



# KLAC23 Track & Field Coaching Program : Sep-Dec 2016

14 Sep V1.01

|  | Monday   | Tuesday                 | Wednesday                                | Thursday                              | Friday      | Saturday    | Sunday                               |
|--|--|-------------------------|--|---------------------------------------|-------------|-------------|--------------------------------------|
| <b>U6 - U11 JUNIORS</b>                                | <b>JUNIOR DEVELOPMENT U6 - U11</b>                     |                         |  |                                       |             |             |                                      |
| Junior Development                                     |  |                         |  |                                       | No Training | No Training |                                      |
| <b>FITNESS &amp; CONDITIONING</b>                      | <b>FITNESS &amp; CONDITIONING</b>                      |                         |  |                                       |             |             |                                      |
| Age Appropriate Conditioning, Core, Work Capacity, S&C | 5:30-6:30pm<br>(David K)<br>Core & Fitness             |                         | 5:30 - 7:00pm<br>(Mike D)<br>U12 & Older |                                       |             |             |                                      |
| <b>TRACK</b>   | <b>TRACK</b>   |                         |  |                                       |             |             |                                      |
| Sprints  | 5:00-6:30pm<br>(Jordan & Monique)                      |                         | 5:30 - 7:00pm<br>(Mike D)<br>U12 & Older |                                       |             |             | 10:00-11:00am<br>(Mike D)<br>U12-U15 |
| Hurdles  |  |                         |  | 5:30 - 6:30pm<br>(Steve M, Stephen H) |             |             |                                      |
| Middle Distance  | 5:00 - 6:30pm<br>(Mike K)                              |                         | 5:00 - 6:30pm<br>(Mike K)                |                                       |             |             |                                      |
| Walks  | 6:15 - 7:30pm<br>(Fran)                                | 6:15 - 7:30pm<br>(Fran) |  | 6:15 - 7:30pm<br>(Fran)               |             |             |                                      |
| <b>JUMPS</b>   | <b>JUMPS</b>   |                         |  |                                       |             |             |                                      |
| Long / Triple Jump                                     | 5:00-5:45pm U7-U11<br>5:45-6:30pm U12-U15<br>(Steve M) |                         |  |                                       |             |             |                                      |
| High Jump  |  |                         | 5:00 - 6.00pm<br>(Alan)                  |                                       |             |             |                                      |
| <b>THROWS</b>  | <b>THROWS</b>  |                         |  |                                       |             |             |                                      |
| Shot Put   | 5:00 - 6:30pm<br>(Frank, David K)                      |                         | 5:00 - 6:30pm<br>(Frank, David K)        |                                       |             |             | 8:30 - 10:30am<br>(Mike D, Mark)     |
| Discus   | 5:00 - 6:30pm<br>(Frank, David K)                      |                         | 5:00 - 6:30pm<br>(Frank, David K)        |                                       |             |             | 8:30 - 10:30am<br>(Mike D, Mark)     |
| Javelin  |  |                         |  |                                       |             |             | 8:30 - 10:30am<br>(Mike D, Mark)     |
| Hammer   |  |                         | 6:45-7:30pm<br>(Mike D)<br>U14+          |                                       |             |             | 8:30 - 10:30am<br>(Mike D)           |

The coaches strongly advise against any event specialisation before U12 to ensure all around skill development & quality foundation skills.

Prior to attending coaching for the first time, please contact the relevant coach to check that training is on as indicated above.

Be sun smart - drink regularly, use sunscreen, wear a hat & appropriate clothing.

Coaches reserve the right to limit numbers where safety, control, equipment, varying ages and skill differences become issues.

Age restricted training is as listed. If there is no specific age listed then training is suitable for all ages.

The latest version of this document & coach contact information can be found at :

[http://klac23.org.au/wordpress/?page\\_id=433](http://klac23.org.au/wordpress/?page_id=433)