

UNDER 12

BLOCK START TRAINING



Training will be conducted on the following Sunday's from 8:30am - 9:30m:

- September 18th
- September 25th
- October 2th
- October 9th

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. Junior athletes should use middle distance spikes with a heel raise not adult spikes with heels.

For further info, contact :
Coaching Director, Mike Donato
coach@klac23.org.au
0414 888 563