

# UNDER 12 BLOCK START TRAINING



Training will be conducted on the following Sunday's from 8:30am - 10:00m:

- September 13th
- September 20th
- September 27th
- October 11th
- October 18th

**Under 12 athletes now use blocks and spikes for sprint starts**

The centre provides introductory pre-season training for under 12 athletes and also older athletes who wish to revise and refresh their skills in this event



Training will be conducted by the Knox coaches. Please arrive a few minutes early and meet at the grandstand

Before buying spikes please refer to the separate flyer regarding advice on shoe selection.

*For further info, contact :*

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