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

Blocks & Spikes - Coach Mike Donato
U11 & older can use spikes & blocks
Wed 4:30-5:30pm in front of the grandstand
Commencing Wed 25/9 for 4 sessions

Spikes are required for block training.
See page 2 for recommended spikes for juniors
Mobile : 0414 888 563
Email : coach@klac23.org.au

Hurdles - Coach Stephen Hough
Sessions are for U8 & older athletes
Thu 5:30-6:30pm on back straight
Commencing Thu 26/9 for 4 sessions

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

High Jump - Coach Alan Louey
U11 & older can do the flop technique
Wed 5:00-6:00pm @ the high jump mats
Commencing Wed 25/9 for 4 sessions

Spikes are recommended for HJ training.
See page 2 for recommended spikes for juniors

Mobile : 0439 538 096
Email : amlouey@bigpond.com

Javelin - Coach David Kearsley
U11 & older can throw the javelin
Sun 8:30-10am @ the Jav runway between the throws nets
Commencing Sun 22/9 for 4 sessions

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

Triple Jump - Coach Brett Lodding
U11 & older can do triple jump & take off from the board
Wed 4:30-5:30pm @ the jumps pit closest to the canteen
Commencing Wed 25/9 for 4 sessions

Spikes are recommended for spikes training.
See page 2 for recommended spikes for juniors

Mobile : 0405 810 326
Email : lodd@bigpond.com

Buying Your First Spikes

Athletes are first allowed to wear spikes in U11's

Junior spikes (heel recommended)
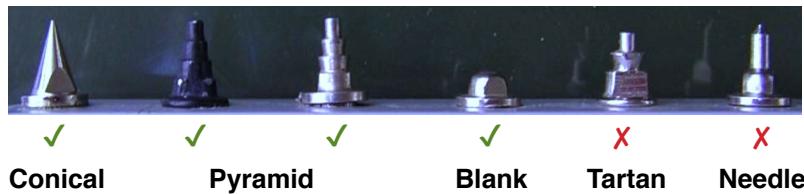
Spikes Selection

- ensure a good comfortable fit
- allow approx. 1 cm space in front of toes
- get a width & shape that suits your foot
- meets your budget
- shop later in the day (your feet swell & are larger)
- measure your feet when standing
- try on with the socks you will wear
- try on both feet

Adult spikes (no heel)

✓	✓	✓	✓	✗	✗
Conical	Pyramid		Blank	Tartan	Needle

Types of Spikes

7mm for track events and
9mm for high jump & javelin

needle spikes are not allowed

Conical spikes are best for jumps where the point gives good grip on wooden take-off boards. Christmas tree (or pyramid) spikes are best for track sprints. Always carry spare spikes in case some fall out and keep your spike tool in your spike carry bag. Spikes get blunt over the course of a season - replace them when the point has disappeared is rounded & reduced in length by 1mm.

Children's spikes should have a heel. These types of spikes are known as middle distance spikes. Pure sprint spikes (with no heel) are ok for adults but not recommended for growing children who need more shock absorption and a built-in heel to avoid the occurrence of sore heels & knees.

These spikes are very versatile and can be used for several events - sprints, hurdles, jumps & middle distance. They usually last for one season.

The shoe should bend at the base of the toes, where the toes naturally bend, not further back towards the middle of the foot.

The brand, model and colour are less important than a good fit. Don't buy shoes that are too large in the expectation that the feet will grow into them. Modern synthetic shoes should fit well immediately and shouldn't need a break in period.

Only wear spikes when required for training and competition on the proper surface. They aren't designed to be worn while walking around as you will rapidly blunt the spikes, damage floor surfaces and it's bad for posture.