

Athletics Auckland Coach Education Courses- Information & Registration details: Oct 2021

(events will be subject to lockdown restrictions in place)

Date: Sunday 10 October: Athletics NZ: Level 1 Jumps and Run Jump Throw for Coach/Parents

Time: 10.00am to 12.30pm

Venue: Lloyd Elsmore park, Cascades Road, Pakuranga

Event content: Focus on the Jump events plus the Foundation programme of RJT

Details: Learn the technical requirements of these events.

Registration: To register, email pakrun@gmail.com

Date: Monday-Tuesday 11-12 October: Aspire Development academy: Grade 10-11

Time: 9.30am to 3.00pm

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

Event content: Theory and practical sessions for athlete's, covering applicable event groups. Emphasis on learning whilst having fun and learning concepts of defined disciplines.

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 and Discus, with throwing activities using a vortex.

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. Cost for the 2 day event will be \$60.

Date: Wednesday-Friday 13-15 October: Aspire Development academy: Grade 12-17

Time: 9.30am to 3.00pm

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

Event content: Theory and practical sessions for athlete's, covering all event groups. Emphasis on learning whilst having fun and learning concepts of all disciplines.

Details: Learn the technical requirements of these events. Note that the individual events for the Jumps will include Pole vault. All the Throw events will have some delivery of the technical elements.

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. Cost for the 3 day event will be \$90.

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

development@athleticsauckland.co.nz