

# Jumps training with Brad

Tuesdays @ Knox 430-530

Alternating weeks:

- Long/Triple
- High Jump

Free to all KLAC and KAC members.



Resume:

- World Masters Top 10 Long Jumper, 2016 World Masters Champs Silver medallist.
- 2x Victorian Open High Jump Title Holder.
- Current Australian 40+ Decathlon Champion.
- Has coached numerous Vic & Aust. Open and Junior jumps medallists.

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