



**Athletics Auckland Coach Education Courses- Info. & Registration details: July 2023**

**Date: Sunday 2 July: Race Walking clinic: Coach and Athlete focus**

**Time:** 10.00am to 12.00pm

**Venue:** Mt Smart stadium, 51 O'Rorke road, Penrose

**Event content:** Sessions for Coaches and Athletes to develop their knowledge of the event.

**Details:** Learn the technical requirements to develop your skills in this event.

**Registration:** To register, use the online portal via the Athletics NZ website/Get Involved/Coaching

**Date: Monday 10 July: Aspire Academy- Grade 12-16 – Endurance focus Day 1**

**Time:** 9.30am to 3.00pm

**Venue:** Mt Smart stadium, 51 O'Rorke road, Penrose

**Event content:** Practical sessions for athletes, covering running technique.

**Details:** Learn the skills required to be successful in the development of Cross country running.

**Registration:** To register, use the online portal via the AAI website/Get Involved/Aspire academy

**Date: Tuesday 11 July: Aspire Academy- Grade 12-16 – Endurance focus Day 2**

**Time:** 9.30am to 3.00pm

**Venue:** Bruce Pulman Park, Walters road, Takanini Gate A: Level 3 meeting room in main Arena

**Event content:** Learn the skills required to run Cross country successfully.

**Details:** Learn the technical skills to develop your endurance abilities.

**Registration:** To register, use the online portal via the AAI website/Get Involved/Aspire academy

If you have any questions, please contact Neil Bartlett at the following email address:

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