



Personal Coaching course

Subject: Personal Coaching course

Message from Billy Green September 25, 2024 15:25

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

One of our members 'Gaye Young' is doing a personal coaching course, independent of the club, and is looking for a volunteer to complete the practical part of her course. All this will involve is 3 x 1 hour sessions, online, at a time of your choice.

Please read the attached and if you can volunteer that would be great. Since injury has prevented her running herself, Gaye has done so much for the club and the youngsters in particular, it would be good if just one of us could help out. Although independent of the club, the skills picked up on this course will benefit her and her coaching of our youngsters

Thank you

Billy

..

If you need to respond to this email please do not reply but contact Billy Green separately



[Three-laser-coaching-session-flyer.docx](#)