



# Unilateral Training Masterclass



## DETAILS

This practical masterclass is run by Jared Deacon MSc ASCC, who is a tutor with the UKSCA. Jared is currently Lead Academy S&C Coach for Scottish Rugby in the Edinburgh Region having previously worked for the English Institute of Sport and UK Athletics. Jared has coached international level sprinters & hurdlers including World & Olympic medalists as an athletics specific coach, having previously competed as an Olympic sprinter himself.

## MEMBERS WILL BE ABLE TO:

- Develop an understanding of the importance of unilateral movements and add to their range of strength, speed and power based options available within the gym and/or field setting
- Understand how this type of training should progress and evolve over the training cycle
- Gain clarity on what good execution looks and feels like, understand limiting factors, how these exercises can be used in the training process and where this might be used alongside training with more traditional strength and power based exercises.

A unique opportunity to learn in a small group, alongside fellow members to give you and your athletes the edge.

**ONLY £45** for an evening workshop - part of the UKSCA's professional development series, bringing the world's best to our members at highly discounted rates. 7 UKSCA CPD credits awarded.

## ABOUT UK STRENGTH & CONDITIONING ASSOCIATION (UKSCA)

The UKSCA is a not-for-profit, limited by guarantee company and is managed by a voluntary Board of Directors, elected from and by the Accredited membership. With the support of UK Sport, the Association was launched in May 2004, with an inaugural AGM and since has grown to represent over 2500 members, of which 800 are Accredited.

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(MIHP)

Manchester  
M11 2AZ