

Coaching+



Active Cumbria Sport Coaches' Conference 2015

Supported by



The 2015 Active Cumbria Coaches' Conference will provide an opportunity for coaches working in Cumbria to meet and learn from each other and to engage with nationally recognised experts and highly respected coaches and sports scientists

Chris Tomlinson

We are delighted to announce the Olympic Long Jumper as the key speaker for the 2015 Active Cumbria Coaches Conference. Chris will be talking about;



Talent Development - An Athlete's perspective

With over 16 years of athletics experience competing in the long and triple jump with international honours, Chris has gone on to become European, Commonwealth, World and Olympic finalist and current British indoor record holder. He will share his thoughts on what makes a talented athlete, the coaches role in developing talent, his thoughts on how talent can or should be developed and what he has learnt for his coaches throughout his journey, the GOOD and the BAD!!!

Saturday 25th April

University of Cumbria
(Ambleside Campus)

10.00am to 4.00pm

Workshops

- 1. Intro to Strength and Conditioning**
- 2. Injury Prevention and Management**
- 3. Mental Toughness and Motivation**
- 4. Nutrition for optimal performance**

There will be an exciting choice of 4 different workshops, delivered by experts in the fields of coaching, strength and conditioning, injury prevention and psychology.

Cost for the Day

£40 (Full day - 2 workshops, inc lunch) £30 (Half day - 1 workshop, inc lunch)

Click [here](#) to book full day or [here](#) to book half day

Book early to avoid disappointment