

UNDER 11 JAVELIN TRAINING



Training will be conducted
on the following days :

September 2017

Sun 10th : 8:30-9:30am

Sun 17th : 8:30-9:30am

Sun 24th : 8:30-9:30am

Please arrive a few
minutes early and meet
at the Javelin runway
at the Grandstand end
of the track next to the
Discus cages.

For further info, contact :

coach@klac23.org.au

0414 888 563

Javelin is a new event for Under 11 athletes

The centre provides introductory pre-season training for Under 11 athletes and also older athletes who wish to revise and refresh their skills in this event.