

Athletics New Zealand

'Coach The Coach' Workshops

Basic fundamentals and technique for coaching junior athletes

25th Jul: Middle distance and RED-S

15th Aug: Sprints/hurdles

12th Sep: Throws

10th Oct: Jumps + Get-Set-Go/Run-Jump-Throw

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- Sessions run by ANZ coaching team
 - 10 am – 12:30 pm (9:30 am – 1:30 pm for Throws)
 - Pakuranga Athletic Club clubrooms (36-38 Cascades Road, Pakuranga)
 - All welcome – coaches, club night age group managers, teachers, parents, athletes aged 12 years +
 - Free to ANZ-registered coaches; \$10 per session for others
 - Register at pakrun@gmail.com

