

Athletics Auckland Coach Education Courses: Information and Registration details- November 2020

Date: Sunday 1 November: Auckland Men & Women U18 & U20 Relay squad training

Time: 9.30am to 12.00pm

Venue: AUT Millennium track.

Building: Meet in the Club room on level 1

Course content: The basics of the Athletics NZ Sprint relay protocols

Details: Will cover event group plans on a regional basis. Warm-up drills teaching hand-offs. Technical development of acceleration for the outgoing runner. Baton hand overs at a controlled pace.

Date: Saturday 21 November: Coaches Forum

Time: 1.00pm to 1.30pm

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

Course content: Open discussion on any topic of interest.

Details: Open to all coaches. Tea and coffee provided.

Date: Sunday 29 November: Hurdles clinic

Time: 9.30am to 12.00pm

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

Course content: Technical requirements of the Hurdle event

Details: For Coaches and Athletes: (Hurdlers 12 years +)

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