



KLAC23 Track & Field Coaching Program : Sep-Dec 2018

8-Oct-18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U6 - U11 JUNIORS	JUNIOR DEVELOPMENT U6 - U11						
All Events					No Training	No Training	
FITNESS & CONDITIONING	FITNESS & CONDITIONING						
Age Appropriate Conditioning, Core, Work Capacity, S&C	5:30-6:30 (David K) Core & Fitness		5:30-6:30 (David K) Core & Fitness	5:00-6:00am (Mike D) Invite Only			
TRACK	TRACK						
Sprints			5:30 - 6:45pm (Mike D) U10 & Older				10:00-11:30am (Mike D) U10 & Older
Hurdles				5:30 - 6:30pm (Steve M, Stephen H)			
Middle Distance	5:00 - 6:30pm (Mike K)		5:00 - 6:30pm (Mike K)		No Training	No Training	
Walks	6:00 - 7:30pm (Fran)	6:00 - 7:30pm (Fran)		6:00 - 7:30pm (Fran)			Invite Only
JUMPS	JUMPS						
Long / Triple Jump	5:00-5:45pm U7-U11 5:45-6:30pm U12-U15 (Steve M)				No Training	No Training	
High Jump			5:00 - 6:00pm (Alan)	5:30-6:30pm. (Rob)			Feb-Mar 2019 (contact Rob first)
THROWS	THROWS						
Shot Put	5:00 - 6:30pm (David K)		5:00 - 6:30pm (David K)				8:30 - 10:00am (Mike D, David K)
Discus	5:00 - 6:30pm (David K)		5:00 - 6:30pm (David K)				8:30 - 10:00am (Mike D, David K)
Javelin	5:00 - 6:30pm (David K)		5:00 - 6:30pm (David K)				8:30 - 10:00am (Mike D, David K)

The coaches strongly advise against any event specialisation before U12 to ensure all around skill development & quality foundation skills.

Prior to attending coaching for the first time, please contact the relevant coach to check that training is on as indicated above.

Be sun smart - drink regularly, use sunscreen, wear a hat & appropriate clothing.

Coaches reserve the right to limit numbers where safety, control, equipment & varying ages and skill differences become issues.

Age restricted training is as listed. If there is no specific age listed then training is suitable for all ages.

The latest version of this document & coach contact information can be found at :

http://klac23.org.au/wordpress/?page_id=433