



### Morpeth Harriers & Athletic Club Coaches Directory

Name	David Thomas
Events Coached	Track and Field Multi-Events - Sprints, Hurdles, Throws, Jumps
Coaching Qualifications (please provide expiry date if applicable)	BAAB - Senior Coach Hurdles BAAB - Club Coach Sprints and Javelin Expired under UKA 2000/2001
First Started Coaching (Year)	1974 - 1994 2014 -
Age Groups & Level of Ability Coached	U13 to Seniors Serious Athletics Must compete for club and enter individual championships
Days/Times/Locations of Main Sessions (Summer) 	General Monday - Throws 5.45 to 6.30 - Sprints/Hurdles 6.30 to 7.30 Limited Wednesday - Throws 5.45 to 6.30 - Sprints/Hurdles 6.30 to 7.30 Saturday - Invitation only (limited events) NB. Long & Triple Jumpers train with sprinters
 Days/Times/Locations of Main Sessions (Winter)	General Monday - Throws 5.45 to 6.30 - Sprints/Hurdles 6.30 to 7.30 Limited Wednesday - Throws 5.45 to 6.30 - All gym work 6.30 to 7.30 Saturday - Invitation only (limited events) NB. Long & Triple Jumpers train with sprinters
Any additional Information (50 words max)	The aim is to allow athletes to achieve their best. I coach explosive and technical events and am not interested coaching part time athletes. Whilst training must be regular, the quality of the coaching and training is more important than amount.