

TRACK AND FIELD COACHING WORKSHOPS

Coaches, athletes, teachers and parents are invited to attend the following FREE track and field workshops.

WHEN: 27th of June 2009

WHERE: Olympic Park, Melbourne (MELWAYS 2G C9)

TIME: 9am

RSVP: 25th June to Matt Griffin- matt@athsvic.org.au or 03 9428 8195.

9am to 10.30am

SPORT PSYCHOLOGY- "HOW TO PREPARE FOR MAJOR COMPETITION" PRESENTED BY HIGHLY REGARDED SPORTS PSYCHOLOGIST ANTHONY KLARICA.



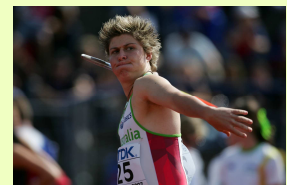
eliteperformance
the psychology edge

BACK BY POPULAR DEMAND- Having worked with some of Australia's leading track and field athletes including the Sydney 2000 Olympic team, Elite performance sports psychologist Anthony Klarica has over 15yrs of experience in athletics. Anthony has been involved with athletes and teams across various sports including Melbourne Football Club, HSV V8 Super Car drivers, Honda Motorbike team and the High Performance Tennis Academy, building up an excellent reputation in the field.

Anthony's presentation will focus on a subject that is a major obstacle for many coaches and their athletes- "preparing for major competition".

10.30am to 12.30pm

JAVELIN- "DRILLS FOR OPTIMUM TECHNIQUE" PRESENTED BY ATHLETICS AUSTRALIA JAVELIN YOUTH COORDINATOR LINDSAY BURGOPYNE



Athletics Australia Junior Coach of the Year Lindsay Burgoyne has been working with some of Australia's best young Javelin throwers for the past 10 years. In this interactive practical workshop Lindsay will explain the technical drills he has put his athletes through to achieve success at the World and Commonwealth Youth and Junior Championships.



10.30am to 12.30pm

SPRINTS- DYNAMIC WARM UP & POWER EXERCISES PRESENTED BY LEVEL 5 COACH STEVE GAFFNEY

Having coached athletes at state, national and international level Steve Gaffney brings more than 30years of experience with him in preparing athletes for the 100m through to 800m. In this presentation Steve will run through a Dynamic Warm-Up and follow up with Power Exercises including medicine ball exercises for functional power for sprinters.