



# Coaching

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## AN INVITATION TO A COUNTY TRAINING AND NJL SELECTION DAY

Dear Athlete

21<sup>st</sup> January 2010

In search of a higher level of competition the Duchy Athletics Network, which incorporates clubs within Cornwall, are entering the NATIONAL JUNIOR LEAGUE in 2010 for which it is necessary to register athletes names. The league is for U/17's and U/20's only, but we are combining this with a County Squad training day to include U/15's and we would like to invite you to come along.

### PAR TRACK ON SATURDAY 20<sup>TH</sup> FEBRUARY

10am Registration £2 followed by an introduction to the day and the NYL  
1015-1100 Warm up and preparation in specific event groups  
1100-1200 Specific event group training session 1  
1200-1245 Explanation of the workings of the NYL combined with lunch break, for which the canteen should be open.  
1245-1345 Specific event group training session 2  
1345-1400 Summing up

ALL TIMES ARE APPROXIMATE AND SUBJECT TO WEATHER CONDITIONS

A FULL TEAM OF COACHES WILL BE PRESENT, including those from across the border who will be bringing some of their athletes

This is a great opportunity, so why not book up now by handing the reply slip to either Larry Garnham at N & P or Tony Lett at CAC, alternatively e-mail me at the above number or put it in the post. Regret NO UNDER 13's this time.

Tony Lett – County Head Coach

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Name.....age group.....

Contact tel number.....e-mail.....

Club.....Address.....  
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Will/will not be attending the training day at Par on Saturday 20<sup>th</sup> February 2010