





Morpeth Harriers & Athletic Club Coaches Directory

Name	Hemant K Desai
Events Coached	Multi Discipline. Throws- Javelin, Sprints & Endurance Running. For Children A365 FUNDamental of RJT and ABC of Movements. Adults Running Fitness for beginners.
Coaching Qualifications (please provide expiry date if applicable)	Athletics Coach (UKA Level-3); Childrens Coach; Leader in Running Fitness. NCDP Mentee
First Started Coaching (Year)	2008
Age Groups & Level of Ability Coached	All Age groups. Main focus on Grassroots Youth Development from 5 year to 17 for Fundamental Multi discipline. Javelin Throws- U11 to Senior for competitive events.
Days/Times/Locations of Main Sessions (Summer) 	Mondays- A365 Academy at Chantry Middle School 5:00pm to 6:00pm School Terms only. Monday – Harriers Beginners Group at Chantry Middle School Shed in Winter 7-30pm to 8-30pm Saturdays if sufficient demand – Javelin at Morpeth KEVI Athletics Track 10-00am to 12:00noon by prior arrangements.
Days/Times/Locations of Main Sessions (Winter) 	Mondays- A365 Academy at Chantry Middle School 5:00pm to 6:00pm School Terms only. Monday – Morpeth KEVI Athletics Track for M Harriers Beginners Group at 7-30pm to 8-30pm Saturdays if sufficient demand – Javelin at Morpeth KEVI Athletics Track 10-00am to 12:00noon by prior arrangements
Any additional Information (50 words max)	Like to give all grassroots YA enjoyable experience. Good code of conduct & serious attitude to every session is also key. It is important that YA are taught sound correct FUNDAMENTAL RJT /ABCS before embarking on serious specialisation in athletics. <u>Long Term Athlete Development is Key to me.</u>