



South Surrey
Athletics Network

Strength and Conditioning Sessions with Andy Neal

Hosted by Walton Athletic Club

7.30pm to 9.30pm

Friday 13th January

This session for coaches will focus on Strength and Conditioning for athletes in the 12 to 16 age group.

Friday 17th February

This session is aimed more at older athletes and will focus more on weights.

Andy Neal is a leading UKA coach and coach education tutor. He is an expert in Strength and Conditioning and has delivered numerous successful workshops for coaches.

**To reserve a place please email Terry Letheby - letheby4@aol.com
Places will be limited so please book early.**

Venue: Walton AC Clubhouse, Stompound Lane, Walton, Surrey KT12 0RB

