

# UNDER 15 HAMMER TRAINING



Hammer training will be conducted during competition whenever Hammer Throw is scheduled during October & November for Under 15's & 16's

*For further info, contact :*

Mike Donato  
[coach@klac23.org.au](mailto:coach@klac23.org.au)  
0414 888 563

## Hammer is a new event for Under 15 athletes

The centre provides introductory pre-season training for Under 15 athletes and also older athletes who wish to revise and refresh their skills in this event.