



BRITISH
ATHLETICS

PARALYMPIC
COACHING
SYMPOSIUM

28 - 29 SEPTEMBER 2019
LOUGHBOROUGH

DELEGATE INFORMATION



WELCOME

British Athletics will host the inaugural Paralympic Coaching Symposium over the weekend of 28th-29th September 2019 in Loughborough.

Taking place at the British Athletics National Performance Institute and Burleigh Court hotel, the theme of the event is **integration**. The classroom and practical based workshops will offer guidance and new ideas to ensure para athletes can be fully included in all aspects of club athletics.

The aim of the symposium is to bring together coaches who are currently predominately working within a club environment, and those coaching athletes who are competing at grassroots to national level.

British Athletics recognise the importance of growing the number of opportunities for specific para athletics coach development and learning in the UK. Therefore, the symposium offers an educational event specifically catered for coaches working within a club environment who either currently coach para athletes or wish to do so in the future.

In addition, the event will aim to raise awareness of the para athletics landscape in the UK, as well as promoting the British Athletics Paralympic Performance Pathway which is for athletes and their coaches, aspiring to reach Great Britain and Northern Ireland teams for major championships.

KEYNOTE SPEAKERS



Donna Fraser

A four times Olympian for Great Britain who has dedicated over two decades to Athletics through utilising her transferable skills to give back to communities.

Donna is currently the Equality, Diversity & Inclusion Lead at UK Athletics and she will be discussing the importance of integrated training environments for Para Athletes.



Danny Crates

A former Paralympic world record holder in the 800m and achieved Gold medals at a number of international competitions, including the Paralympic Games, European Championships and World Championships. Since retiring Danny has continued to build his reputation as a leading motivational and keynote speaker and will be speaking about his integration experiences in athletics.



Noel Thatcher MBE

Represented Great Britain at six Paralympic Games between 1984 and 2004, collecting a total of 5 gold medals.

Two career highlights are winning the Gold and setting a world record at Barcelona in 1992 and winning the 5K race in Sydney in 2000. Noels achievements at the 1996 Olympics in Atlanta earned him an MBE in the 1997 New Years Honours for his services to athletics in Para Athletes.

SATURDAY 28

The Saturday programme will begin with a keynote presentation from Donna Fraser, and Danny Crates to officially open the symposium and discuss the theme of the event, integration and the importance of integrated training environments to ensure para athletes can be fully included in all aspects of club athletics.

The morning sessions will focus on raising awareness of five disabilities by exploring information on the symptoms and how these influence the athletics events. The speakers will share their knowledge and experience working with para athletes and highlight coaching ideas to encourage integration in club coaching sessions.

The afternoon session will be practical based providing the opportunity to participate in multiple event specific sessions based on eligible Paralympic impairment considerations for the different events.

To conclude, breakout sessions covering Physiotherapy, Nutrition and Strength and Conditioning aim to provide coaches with the ability to provide further support for para athletes.

To conclude the first day and encourage networking between coaches a three-course dinner will be followed by an after-dinner speaker, Noel Thatcher MBE.

SUNDAY 29

The Sunday programme will begin with practical workshops focusing on understanding the technical considerations for Paralympic events and the opportunity to learn from coaches working with para athletes.

Coaches attending the symposium have the opportunity to choose a development route through which workshops they attend but resources from all workshops will be made available to ensure a well-rounded experience.

After lunch breakout sessions covering Physiotherapy, Nutrition, Strength and Conditioning and Lifestyle aim to provide coaches with the ability to provide further support for para athletes.

To conclude the symposium an Athlete and Coach Q&A panel will finish the two-day event offering the opportunity to hear their experiences of integration in Athletics and ask questions to aid the coaches and their club's development with para athletes.

SATURDAY 28 WORKSHOPS

BREAKOUT SESSIONS SATURDAY 28 11.30 - 12.30

OPTION	SESSION TITLE	LOCATION	DESCRIPTION
Session 1	Understanding Cerebral Palsy	Burleigh Court	
Session 2	Understanding Amputation	Burleigh Court	This workshop aims to raise awareness of Amputation and will cover considerations, adaptations and will share best practice on how to provide opportunities for athletes from grass roots level to elite performance.
Session 3	Understanding Intellectual Impairment	Burleigh Court	
Session 4	Understanding Visual Impairment	Burleigh Court	This workshop aims to raise awareness of Visual Impairment and will cover considerations, adaptations and will share best practice on how to provide opportunities for athletes from grass roots level to elite performance.
Session 5	Understanding Spinal Injury	Burleigh Court	This workshop aims to raise awareness of Spinal Injury and will cover considerations, adaptations and will share best practice on how to provide opportunities for athletes from grass roots level to elite performance.

TRACK SESSIONS SATURDAY 28 13.30 - 14.30 & 14.45 - 15.45

OPTION	SESSION TITLE	LOCATION	DESCRIPTION
Session 1	Impairment considerations for Ambulant Sprints	NPI	This workshop will determine how a coach can understand and utilise observations to develop Ambulant sprint athletes and integrate all athletes into a session.
Session 2	Impairment considerations for Wheelchair Racing	NPI	This workshop will determine how a coach can understand and utilise observations to develop Wheelchair Racing athletes and integrate all athletes into a session.
Session 3	Impairment considerations for Ambulant Jumps	NPI	This workshop will determine how a coach can understand and utilise observations to develop Ambulant jumps athletes and integrate all athletes into a session.
Session 4	Impairment considerations for Ambulant Throws	NPI	This workshop will determine how a coach can understand and utilise observations to develop Ambulant throws athletes and integrate all athletes into a session.
Session 5	Impairment considerations for Seated Throws	NPI	This workshop will determine how a coach can understand and utilise observations to develop Seated throws athletes and integrate all athletes into a session.
Session 6	Impairment considerations for Ambulant Endurance	NPI	

BREAKOUT SESSIONS SATURDAY 28 16.30 - 17.30

OPTION	SESSION TITLE	LOCATION	DESCRIPTION
Session 1	Physio support for Para Athletes	Burleigh Court	To understand the importance of the work a Physio can do with a para athlete and what a coach can deliver in their sessions to aid this work.
Session 2	Strength & Conditioning support for Para Athletes	Burleigh Court	
Session 3	Nutritional support for Para Athletes	Burleigh Court	To understand how to maximise the adaptations of training to optimise performance through nutrition.
Session 4	Lifestyle considerations for Para Athletes	Burleigh Court	To understand the importance of considering the impacts a para athletes lifestyle has on their training.

SUNDAY 29 TIMETABLE

TIME		ACTIVITY	DELIVERED BY	LOCATION
09.00	09.30	Arrivals & Registrations		NPI
09.30	10.30	Track Session 1: Technical considerations for Ambulant Sprints	Michael Khmel	NPI
	AND	Track Session 2: Technical considerations for Wheelchair Racing	Jenni Banks	NPI
10.45	11.45	Track Session 3: Technical considerations for Ambulant Jumps	TBC	NPI
		Track Session 4: Technical considerations for Ambulant Throws	Ryan Spencer Jones & Aled Davies	NPI
		Track Session 5: Technical considerations for Seated Throws	Alison O'Riordan	NPI
		Track Session 6 Technical considerations for Race Running	Craig Carscadden & Nicola Tennant	NPI
		Track Session 7: Technical considerations for Ambulant Endurance	Dan Stepney & Dean Miller	NPI
11.45	13.00	LUNCH		
13.00	14.00	Breakout Session 1: Physio support for Para Athletes	TBC	Burleigh Court
		Breakout Session 2: Strength & Conditioning support for Para Athletes	Sam Heathcote	Burleigh Court
		Breakout Session 3: Nutritional support for Para Athletes	George Robinson	Burleigh Court
		Breakout Session 4: Lifestyle support for Para Athletes	TBC	Burleigh Court
14.00	14.30	BREAK		
14.30	15.30	Keynote: Coaching Philosophy	Tabo Huntley	Burleigh Court
15.30	16.30	NETWORKING & DEPARTURE		



SUNDAY 29 WORKSHOPS

TRACK SESSIONS SUNDAY 29 09.30 - 10.30 & 10.45 - 11.45

OPTION	SESSION TITLE	LOCATION	DESCRIPTION
Session 1	Technical considerations for Ambulant Sprints	NPI	This workshop will identify key technical considerations to develop Ambulant sprint athletes and integrate all athletes into a session.
Session 2	Technical considerations for Wheelchair Racing	NPI	This workshop will identify key technical considerations to develop Wheelchair Racing athletes and integrate all athletes into a session.
Session 3	Technical considerations for Ambulant Jumps	NPI	This workshop will identify key technical considerations to develop Ambulant Jumps athletes and integrate all athletes into a session.
Session 4	Technical considerations for Ambulant Throws	NPI	This workshop will identify key technical considerations to develop Ambulant Throws athletes and integrate all athletes into a session.
Session 5	Technical considerations for Seated Throws	NPI	This workshop will identify key technical considerations to develop Seated Throws athletes and integrate all athletes into a session.
Session 6	Technical considerations for Race Running	NPI	Brief history of the event. Which impairment groups can participate in Race Running. Getting athletes started in Race Running including frame set up. Highlight the similarities between Race Running and Ambulant Sprinting.
Session 7	Technical considerations for Ambulant Endurance	NPI	Utilising a warm up with the use of additional aids for athletes. Technical running drills and how to optimise contact with the ground. The use of cross training to maximise volume/ building an aerobic base which minimising injury risk.

BREAKOUT SESSIONS SUNDAY 29 13.00 - 14.00

OPTION	SESSION TITLE	LOCATION	DESCRIPTION
Session 1	Physio support for Para Athletes	Burleigh Court	To understand the importance of the work a Physio can complete with a para athlete and what a coach can deliver in their sessions to aid this work.
Session 2	Strength & Conditioning support for Para Athletes	Burleigh Court	S&C for the Para Athlete: Is it actually any different? Through a selection of case studies the tutor will provide insights into a range of athletes with different impairments. S&C support for para athletes uses simply innovative approaches to current practices.
Session 3	Nutritional support for Para Athletes	Burleigh Court	To understand how to maximise the adaptations of training to optimise performance through nutrition.
Session 4	Lifestyle considerations for Para Athletes	Burleigh Court	To understand the importance of considering the impacts a para athletes lifestyle has on their training.

DELEGATE PACKAGES

We are pleased to offer a range of delegate packages.

Packages range from one day admission to two-day admission with accommodation.

PARALYMPIC COACHING SYMPOSIUM 2019 PRICES

FULL SYMPOSIUM (SAT 28 / SUN 29)	£160
FULL SYMPOSIUM RESIDENTIAL (D,B&B)	£200
SATURDAY SYMPOSIUM ONLY	£85
SUNDAY SYMPOSIUM ONLY	£85

In the Full Symposium Residential delegate package, accommodation at Burleigh Court will be provided.

The single day admission packages to the Symposium do not include the Dinner event on the Saturday evening but coaches can attend at the additional cost of £15.

If you have any questions, please contact coacheducation@britishathletics.org.uk

