



# Coaching

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## NOVEMBER 2010 NEWSLETTER

### COUNTY COACHES CONFERENCE

Last months newsletter suggested that this could be on 12<sup>th</sup> December at Grampounds, but now the road race calendar is out it shows this would clash with the Turkey Trot, so a new date, probably at the end of January is under consideration.

### LONDON 2012

Botswana is the first country to declare an interest in coming to Cornwall for pre Games training in 2012. Amongst their 2010 athletes they had Motsha, the Golden League and Commonwealth Gold medallist of woman's 400m and the men's high jump bronze medallist. Their men were 5<sup>th</sup> in the 4x400 final and I know they have a 1.87 woman high jumper. Their road runners are no slouches either as they had 5 athletes between 66 and 67 minutes at the IAAF World Half marathon championships in China. The whole point is, they will be looking for pre-games competition against the best we can muster.

### COACHING COURSES

The reason I am now suggesting checking out the England Athletics website is because courses are proposed and if there are insufficient applicants, they are cancelled. The latest to come to light is the MC 0346 LEADERSHIP IN RUNNING AND FITNESS at Tavistock on 27<sup>th</sup> Nov. There is an insight along with a short video on [www.runinengland.co.uk](http://www.runinengland.co.uk) and an application form. If in doubt, contact Morag Ford on [mford@englandathletics.org](mailto:mford@englandathletics.org)

### SPRINT HURDLES FLYING COACH

This is a bit of a long shot as Graeme Gourley is running this workshop at Poole, Bournemouth, on 20<sup>th</sup> Nov cost £5. Look on the EA website or contact Rob Cockings at Cornwall Sports Partnership who continue to operate from the old Richard Lander Sch.

### CORNWALL SPORTS PARTNERSHIP PARTNERS DAY

If you are lucky enough to be in a job that gives you time off for sport, there are a few places left at this workshop held in St Austell on 9<sup>th</sup> Nov. Contact Palmer Jenna at CPS

### NATIONAL CONFERENCE CARDIFF

Sunday 5<sup>th</sup> December (that is the day after the sports first aid course at Carn Brea) has an extremely good programme giving good value for money and is easier to get to than Poole. Check it out on the England Athletics website [www.englandathletics.org](http://www.englandathletics.org)

### COUNTY TRAINING DAY AT CRANTOCK

Nineteen athletes (and nearly as many coaches!!) turned up on the beach in fine weather to experience nearly two hours of varied conditioning training which had them requesting a greater frequency of such days, so we settled for SATURDAY 11<sup>th</sup> December, same time, same venue, same cost, (£2) but this time there will be free parking. (This month we had a shock of the National Trust extending their season of manning the car park to the end of October, so we waived the training fee)

### CHIROPRACTOR

CAC had a visit from Dr Jan Louw who gives 10 minutes free diagnosis to athletes as a matter of course. He pushed an area in my hips and a pain went away and never came back, so I was impressed. His practice is in St Clements Street near the cathedral and his number is 01872 262988. Ant incidentally, he deals in bone joints, not just the backbone.