

# ATFCA Winter Workshops for Coaches and Athletes



Presented by the Victorian Division  
of the Australian Track and Field Coaches Assn  
and supported by Athletics Victoria

Monthly programs scheduled for May, June, July, August and September

09:00am-12:15pm - Saturday - **7th May 2011**

At: Box Hill Athletic Track (Hagenauer Reserve) [ Melway: Map 47, B7 or UBD: Map 256, N11]

**This winter's Workshops target and support two broad streams of coaches.**

### Basic teaching/coaching stream

#### Target group:

- Little athletics coaches
- Beginning/ novice coaches
- Coaches preparing for Level 1&2 accreditation courses
- Primary and secondary PE teachers

### Advanced coaching stream

#### Target group:

- AV Club coaches
- Relatively experienced coaches
- Coaches preparing for a Level 3 accreditation

**THROWS**

**HURDLING**

**SPRINTS**

### TEACHING DISCUS THROW

Teaching discus throw  
plus opportunity for hands-on  
participation

#### Featuring:

- Teaching groups and individuals
- Basic drills
- Principles underlying technique
- Managing the flight

### TEACHING BASIC HURDLING

Teaching basic hurdling  
plus opportunity for hands-on  
participation

#### Featuring:

- Teaching junior groups and individuals
- Basic drills
- Principles underlying technique
- Practices
- Hurdles Start

### ACCELERATION PHASE

Advanced practical demonstrations  
and explanations for developing the  
acceleration phase

#### Featuring:

- Defining 'acceleration'
- Mechanics
- Muscle recruitment
- Elements of acceleration
- Race composition
- Drills and practical application

**Presenter: Bryan Neighbour**

(Level 5 discus coach/ physical education teacher/ has coached athletes to national and international teams in jumps, sprints and throws/ JDS coach)



**Presenter: Steve Cowburn**

(Level 4 Sprints- hurdles- relays specialist coach/ JDS coach/ Knox T&F Centre coach)



**Presenter: Steve Gaffney**

(Level 5 sprints-hurdles-middle distance coach/ coaches athletes at entry level and in national and international teams/ AVIS coach)



**REGISTRATION and ENQUIRIES**

When arriving *please register and pay before moving to sessions.*

Your *wake-up morning tea/coffee and biscuits* will be ready by 8.40AM

**FEE**

- 2011 ATFCA members
- 2011 Accredited Coaches (Athletics Australia)
- Adults
- Registered Athletes (Voting-age)
- Juniors / U18 athletes

*Cash or cheque only*

\$10

\$20

\$20

\$5

Free

**Enquires** to Bryan Neighbour (ATFCA Coach Education Coordinator)

via: [viccoaches@atfca.com.au](mailto:viccoaches@atfca.com.au) or **0411 480 053**