



**The Knox Coaches** provide coaching to athletes moving up to new events at the start of every season. Older athletes who wish to revise & refresh their skills are also welcome. Training covers basic techniques & introductory skill progressions.

All training equipment is provided (byo : spikes, sports clothing & drink bottle) Please arrive a few minutes early. These sessions start before the season commences - please contact the coach prior to attending training the first time. For general coaching enquiries & information : [coach@klac.org.au](mailto:coach@klac.org.au)

### **Blocks & Spikes - Coach Mike Donato**

U11 & older can use spikes & blocks

**Wed 5-6pm in front of the grandstand**

Spikes are required for block training.

See page 2 for recommended spikes for juniors

**Mobile** : 0414 888 563

**Email** : [coach@klac23.org.au](mailto:coach@klac23.org.au)



### **Hurdles - Coach Stephen Hough**

Sessions are for U8 & older athletes

**Thu 5:30-6:30pm on back straight**

Spikes are recommended for hurdles training for U11+

See page 2 for recommended spikes for juniors

**Mobile** : 0418 511 166

**Email** : [stephen.hough@klac23.org.au](mailto:stephen.hough@klac23.org.au)

### **High Jump - Coach Rob Monteath**

U11 & older can do the flop technique

**Thu 5:30-6:30pm @ the high jump mats**

Spikes are recommended for HJ training.

See page 2 for recommended spikes for juniors

**Mobile** : 0401 699 413

**Email** : [secretary@klac23.org.au](mailto:secretary@klac23.org.au)



### **Javelin - Coach David Kearsley**

U11 & older can throw the javelin

**Sun 8:30-10am @ the Jav runway between the throws nets**

Spikes are recommended for javelin training. Specialist javelin shoes should not be purchased until you have spoken to the coach.

See page 2 for recommended spikes for juniors

**Mobile** : 0412 669 099

**Email** : [davidkearsley@bigpond.com](mailto:davidkearsley@bigpond.com)

### **Triple Jump - Coach Steve Morris**

U11 & older can do triple jump & take off from the board

**Mon 5-6pm @ the jumps pit closest to the canteen**

Spikes are recommended for spikes training.

See page 2 for recommended spikes for juniors

**Mobile** : 0425 750 125

**Email** : [steve.morris@inet.net.au](mailto:steve.morris@inet.net.au)

