

Athletics Auckland Coach Education Courses- Information & Reg details: April 2022

(Events will be subject to lockdown restrictions in place)

Date: Tuesday 26 April: Endurance coaching clinic – Cross country focus Day 1

Time: 9.30am to 3.00pm

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

Event content: Practical session for athlete’s, covering skills for endurance running.

Details: Testing controls will be used to assess your current aerobic “fitness”

Registration: To register, email your details (name, age, club/school) to Neil at the address below.

Date: Wednesday 27 April: Endurance coaching clinic- Cross country focus Day 2

Time: 9.30am to 3.00pm

Venue: Bruce Pulman Park (90 Walters road- Ardmore Marist Rugby club)

Event content: Practical sessions for athletes, covering cross country running.

Details: Learn the skills required to be successful in running cross country events for your club and school.

Registration: To register, email your details (name, age, club/school) to Neil at the address below.

To register or if you have any questions, please contact Neil Bartlett at the following email address:

development@athleticsauckland.co.nz