



Macclesfield Athletics Development Fund
Registered charity number 1041755

Macclesfield Athletics Coaching Clinics 2016

Would you like an opportunity to improve your athletics skills? If so, you are invited to attend a Macclesfield Athletics Coaching Clinic

- Skills coaching for athletes and novices
- Open to age 11 and above (including seniors)
- Places are limited - registration in advance is required
- £3.00 per session, payable on the day
- At Macclesfield Athletics Track
- All abilities welcome - club and non-club members

Saturday 9th April	10.00 - 12.00	Hurdles, Javelin, Long Jump, Shot Putt
Monday 18th April	18.30 - 20.00	Hurdles, High Jump, Hammer, Sprints
Saturday 30th April	10.00 - 12.00	Hurdles, Pole Vault, Long Jump, Discus

Please reserve your place by returning the form overleaf.

Attendees are also invited to participate in a mini-competition on Saturday 16th April 12.00-17.00.

Macclesfield Athletics Coaching Clinics 2016

Please return completed form at least two weeks before the event,
either via email to: MADFathletics@outlook.com

or post to: MADF, c/o Alba House, Round Meadow, Rainow, SK105UB

Name:				
Age:		Date of Birth:		
Address:				
Telephone:				
Email address:				
Level of experience (please circle): Novice; Some experience; Experienced				
Athletics Club (if applicable):				
Please circle date(s) and <u>one event</u> per date you wish to attend				
Saturday 9th April	Hurdles	Javelin	Long Jump	Shot Putt
Monday 18th April	Hurdles	High Jump	Hammer	Sprints
Saturday 30th April	Hurdles	Pole Vault	Long Jump	Discus