



BKF Project 2020

Elite Athlete Seminar & Referee's Seminar

**Emirates Arena
Glasgow, Scotland
Saturday 1st June 2013**



Glasgowlife™



Closing Date for registration is 16th May 2013

www.britishkaratefederation.co.uk



Elite Athlete Seminar **Cost £25 including lunch**

This seminar is open to Officials, Coaches and Competitors aged over 14 years.

10.00am	Registration and Coffee
10.30-10.35am	Welcome and introduction-Mick Billman
10.35-11.30am	Ryan Freckleton – BKF Elite Performance Manager Transition from National to World Class Athlete.
11.30-11.45am	Coffee
11.45-12.15pm	David Andrew Smith MBE, London 2012 Paralympic Gold Medallist Inspirational talk: Mental approach to winning.
12.15-12.30pm	Q & A session

Lunch

Referee's Seminar **Cost: free**

This seminar is open to Officials, Coaches and senior NGB squad members.

2.00 – 3.30pm	Referee's Seminar with Dale Gamble, BKF Chief Referee Including Kata & Kumite, and Coffee break
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N.B. Please note closing date is 16th May for these seminars

