



Athletics Auckland Coach Education Courses- Info and
Registration: Sept-Nov 2026

ASB Run Jump Throw and ASB Get Set Go Workshops

Event content: Learn practical, fun ways to develop Fundamental Movement Skills in children through play, games, and athletics. Explore ASB Get Set Go (ages 3–8) and ASB Run Jump Throw (ages 6–11), and discover activities that build confidence, competence, and a lifelong love of being active.

Details: Acquire skills to teach ASB GSG to under 7's and ASB RJT to under 12's.

Who should attend? Coaches, volunteers, teachers, parents, caregivers, and anyone supporting children aged 3–11 years to develop Fundamental Movement Skills through play, movement, and athletics.

Workshop 1 - Papakura

 **Date:** Sunday 13 September – Massey Park

 **Time:** 9:30am – 11:00am

 **Venue:** Massey Park, Papakura

 **Register Here**  <https://asbgsgrjtacl.events.mygameday.app>

Workshop 2 – North Shore

 **Date:** Sunday 20 September – AUT Millennium

 **Time:** 9:30am – 11:00am

 **Venue:** AUT Millennium, North Shore

 **Register Here**  <https://asbgsgrjtaut.events.mygameday.app>

Workshop 3 – New Lynn

 **Date:** Sunday 27 September – Olympic Park

 **Time:** 9:30am – 11:00am

 **Venue:** Olympic Park, New Lynn

 **Register Here**  <https://asbgsgrjtlyn.events.mygameday.app>

Coaching Athletic Development - (CAD) Courses

CAD Level 1 modules teach the technical fundamentals of 11 athletics events, bridging the gap between the Athletics New Zealand Foundation Programmes (ASB Get Set Go and ASB Run Jump Throw) and competitive athletics. Target attendees of CAD Level 1 workshops are beginner or inexperienced coaches of athletes aged between 7 to 15 years old, therefore, these modules have been designed following appropriate age and stage of development principles.

The aim of CAD L1 workshops is to equip coaches with the knowledge and practical skills to be able to teach correct technique to young people in a way that is enjoyable and inclusive. At this level, inspiration rather than aspiration is prioritised so “how to coach” skills will be embedded alongside “what to coach” skills throughout this module.

Prerequisite Requirements

To attend, participants must:

- Be registered with Athletics NZ as a Community Coach, Official or Volunteer or complete registration prior to the workshop.
- Have completed, or be in the process of completing, a Police Vetting check.
- Have completed the World Athletics Introduction to Safeguarding modules, providing your certificate prior to or at the workshop.

Workshop Fee

Athletics New Zealand Members:

- \$15 for registered ANZ members (Community Coach, Volunteer, Official, Athlete, or registered school teacher).
- Having completed the course and the prerequisite requirements of membership (police vetted and completing the World Athletics Safeguarding course), coaches will be sent a “CAD Level 1” attendance certificate.

Kindly note:

- A minimum age of 15 will be introduced for community coach registration, aligning with officials' pathways.
- Fourteen-year-olds will continue to be encouraged to register as ANZ volunteers.

Who to Contact:

Check out the course dates and hit register at the links. If you have any questions, please contact Neil Bartlett at the following email address: development@athleticsauckland.co.nz

CAD Level 1 - Shot Put & Discus Workshop

 **Date:** Sunday 11 October

 **Time:** 9:00am – 12:00pm

 **Venue:** Mt Smart Stadium No. 2 Arena, 51 O'Rorke Road, Penrose

Workshop Overview

This practical coaching workshop is designed for coaches working with **Under 18 athletes** who are looking to develop their knowledge and coaching skills in the throw's events.

Participants will learn the key technical fundamentals, coaching points, and progressive drills required to build sound throwing technique and athlete confidence.

Session Schedule

- 9:00am – 10:30am: Shot Put
- 10:30am – 12:00pm: Discus

Register Here  <https://cadlv1akl.events.mygameday.app>



CAD Level 1 - Long Jump & High Jump Workshop

 **Date:** Sunday 18 October

 **Time:** 9:00am – 12:00pm

 **Venue:** Mt Smart Stadium No. 2 Arena, 51 O'Rorke Road, Penrose

Workshop Overview

This practical coaching workshop is designed for coaches working with Under 18 athletes who are looking to develop their knowledge and coaching skills in the jumps events. Participants will learn the key technical fundamentals, coaching cues, and progressive drills required to develop effective jumping technique, confidence, and performance.

Session Schedule

- 9:00am – 10:30am: Long Jump
- 10:30am – 12:00pm: High Jump

 **Register Here**  <https://cadlv1aklhijl.events.mygameday.app>



CAD Level 1 Sprints & Hurdles Workshop

 **Date:** Sunday 1 November

 **Time:** 9:00am – 12:00pm

 **Venue:** Mt Smart Stadium No. 2 Arena, 51 O'Rorke Road, Penrose

Workshop Overview

This practical coaching workshop is designed for coaches working with Under 18 athletes who are looking to develop their knowledge and coaching skills in the sprint and hurdles events.

Participants will learn the key technical fundamentals, coaching cues, and progressive drills required to build speed, efficiency, rhythm, and confidence in both sprinting and hurdling.

Session Schedule

- 9:00am – 10:30am: Sprints
- 10:30am – 12:00pm: Hurdles

 **Register Here**  <https://cadlv1aklsphu.events.mygameday.app>



CAD Level 1 Sprints & Middle-Distance Workshop

 **Date:** Sunday 8 November

 **Time:** 9:00am – 12:00pm

 **Venue:** Mt Smart Stadium No. 2 Arena, 51 O'Rorke Road, Penrose

Workshop Overview

This practical coaching workshop is designed for coaches working with Under 18 athletes who are looking to develop their knowledge and coaching skills in sprint and middle-distance events.

Participants will learn the key technical fundamentals, coaching principles, and progressive training methods required to develop speed, running efficiency, race awareness, and endurance in young athletes.

Session Schedule

- 9:00am – 10:30am: Sprints
- 10:30am – 12:00pm: Middle Distance

 **Register Here**  <https://cadlv1aklspmd.events.mygameday.app>

