



SOUTH WEST – Regional Trainers Coaching Programme

Winter 2009

COACHES ACTIVITY

UKCC Coaching Theory Sessions. For further details on venues and costs please contact Mandy Heath (all sessions are evening ones)

3 Feb	Anne Tezer / Performance profiling and goal setting / Glos
13 Feb	Adam Kemp & Anne Tezer / Workshop The flying change / Somerset
3 Mar	Anne Tezer / Analysing your coaching skills & comms skills / Glos
9 Mar	Anne Tezer / Riders Learning Skills & comms skills / Devon
20 Mar	Adam Kemp & Anne Tezer / Pirouettes & comms skills / Somerset
21 Apr	Anne Tezer / Safe Coaching
19 May	Anne Tezer / Sports Psychology for Coaches & the 4 C's
23 Jun	Anne Tezer / Coaching for Competition
23 Sept	Anne Tezer / Rider Fitness

The cost of the Anne Tezer Sessions are £25 per person

The cost of the All day Adam Kemp and Anne Tezer session are £45

These events are open to riders, trainers, judges and Coaches and include theory and practical sessions.

Judges are welcome to attend 'any' training event including watching a Rider training clinics.

Please ring Mandy if you are interested.

To apply to attend please write to Mandy Heath @ Rosudgeon, Brockhampton, Swindon Village, Cheltenham, Glos. GL51 9RS stating what you would like to come to and enclosing your cheque payable British Dressage and a SAE for booking confirmation.

Please do not hesitate to phone Mandy if you have any questions or queries.

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