

# KLAC23 Track & Field Coaching Program: Sept -Dec 2024

TRACK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sprints	5-6pm U9-U17 Nathan D 0412 345 351 Croydon	5pm - 6pm Brad K 0400 500 626	5-6pm U9-U17 Nathan D 0412 345 351 Croydon	5pm - 6pm Brad K 0400 500 626	No Training	No Training	9am - 11am Mike D 0414 888 563
	4.30pm - 6.30pm Mike D 0414 888 563		5pm to 6pm Mike D 0414 888 563				
Hurdles				6pm - 7pm Brad K 0400 500 626	4.30pm - 6.30pm Mike D 0414 888 563	No Training	10-11am U8-U17 Tim K 0420 948 479 Croydon
Distance	4.30pm-6.30pm Mike K 0433 281 212		4.30pm-6.30pm Mike K 0433 281 212 Croydon		No Training	No Training	
Walks		5pm -6pm Fran A 0407 776 181		5pm -6pm Fran A 0407 776 181	No Training	No Training	
JUMPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long Jump			4.30pm - 6.00pm Steve M 0425 750 125	6pm - 7pm Brad K 0400 500 626	No Training	No Training	
Triple Jump			4.30pm - 6.00pm Steve M 0425 750 125	6pm - 7pm Brad K 0400 500 626	No Training	No Training	
High Jump		6.30pm - 7.30pm Brad K 0400 500 626	5pm-6pm Alan L 0439 538 096 St Joseph's College		No Training	No Training	
THROWS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shot Put			5pm - 6.30pm Dave K 0412 669 099		No Training	No Training	11am - 12.30pm Mike D 0414 888 563
			4pm - 5pm Mike D 0414 888 563		No Training	No Training	
Discus	5pm - 6pm Dave K 0412 669 099		4pm - 5pm Mike D 0414 888 563		No Training	No Training	11am - 12.30pm Mike D 0414 888 563
Javelin	5pm - 6.30pm Dave K 0412 669 099		4pm - 5pm Mike D 0414 888 563		No Training	No Training	11am - 12.30pm Mike D 0414 888 563

The coaches strongly advise against any event specialisation before U12 to ensure all round 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 an issue.

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

Non KLAC training sessions are not KLAC sanctioned Little Athletics training. Coaches may charge athletes for attending. You may 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 at venues run by other clubs/centres. These centres may charge additional membership or associate membership fees. KLAC takes no responsibility for these sessions and if you attend you do so at your own risk. KLAC does not cover any additional fees at Non KLAC venues. Please contact the coach before attending.

v2 Training Schedule as of 30.9.24