

## **Athletics Auckland Coach Education Courses- Info and Registration: Oct 2024**

**Date: Thursday-Friday 10-11 October: Aspire Academy- Grade 10-15 – Track & Field focus**

**Time:** 9.30am to 3.00pm

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

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

**Details:** Learn the skills required to be successful in the development of Athletics.

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

**Date: Saturday 12 October: Get Set Go focused session**

**Time:** 9.30am to 12.00pm

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

**Event content:** Learn the skills required to run Get Set Go sessions in your club successfully.

**Details:** Learn the different activities to develop your members athletic abilities for your 5-9 yr olds.

**Registration:** Not required. Club helpers, Parents and Children to turn up on the day.

**Date: Sunday 20 October: Athletics NZ Run Jump Throw clinic**

**Time:** 9.30am to 11.30am

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

**Event content:** For Coaching the Coaches. Open to Club coaches, Parents helpers & Age group mgrs.

**Details:** Learn how to incorporate the RJT programme for the benefit of your club athletes.

**Registration:** Email Neil at: [development@athleticsauckland.co.nz](mailto:development@athleticsauckland.co.nz)

**Date: Sunday 27 October: CAD Level 1 – Basic Athletic technique**

**Time:** 9.30am to 12.00pm

**Venue:** Lloyd Elmore park, Pakuranga (Entrance off Cascade or Bell roads)

**Event content:** For Coaches to learn the skills required to develop your Under 15 grade athletes.

**Details:** Acquire skills to build proper technique: 9.30am – 11.00am: Discus and Hurdles (Sprints)  
11.00am – 12.30pm: Javelin Plus 12.30pm – 1.30pm: An opportunity for Coaches and their Javelin athletes to learn advanced techniques in this event.

**Registration:** Email Neil at Athletics Auckland on: [development@athleticsauckland.co.nz](mailto:development@athleticsauckland.co.nz)

**If you have any questions, please contact Neil Bartlett at the following email address:**[development@athleticsauckland.co.nz](mailto:development@athleticsauckland.co.nz)