

UKSCA Plyo, Agility and Speed Training Day

- **HAVE YOU ATTENDED THE 2-DAY PLYO, SPEED AND AGILITY WORKSHOP?**
- **HAVE YOU BEEN AWAY AND PRACTICED YOUR TECHNIQUES?**
- **ARE YOU STILL NOT 100% CONFIDENT AND WOULD VALUE SOME EXTRA SUPPORT?**
- **THEN, THIS DAY IS DESIGNED FOR YOU.....**

In response to feedback from members we have arranged a one-day, practical training day to enable you to:

- demonstrate and practice your skills and receive expert feedback on your technique
- coach others and gain feedback on your coaching skills
- receive coaching tips and work with a wide range of people - essential for improving your own coaching skills

This 1-day session is only available to those who have already been on the 2-day Plyo, Agility and Speed Workshop.

TO BOOK:

Cheque: Please use the form below and post

Purchase order: Post or fax to 0870 116 1223

Credit Card: Please call the office on 0870 116 1566 or book online at www.ukzca.org.uk

Name:		UKSCA Member No:	
Address:			
Email:		Telephone:	
Principle employer:		Position:	

Training Date (please tick your booking)

<input type="checkbox"/>	13 Sept 09 – University of Ulster, Belfast
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Fees & Payment

<input type="checkbox"/>	£80 for current members
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<input type="checkbox"/>	£130 for non-members – this includes 1 years Associate membership
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