaches’ manual will be the theoretical work of reference during the whole Coaching Course.

The manual can be downloaded at:

Travel Visa

Remember to inquire whether you will need a visa to enter Denmark and to start the visa application procedures in appropriate time.

Follow this link for the official visa rules of Denmark:

Visa invitation letters and other documentation will be produced on request.

Signing up, Participation fee & payment:

The participation fee is:

1. Accommodation Saturday-Thursday (single room, Hotel Scandic Sydhavnen). 7,000 DKK.
2. Accommodation Saturday-Sunday (single room, Hotel Scandic Sydhavnen); if you want to stay for the Cup. 11,000 DKK.

(Note: Transport and airport shuttle only included Saturday-Thursday)

Sign Up

Please transfer the fee to following account

Bank information: Jyske Bank, Frederikssundsvej 202 D, 2700 Brønshøj, Denmark
SWIFT Code: JYBADKKK - IBAN NR: DK6750220001261584

After signing up, you will receive an ID number to mark your payment with.

Entry Deadlines

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Milestone</th>
<th>Payment</th>
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<tbody>
<tr>
<td>15th May 2018</td>
<td>Final Entry and payment</td>
<td>Participation fee</td>
</tr>
<tr>
<td>1st June 2018</td>
<td>Late Entry and payment</td>
<td>Participation fee + 50%</td>
</tr>
<tr>
<td>15th June 2018</td>
<td>Transportation information</td>
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