

Western Plains Zone Super Coaching Clinic



A coaching clinic for athletes of all abilities from the U8 to U17 age group

This clinic will feature:

- Two fantastic days of coaching at the venue used by the Dubbo Little Athletics Centre.
- U8 clinics (DOB: 1 Oct 2009 - 30 Sept 2010)
- U9 - U11 clinics (DOB: 1 Oct 2006 - 30 Sept 2009)
- U12 - U17 clinics (DOB: 1 Oct 2000 - 30 Sept 2006)
- Qualified, experienced coaches
- Lots of fun and opportunities for social interaction
- One or two-day registration options.

NOTE: This clinic is open to both Little Athletics members and non-members. All are welcome!



DATES:

Saturday, 4 November &
Sunday, 5 November 2017

VENUE:

Athletics Centre, Barden Park, Gipps
Street, Dubbo

COSTS:

U8 Clinics - \$35 per day or \$60 both
days

U9-U11 Clinics - \$45 per day or \$80
both days

U12-U17 Clinics - \$25 per event

*To register online go to
lansw.com.au*

For more information...

Contact Little Athletics NSW
Coaching & Development Department

Ph: 02 9633 4511

Email: admin@lansw.com.au

Dates

Saturday, 4 November 2017
Sunday, 5 November 2017

Times

U8 clinics 9.00am - 11.00am
U9-U11 clinics 8.30am - 11.30am
U12-U17 clinics 8.30am - 11.15am

Venue

Athletics Centre, Barden Park, Gipps Street, Dubbo

Age Groups

The coaching clinic is open to all athletes in the U8 to U17 age groups in the 2017/2018 Little Athletics season (DOB range 1 Oct 2000 - 30 Sept 2010)

Cost

U8 clinics: \$35 per day (register both days \$60)
U9-U11 clinics: \$45 per day (register both days \$80)
U12-U17 clinics: \$25 per session

Closing date

Tuesday, 31 October 2017

The Coaches

The clinic will be staffed by qualified, experienced coaches who are highly skilled in working with the age groups catered for by this event. All coaches have undergone a Working with Children background check.

Coaching Sessions: U8

- Junior athletes will complete a set program rotation of three events each day. Each event coaching session will last 45 minutes.
- Saturday: Sprints, Long Jump & Shot Put
- Sunday: Hurdles, Discus & Training Games

Coaching Sessions: U9-U11

- Junior athletes will complete a set program rotation of four events each day. Each event coaching session will last 40 minutes.
- Saturday: Sprints, Shot Put, High Jump & Walks
- Sunday: Hurdles, Discus, Long Jump & Relays

Coaching Sessions: U12-U17

- 2 x 75min event-specific coaching clinics held each day
- Coaching will be made available in a variety of events. All events will be confirmed based on demand and coach availability.

- Senior athletes can register for either or both timeslots each day and only need to stay for their timeslots.
- Saturday Session 1: Sprints (Starts), High Jump or Shot Put
- Saturday Session 2: Hurdles, Middle Distance or Discus
- Sunday Session 1: Sprints (Bends), Long Jump or Javelin
- Sunday Session 2: Long Sprints, Triple Jump or Intro to Hammer Throw

Other Information

- Parents are invited to stay, watch and learn whilst the coaching sessions are in progress.
- Parents are responsible for transport of athletes to and from the venue.
- Participants will be required to wear appropriate training gear and footwear and come properly prepared for the prevailing weather conditions.
- Parents are responsible for informing the coaches of any injury or illness that may affect the participants involvement. On the application form, please note any relevant medical conditions.
- Parents/guardians are not required to stay, but each participant must have a nominated adult who is contactable at ALL times during the day in case of illness or injury affecting the participant or if clinic finishes early or is cancelled during the day due to poor weather.
- Should the clinic or part thereof not proceed, a pro-rata refund will be issued.
- Final information will be sent by Little Athletics NSW to parents/participants via email in the week leading up to the clinic, including a wet weather contact.

Note:

- Numbers are strictly limited. Places may be exhausted prior to the closing date.
- Registrations will only be taken after the closing date or on the day if places are available (phone the office after the closing date for availability).
- The cost of a late registration will incur an extra \$10 administration fee.
- A \$10 administration fee is payable for any athlete withdrawal prior to the closing date.
- There is strictly **NO** refund of monies for any athlete who withdraws after the closing date. As of the closing date all coaches are confirmed based on the number of registrations received.