

	KLAC23 Track & Field Coaching Program : Aug-Dec 2023						3-Oct-23
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U6 - U11 JUNIORS	JUNIOR DEVELOPMENT U6 - U11						
All Events	4:00-5:00pm U6-8's T&F Fundamentals Starts Mid October (Mike D)				No Training	No Training	
FITNESS & CONDITIONING							
Age Appropriate Conditioning, Core, Work Capacity, S&C	5:30 - 6:30pm Core & Fitness Pre Season Only (David K)		5:30 - 6:30pm Core & Fitness Pre Season Only (David K)		No Training	No Training	
	5:00- 6:30pm GYM Select Athletes Only (Brad K) (Non KLAC Session)		5:00- 6:30pm GYM Select Athletes Only (Brad K) (Non KLAC Session)		No Training	No Training	
TRACK	TRACK						
Sprints	4.45 - 5.45pm U9-U17 (Nathan D) 5:00 - 6:15pm Speed Endurance (Mike D)	5.00pm - 6.00pm (Brad K) (Non KLAC Session)	4.45 - 5.45pm U9-U17 (Nathan D) 4:30-5:45pm Accel & Max Velocity U9 & Older (Mike D)	5.00pm - 6.00pm (Brad K) (Non KLAC Session)	No Training	No Training	10:00-11:30am Sprint (Mike D Squad Only) (Non KLAC Session)
Hurdles				5:30 - 6:30pm (Tim K))			
				6.00pm - 7.00pm (Brad K) (Non KLAC Session)			
Middle Distance	4:30 - 6:30pm (Mike K)		4:30 - 6:30pm (Mike K)				
Walks		5:30 - 7:00pm (Fran A)		5:30 - 7:00pm (Fran A)			
JUMPS	JUMPS						
Long Jump	4:30-5:15pm (Steve M)	6.00 - 7.00 pm Jumps (Brad K) (Non KLAC Session)			No Training	No Training	
Triple Jump	5:15-6:30pm (Steve M)	6.00 - 7.00 pm Jumps (Brad K) (Non KLAC Session)					
High Jump	General Session 4.00pm - 4.45pm Advanced Jumpers 4.30pm Warm up - 5.30pm (Brad K)		General Session 5:00 - 6.00pm (Alan L)				
THROWS	THROWS						
Shot Put			5:15 - 6.30pm (David K) 5:30 - 7pm (Mike D)		No Training	No Training	8:30-10:00am (Mike D)
Discus	5:15 - 6.30pm (David K)		5:30 - 7pm (Mike D)				8:30-10:00am (Mike D)
Javelin	5:15 - 6:30pm (David K) 6 - 7pm (Craig F)		5:30 - 7pm (Mike D)				8:30-10:00am (Mike D)

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.

Note:

Non KLAC training sessions listed are not sanctioned little athletics training. Coaches may charge athletes for attending. You will be required to bring your own equipment as KLAC does not provide access to its equipment or facilities for these training sessions. These sessions are conducted during Senior Club times or public access times. KLAC takes no responsibility for these sessions and if you attend you do so at your own risk. Please contact the coach before attending.

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

http://klac23.org.au/wordpress/?page_id=4967