

Athletics Auckland Coaching Course Calendar: September to October 2018

Sunday 9 September: Athletics NZ Regional Jumps clinic

(conducted by Terry Lomax and Regan Standing)

Focus on coaches and athletes to develop a jump programme over the long term. First part will cover generic jumping. Second half will focus on high and long jump event specific drills.

This will be held at Massey Park, Papakura on Sunday 9 September from 10.30am to 12.30pm. Registration is required at <http://regionaljumps.eventdesq.com/>

Sunday 16 September: Athletics NZ Regional Pole vault clinic

(conducted by Brent Booker ANZ Assistant Pole vault coach)

An introduction to the Pole vault event. Event for the Counties Manukau cluster group of club athletes (other interested coach/athletes may observe)

This will be held at Mt. Smart stadium. Afternoon session.

Saturday 22 September: Athletics Auckland Regional Relay squad camp

(facilitated by Neil Bartlett and Warwick Fenton)

A clinic for identified athletes and their coaches in the 4 x 100m relay event. Open to all other coaches who are interested in sharing their knowledge in speed and power.

NOTE: The venue and above date to be confirmed.

#Sunday 23 September: Athletics NZ Regional Hurdles clinic (Theory)

This clinic will be conducted by Joe Hunter, Lead Coach for Hurdles.

Note: This all-day theory clinic will be held in #Cambridge. Focus on development of the long sprint hurdler, new IAAF permit meet process and peaking strategies throughout the season. Open to all coaches. Registration via <http://2018hurdlescoach.eventdesq.com/>

Saturday 29 September: Athletics Auckland Trans Tasman & IP sessions

This session is aimed at athletes aged from 10-13 years plus 14 year olds also. Event specific training as a lead into the summer season and upcoming trials.

This will be held at Mt. Smart from 10.00am to 11.30am. NOTE: Venue to be confirmed. Three event groups sessions held every 30 minutes. Open to all club athletes.

Monday-Wednesday 1-3 October: Aspire Development Academy: Athletics Auckland Development Camp

The aim of this year's camp is to development "athleticism" through multi event and multi skill work and to promote "Long term athlete development".

Leading coaches will be utilised to delivery a comprehensive programme of skills and developmental learning experiences for athletes from 12-18 years of age.

This will be held at Mt. Smart stadium from 9.30am to 3.00pm. Online registration is required at www.athleticsauckland.co.nz. Click on Get Involved then click on Aspire academy then proceed to register. Open to club and school athletes. Be early to register, first in, first served.

Note: A second camp may be held from the 8-10 October if numbers request the second week of the school break. Please email Neil at development @athleticsauckland.co.nz if you can only attend in the 2nd week.

Tuesday 2 October: Dan Pfaff clinic. The art of coaching speed and jumps

USA coaching legend will present information to all coaches that wish to attend on development of power-based sprints and jump events. A must attend event.

This event will be held at AUT Millennium from 5pm to 9pm (dinner included). Registrations are required at <https://danpfaff.eventdesq.com/>

Wednesday 3 October: Athletics NZ Race Walking clinic

A clinic will be held at Mt. Smart stadium, with race walking drills conducted by Alana Barber. Please contact John Bowden at Athletics NZ to register for event.

Saturday 6 October: Athletics Auckland Trans Tasman and IP sessions

This is the 2nd session aimed at Trans Tasman and IP athletes aged from 10-13 years plus 14 year olds also. Event specific training leading into the summer season and trial events.

This will be held at Mt. Smart stadium in the afternoon from 1pm to 2.30pm. Three event group sessions held every 30 minutes. Open to all club athletes.

Saturday 13, 20 & 27 October: Athletics Auckland: Coach the parents 7,8 & 9's

Three Saturdays in a row in conjunction with the Junior open days, we will conduct "Coach the Parent" sessions from 9.30am to 11.00am approximately. The aim is to teach the parent/coach how to develop this age group with fundamental movement skills leading into specific event skills.