

<p style="text-align: center;"><b>Young Athlete Development Programme U13/U15</b></p> <p style="text-align: center;"><b><u>6PM TO 7PM</u></b></p>						
Tuesday Coaches	Thursday Coaches	Events/ Times	Rotation 1	Rotation 2	Rotation 3	Rotation 4
		DATES	7th Jan to 30th Jan.	4th Feb to 27th Feb.	3rd Mar to 31st Mar.	7th April to 30th April.
		Club Competitions		Comp date TBC		Comp date TBC
<b>COMBINATION: RUNNING AND THROWING</b>						
Gemma	Gemma	DEVELOPING SHORT SPRINTS AND THROWS (OUTDOOR)				
<b>COMBINATION: MIDDLE DISTANCE RUNNING AND LONG JUMP</b>						
Judith		DEVELOPING MIDDLE DISTANCE RUNNING AND LONG JUMP (OUTDOOR)				
	Matty H	DEVELOPING MIDDLE DISTANCE RUNNING AND LONG JUMP (OUTDOOR)				
<b>COMBINATION: RUNNING AND JUMPING</b>						
	Matt D and Rob S	DEVELOPING INDOOR HURDLES AND HIGH JUMP				
Matty H		DEVELOPING SHORT SPRINTS (OUTDOOR)				
<b>ENDURANCE RUNNING</b>						
Wondimu and Phil		DEVELOPING ENDURANCE RUNNING				
	Phil	DEVELOPING ENDURANCE RUNNING				