

March 27th 2021

Timetable / Amserlen:

Time / Amser	Topic / Presenter/Gweithgaredd
Session 1: Please register and sign by 12.25pm*	
12.30 – 12.35pm	Welcome and Introductions Zoe Brown, Coach Development Coordinator – Welsh Athletics
12.35 – 1.00pm	The Strategy for the Sport in Wales & Looking Forward James Williams, CEO – Welsh Athletics
1.00 – 1.30pm	Fun Athletics for U11s – Exploring Starting Blocs Hannah Pretty, Welsh Athletics, Club Development Officer
1.30 – 2.00pm	Movement skills for Running, Jumping and Throwing – Unlocking an athlete's potential Paul Moseley, England Athletics Coach and Tutor Development Manager
2.00 -2.15pm	Refreshment Break / Egwyl
Session 2: Please register and sign in by 2.10pm*	
2.15 – 3.15pm	<p>Speed How to get a great start – Exploring various starting positions/progressions & when to introduce starting blocks. Matt Elias, Welsh Athletics NTDC Speed</p> <p>Endurance Performance vs Process: Win or Learn? – Exploring appropriate competitive endurance opportunities to support the development of young athletes. Liz Davies, Welsh Athletics NTDC Endurance</p> <p>Throws Step by step guide to developing a young thrower - Case study. Ryan Spencer- Jones, Welsh Athletics NTDC Throws</p> <p>Jumps Stronger, faster, higher? - Exploring the importance of speed and strength for the development of a young jumper. Fyn Corcoran, Welsh Athletics NTDC Jumps</p>
3.15 – 3.30pm	Refreshment Break / Egwyl
Session 3: Please sign register and sign by 3.25pm*	
3.30 – 4.00pm	The Duty to Care Toolkit – How to create more holistic and positive coaching benefits for all Heather Douglas – Head of Policy & Impact - UKCoaching At UK Coaching Heather leads on ensuring all people taking part in sport and physical activity access great coaching which meets their motivations regardless of where they are on the player pathway. She has spent over 20 years in Coaching Development
4.00 – 4.15pm	Summary and Close
4.15 – 5.00pm	Networking /Catch up The call will stay open until 5.00pm, so feel free to grab a drink and catch with people from the sport that you haven't see for a while!

*To register for the overall event and receive links to the session registration, please sign up via [Eventbrite](#)

If you only wish to attend elements of the conference, you can attend Session 1, 2 or 3. **You need to complete the zoom registration, for each session, before receiving the link to attend each of the meetings.