



Endurance Coaches Network (ECN) Final Schedule Saturday 1st April 2017

9.00-9.15am- Registration/Networking & Tea/Coffee (Earl of Rosse C1164 Lecture Theatre)

9.30-9.45am- Opening Address by Steve Macklin (National Junior Endurance Coach)

9.45-10.45am- "Coaching my sons Callum & Derek to the Rio Olympic Games" with **Robert Hawkins**
Scottish Athletics National Endurance Coach Mentor

10.45-11.45pm- 'Keeping Today's Athlete Injury Free' with **Rene Borg**

11.45-12.00pm- Coffee Break

12.00-1.30pm- "Paul Robinson's pathway to a World Class Level" with **Robert Denmead**

1.30-2.15pm- Lunch

2.15-3.45pm- "Coaching with European XC Championships in mind- Preparing for a December Peak"
with **Paul McNamara**

3.45-5.15pm- Practical: 'Technique Coaching Cues - Keeping it simple for your athletes' - **Jason Kehoe**

5.15pm- Finish

***Please note all presentations will be in the Earl of Rosse C1164 Lecture Theatre except the final practical workshop of the day which is currently being held at the outdoor track.**