KLAC Early Season Coaching Schedule 2026-27

Current coaching sessions

Additional coaches and training sessions may be added as the coaching roster is finalised.

Discipline	Coach	Day(s) / Time(s)	Details	Status
TRACK				
Sprints	**Mike Donato**	Monday: 4:30 pm - 5:30 pm Wednesday: 5:00 pm - 6:00 pm Sunday: 9:30 am - 11:30 am	Speed Endurance Acceleration & Maximum Velocity Throws, Speed, Agility & Conditioning	**KLAC**
Sprints	**Brad Krawzcyk**	Tuesdays & Thursdays: 5:00 pm - 7:00 pm	Aged 10+ only. Part of Knox Senior Club Training Session. Please contact Brad prior to joining.	**Senior Club**
Sprints	**Mal Cree**	Monday & Wednesday: By appointment only	U10 and older athletes.	**KLAC**
Middle Distance	**Mike Kerr**	Monday & Wednesday: 4:30 pm - 6:30 pm		**KLAC**
JUMPS				
Horizontal Jumps	**Steve Morris**	Wednesday: 4:30 pm - 5:15 pm Wednesday: 5:15 pm - 6:15 pm	Long Jump (U7 to U10) Long / Triple (U11 to U17)	**KLAC**
High Jump	**Alan Louey**	Wednesdays: 5:00 pm - 7:00 pm	Training will start from 7th October.	**KLAC**
High Jump	**Brad Krawzcyk**	By appointment only	Aged 12+ only. Athletes will need to contact Brad directly.	**KLAC**
Hurdles	**Brad Krawzcyk**	Thursdays: 5:00 pm - 7:30 pm	Aged 12+ only. Part of Knox Senior Club Training Session. Please contact Brad prior to joining.	**Senior Club**
Hurdles	**Mike Donato**	Friday: 4:30 pm - 5:30 pm	Private coaching session. Not a Knox Little Athletics Centre-supported training session. Cost: $10 per athlete, per session. Athletes attend at their own risk and should contact the coach prior to attending.	**Non KLAC**
RACE WALKING / THROWS				
Race Walking	**Eden Morgan**	Monday & Wednesday: 5:30 pm - 6:30 pm	Open to athletes of all age groups and experience levels.	**KLAC**
Throws	**David Kearsley**	Monday: From 5:30 pm Wednesday: From 5:30 pm	Discus & Javelin (Pre-season, U12 and older) Shot Put (Pre-season, U12 and older)	**KLAC**
Throws	**Mike Donato**	Wednesday: 6:00 pm - 7:00 pm Sunday: From 9:30 am	Discus, Javelin & Shot Put All Throws	**KLAC**
NON-KLAC / OTHER				
Strength & Conditioning	**Mike Donato**	Monday: 6:30 pm - 7:45 pm	Conducted off-site. Private coaching session costing $20 per athlete, per session. It is not a Knox Little Athletics Centre-supported activity. Athletes must contact Mike prior to attending and participate at their own risk.	**Non KLAC**

Notes: Contact the relevant coach before attending for the first time. Senior Club sessions are part of Knox Senior Club training. Non KLAC sessions are not Knox Little Athletics Centre-supported activities and athletes attend at their own risk.