



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

(Events will be subject to lockdown restrictions in place)

Date: Sunday 19 June: Selected Events clinic – Multi event focus

Time: 9.30am to 12.30pm

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

Event content: Practical session for coaches and athletes, covering skills for specific events.

Details: Technical instruction for block starts, Hurdles, Long Jump and Javelin drills.

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

Date: 11-22 July: Gym conditioning sessions – Strength development focus

Time: Timed to suit participants

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

Event content: Practical sessions for coaches and athletes, covering weightlifting.

Details: Learn the skills required to be successful in the development your strength and power.

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