

15th April 2023

Mansfield Harriers AC, Berry Hill Park,
Mansfield

East Midlands Hurdles Development Day

Following on from the success of our first event we are pleased to announce that the East Midlands Hurdles development day is back.

Whether you are an athlete wanting to learn or develop in hurdling or a coach wanting to enhance your understanding of hurdles specific coaching, why not join us at our next Hurdles development day.

The emphasis is on the technical development of hurdlers but the sessions will also provide hurdlers moving up an age group to start their transition to new distances and heights.

The sessions will be available for all athletes moving in to U13 (2023) through to U20's and will cover sprint hurdles, long hurdles and hurdling for steeplechasers specific to their age group.

Beginners with no experience of hurdling are very welcome

Sessions provide the opportunity for qualified coaches and coaching assistants to work in small teams with our experienced hurdles coaches to learn and develop their understanding of the hurdles discipline.

Your coaches for the day consist of Sprint and Hurdles Event Group specialists including one who has coached a former Olympic Sprint Hurdler.



Session 1 10.30am – 12.30am

School year 6,7,8 & 9 (Sept 22)

Sprint Hurdles

- Introduction for beginners
- Technique development for the experienced
- Running and hurdles drills
- Transitioning to new heights & distances
- Starts
- Stride patterns
- Take off/landing dynamics
- Lead leg/trail leg development

Session 2 1.30pm – 3.30pm

School year 10,11,12 & 13+ (Sept 22)

Sprint or Long Hurdles or Hurdles for Steeplechasers

- Technique development
- Running and hurdle drills
- Transitioning to new heights and distances
- Hurdle approach work,
- Maximizing stride on and off hurdle
- Hurdle starts and pace judgment
- Stride pattern /change down work whilst maintaining speed and technique



For further information: Ted Grey tedgrey91@gmail.com 01623 861027

To register your interest: Please complete and return the following page

Nottinghamshire Hurdles and Development Day Application Form

Please complete the following information in Block capitals, scan and return to
tedgrey91@gmail.com

Athletes Name _____

Athletes Club _____

Athletes school year _____

Emergency Contact Number _____

Emergency Contact Name _____

Fees: Mansfield Harriers AC members - Free
 Non Mansfield Harriers AC - £3.00 per athlete (pay on day)

- For anyone attending under the age of 18 we politely request that a parent or guardian remain at the facility for the duration of the event.
- Please ensure that all athletes wear suitable clothing for the event. This is an outdoor event and waterproof clothing may be required. Where available athletes should bring running spikes.
- Please ensure that athletes have a drink available to them.
- Please advise Ted Grey of any medical conditions that the athlete may have that the coaches may need to be aware of.
- Video recordings may be made to assist the coaches in the technical development of the hurdlers.

