

Manx Harriers Amateur Athletics Club

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PRESS RELEASE : 10th February 2011

MANX HARRIERS ANNOUNCE TRACK AND FIELD SKILLS NIGHT

Manx Harriers have announced they will be holding a weekly Track and Field Skills Night at the NSC track, every Thursday evening from 6pm to 7.30pm, starting on Thursday 24th February 2011. The focus of the night will be on technique and skills learning, for a range of events to suit the attending athletes. The skills night is open to Manx Harriers athletes of all ages from under-11 years and upwards. "Our Club Coaches reviewed the current club training programme and identified that technique and skills was an area where the club could improve the coaching support we give to our athletes," said Chairperson Niall McGarrigle.

Manx Harriers will be providing qualified coaches at trackside for each skills night . The club say the aim of the skills night is to provide athletes with time to focus on their technique which will improve their performance. Coaching sessions will be designed to suit the needs of the athletes. Coach Di Shimmell said, "We aim to coach the specific skills or techniques needed by the athletes in their chosen events." The club is keen to stress that the coaching is open to athletes of all abilities, and that coaching will be flexible to suit all athletes. The coaching is free but those attending will have to pay admission to the track at NSC rates. For more details about the Track and Field Skills Night, Di Shimmell can be contacted on 450488 or emailed at dishimell@manx.net.