

# Masterclass

## Long Jump with Loren Seagrave

**Monday 9 August 6pm-9pm**

**Lee Valley Athletics Centre**

A practical session with athletes in which Loren will look at the technique of long jump, the technical model and problem solving, with time for Q and A.

**Wednesday 11 August 6pm-9pm**

**Loughborough University**

A practical session with athletes looking at running mechanics and how to translate this to the runway, with Q and A.

**Saturday 14 August 9am-12noon**

**at a venue convenient for the  
Aviva London Grand Prix**

(Delegates will receive a ticket to the Aviva London Grand Prix.)

A theory class in which Loren will explain his programme for Dwight Phillips leading to World Championship Gold in Berlin 2009. Included in his delivery will be reference to dealing with the 'sudden death' of the USA Trials and the need to compete in the Golden/Diamond League circuit to earn a living.

**To book please contact Zena Weeks:  
zweeks@englandathletics.org**

Loren Seagrave is one of the leading coaches in the world for long jump and speed development.

He is a leading coach educator and has contributed significantly to the IAAF coach education programme.

Loren currently coaches Dwight Phillips, World Champion in 2009, and Angelo Taylor. He formerly coached Sandra Farmer Patrick.

