

## **Athletics Auckland Coach Education Courses- Information & Registration details: July 2021**

### **Date: Saturday 17 July: Aspire Development academy - Multi events, Pole Vault, Jumps & Throws**

**Time:** 9.30am to 3.30pm

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

**Event content:** Theory and practical sessions for Multi events (Pentathlon, Hexathlon, Octathlon, Heptathlon and Decathlon). Pole vault clinic for specialising athletes and Male multi-eventers. Aimed at athletes 14 years to Masters. Also, individual event sessions on Jumps and Throws for athletes 12 years to Masters.

**Details:** Learn the technical requirements of these events. Note that the individual events for the Jumps will be High and Long jump. The Throws will focus on Shot, Discus and Javelin.

**Registration:** To register, log onto the Athletics Auckland website, go to Get Involved then click onto Aspire Development academy. Click on event, which will take you to the registration page for the 1- 2 days.

### **Date: Sunday 18 July: Aspire Development academy – Multi events, Pole vault and Hurdles**

**Time:** 9.30am to 3.30pm

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

**Event content:** Focus on the Multi events and Pole Vault disciplines. Also, clinic for Hurdlers

**Details:** Learn the technical requirements of these events.

**Registration:** To register, see above for Monday 17 July.

### **Date: Sunday 25 July: Athletics NZ “Coach the Coach” workshops**

**Time:** 10.00am to 12.30pm

**Venue:** Pakuranga Athletic club, Cascades Road, Pakuranga

**Event content:** Middle distance clinic and talk on RED-S

**Details:** Advice for athletes 12yrs +, Coaches, Parents & Team managers

**Cost:** Athletics NZ member Coaches free. Others \$10 per session

**Registration:** To register, email pakrun@gmail.com

Any questions, please contact Neil Bartlett at the following email address:

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