

Athletics Auckland Coach Education Courses: Info & Registration details- Dec 2020

Date: Tuesday 15 December: Race Walk clinic with Alana Barber – International athlete

Time: 3.00pm to 4.00-4.30pm

Venue: Massey Park, Papakura

Building: Meet on the track

Course content: The basics for beginning race walkers

Details: Will cover the rules and the technical requirements for race walking

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club

Date: Saturday 19 December: Junior Coaching clinic

Time: 9.30am to 12.00pm

Venue: Mt Smart stadium, Athletics Auckland Officials Lounge, 51 O’rorke road, Penrose

Course content: Sprints, Shot Put and Long Jump. Introduction to Triple jump, Javelin, Hurdles and Steeplechase events, for athletes 12 and above.

Details: Learn the technical requirements of these events

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club

Date: Sunday 20 December: Junior Coaching clinic

Time: 9.30am to 12.00pm

Venue: Mt. Smart stadium, Athletics Auckland Officials Lounge, 51 O’rorke road, Penrose

Course content: Sprints, Discus and High jump. Introduction to Hammer throw. Relays practice.

Details: Learn the technical requirements of these events.

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club

Date: Monday 21 December: Junior Coaching clinic

Time: 9.30am to 12.00pm

Venue: Mt. Smart stadium, Athletics Auckland Officials Lounge, 51 O’rorke road, Penrose

Course content: Sprints. Introduction to Triple jump, Javelin, and hurdles for athletes 12 and above.

Relay practice.

Details: Learn the technical requirements of these events.

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club