



AAI Upcoming Coach Education Courses: Information and Registration details- 2020-2021

Date: Monday July 13: Aspire Distance Academy day 1

Time: 9.30am to 3.00pm

Venue: Bruce Pulman park, 90 Walters road, Takanini (Team Sport building)

Date: Tuesday July 14: Aspire Distance Academy day 2

Time: 9.30am to 3.00pm

Venue: Mt. Smart stadium, 51 O’rorke road, Penrose

Details: Go to AAI website under Get Involved/Aspire academy. All coaches welcome to attend and interact with the Academy coaches.

Date: Friday July 17: High School Cross Country course

Time: 7.00pm to 9.30pm

Venue: Mt. Smart stadium, 51 O’rorke road, Penrose

Course content: Webinar compiled by Scott Christensen, former USATF Lead endurance instructor and current USATF Academy endurance coach.

Details: Understand the science behind your athlete’s training and gain acknowledgement as an Athletics Auckland high school cross country coach. This course is applicable to those coaches working with athletes 14 years and over, who have been training for 2 to 3 years. The course will be delivered as follows:

- 1: The aerobic training model
- 2: Application of speed and strength into the training model
- 3: The influence of the peaking period

This course is a prerequisite to an Advanced level Athletics Auckland “Specialist” Cross country coach.

N.B. For those coaches who cannot attend, power point slides can be made available however no formal acknowledgement of the course can be provided.

Date: Sunday July 19: High School Cross Country course

Time: 1.00pm to 4.00pm

Venue: Mt. Smart stadium, 51 O’rorke road, Penrose

Course content: A repeat of Friday July 17 course (for those who cannot attend on Friday)

Details: As above

Date: Friday July 24: Athletics NZ Get Set Go Coordinator course

Time: 9.00am to 1.00pm

Venue: Mt. Smart stadium, 51 O’rorke road, Penrose

Course content: Course delivered by Athletics NZ Foundation programme staff

Details: 4 spots available for Auckland club officials to learn the theory and practical information of delivery for Athletics NZ programme for Under 7-year olds. To register, contact Neil on development@athleticsauckland.co.nz