

## **Training day - Wed 29th December 2010**

Dear all

We have booked the track from 10 - 2pm on Wed 29th December. We are putting on a Hurdles and Steeplechase workshop but are also keen to bring along any other athletes particularly juniors who wish to take part in a multi-events based session.

We would like as many coaches to be there as well as the athletes.

I am sure you would all appreciate a break from the Christmas festivities and it makes a change from looking around the sales.

We are charging £2 per person which includes a Bacon bap. In order to help catering can everyone who is going to come along please let me know in advance

We need to set our coaches to work together and this is an ideal opportunity to do so.

Let's hope we have a successful day.

Regards

**Keith Reed**

**Armada Athletics Network Co-ordinator**

Tel 01752 307349

Fax 01752 307040

Mobile 07818 511361

E mail [Keith.Reed@plymouth.gov.uk](mailto:Keith.Reed@plymouth.gov.uk)

**Sports Development Unit**

Floor 3, Windsor House

City of Plymouth

PL1 2AA

[www.plymouth.gov.uk/sport](http://www.plymouth.gov.uk/sport)