



Knox Relay Teams 2022/23

One of the most exciting events in the Track & Field season is Relays. Relays present a unique opportunity for athletes to compete as part of a team.

Knox Little Athletics Centre has a proud and successful history of competition in Relays and will again be offering Knox athletes the opportunity to join a relay squad in the 2022/23 Track & Field season.

Training is provided - ability is not important.

If you are interested in being part of the traditionally strong Knox Relay Team please contact your age coach.



Cost of Relays is \$15.

This covers you for all 3 relay events : - note that U8 girls & boys can compete at Box Hill practice event and are free.

- 1) Practice at Box Hill Sun 20th November 2022
- 2) Region at Ringwood Sat 3rd December 2022
- 3) State Relay Championship at Lakeside Sat 4th February 2023

Knox LAC Relay Age Group Coaches and Contact Details

Relay Coordinator: Brad Krawczyk email: coach@klac23.org.au Phone: 0400 500 626
Team Manager: Janine Kearsley email: manager@klac23.org.au Phone: 0416 290 346

Boys	Coach	Contact	Email	Training Days and Times
U8 Box Hill Only	Can you Help?			
U9	Chantal Kelp Hailey Buckley	0403 211 415	chantalc.klep@gmail.com	Wed 4.30-5.30pm
U10	Tim Kindler Natasha Kindler	0420 948 479	tmkindler50@gmail.com	TBC By Coach
U11	Nathan Dux	0412 345 351	nathan.dux@pentanasolutions.com	Sun 10.00-11.00am
U12	Karyn LeGrove	0410 583 369	karynlegrove@gmail.com	Wed 4.30-5.30pm
U13	Nilani Fernando	0475 026 781	nilanichristine@gmail.com	TBC By Coach
U14	Silvia Mellech	0423 905 723	smellech@gmail.com	Tue 4:30-5:30pm
U15,16,17	Stephen Hough	0418 511 166	stephen.hough@klac23.org.au	Sun 10:30-11:30am

Girls	Coach	Contact	Email	Training Days and Times
U8 Box Hill Only	Can you help?			
U9	Chantal Kelp Hailey Buckley	0403 211 415	chantalc.klep@gmail.com	Wed 4.30-5.30pm
U10	Tim Kindler Natasha Kindler	0420 948 479	tmkindler50@gmail.com	TBC By Coach
U11	Nathan Dux	0412 345 351	nathan.dux@pentanasolutions.com	Sun 10.00-11.00am
U12	Paul Turner	0433 483 222	paul74turner@gmail.com	Tue 4:30-5:30pm
U13	Nilani Fernando	0475 026 781	nilanichristine@gmail.com	TBC By Coach
U14	Mike Kerr	0433 281 212	coppermouse1@hotmail.com	Tue 4:30-5:30pm
U15,16,17	Stephen Hough	0418 511 166	stephen.hough@klac23.org.au	Sun 10:30-11:30am

Training days & times may change as coaches finalise their sessions. This is only the preliminary first draft and will be updated as coaches advise the centre. Contact your age coach to confirm their actual training times.

The correct Knox uniform must be worn at all major events - Relays, Multi-Event and Track & Field. The competition shirt and black shorts are available from our online uniform shop.

Typically another parent helps as age group assist in the administrative side to free up the coaches to concentrate on coaching.