



**WELCOME TO YOUR 2023 COACH TRAINING WITH LOUIS CAYER!**  
THIS IS A GREAT OPPORTUNITY TO LEARN & DEVELOP YOUR SKILLS. COME AND LEARN SOME FANTASTIC NEW CONTENT, GET YOUR LICENSE POINTS SORTED AND ENJOY SOME TIME WITH THE TEAM!



DAY	MORNING	AFTERNOON	EVENING
<b>Friday</b> 10th March 2023	<p><b>09:30 - 10:00 - Arrive / Register / Grab a coffee</b></p> <p><b>10:00 - 10:30 - Welcome &amp; set the Scene</b> - We will review the previous year, look at elements that went well and present areas of development</p> <p><b>10:30 - 12:00 - On Court Session 1</b> - On court training session looking at the delivery of the Active Away programme – Led by Matt Allen</p>	<p><b>12:00 - 13:30 - On Court Session 2</b> - On court training session looking at the delivery of the Active Away programme – Led by Matt Allen</p> <p><b>13:30 - 14:30 - Lunch*</b> - At David Lloyd</p> <p><b>15:00 - Check in at Hotel*</b> - Check in at your hotel of choice ideally in Nottingham City Centre</p> <p><b>16:00 - 18:00 - Team Entertainment*</b> - Glory Holes, a unique adult mini-golf experience, you can check out the Venue by clicking <a href="#">This Link</a>.</p>	<p><b>18:00 - 20:00 - Drinks*</b> - At the Curious Tavern</p> <p><b>20:30 - Dinner*</b> - Team Meal Out – enjoy the best Pizza in town at Pizzamisu. We have an all you can eat option which is priced at £15pp but drinks are extra. You can check out the restaurant by clicking on <a href="#">This Link</a>.</p>
<b>Saturday</b> 11th March 2023	<p><b>09:30 - 10:00 - Arrive &amp; Register &amp; Grab a coffee</b></p> <p><b>10:00 - 11:30 - On Court Session 1</b> - On court session with Louis Cayer - Content TBC</p> <p><b>11:30 - 13:00 - On Court Session 2</b> - On court session with Louis Cayer - Content TBC</p>	<p><b>13:00 - 14:00 - Lunch*</b> - At David Lloyd West Bridgford</p> <p><b>14:00 - 16:00 - On Court Session 3</b> - On court session with Louis Cayer - Content TBC</p> <p><b>16:00 - 16:30 - Coffee/Drinks Break</b></p> <p><b>16:30 - 18:00 - On Court Session 3</b> - On court session with Louis Cayer - Content TBC</p>	<p><b>18:00 - Thank you and Departure</b></p>
<b>Information</b>	*Is not included and at an additional cost Please Note - Accommodation & Travel is not included		