

2022 / 2023 KEW LAC SUMMER TRACK & FIELD TRAINING SCHEDULE

Coaches - Manny, Owen, Angela, Kellie, John, Jenny

STRADBROKE PARK 4.30PM - 6.00PM

WARM-UP IS EVENT SPECIFIC

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MONDAY COACHING :	4.30 - 6.00pm		WEDNESDAY COACHING:	4.30 - 6.00pm	
All Ages welcome			All Ages welcome		
Please arrive at the track ON TIME for GROUP warmup so all athletes start together. 4.30PM SHARP					
GROUP WARMUP	4.30pm - 4.45pm		GROUP WARMUP	4.30pm - 4.45pm	
HIGH JUMP - MON			HURDLES :		
U6-U8	4.45pm-5.15pm	ANGELA PHILLIPS	U6-U8	4.45pm-5.15pm	TBC
U9 +	5.20pm - 5.50pm	ANGELA PHILLIPS	U9 +	5.20pm - 5.50pm	TBC
<i>Helpers needed for HJ setup and packup</i>			<i>Helpers needed for Hurdles setup and packup</i>		
THROWS : JAVELIN U11 +	4.45pm-5.15pm	OWEN RICE	THROWS - U6-U8 SHOT	4.45pm-5.15pm	OWEN RICE
THROWS : SHOT U9 +	5.20pm - 5.50pm	OWEN RICE	THROWS - U9+ DISCUS	5.20pm - 5.50pm	OWEN RICE
			MIDDLE DISTANCE : ALL	4.45pm - 5.50pm	KELLIE MORIYOSHI
			SPRINTS - U6-U8	4.45pm - 5.15pm	JOHN TICKNER
			SPRINTS - U9+	5.20pm-5.50pm	JOHN TICKNER
LONG JUMP U6-U8	4.45PM-5.15PM	MANNY DALLA COSTA	TRIPLE JUMP: U9+	5.15PM - 5.50PM	MANNY DALLA COSTA
LONG JUMP U9 +	5.20pm-5.50pm	MANNY DALLA COSTA			OR IZZY DALLA COSTA
COMBINED GROUP COOL DOWN & STRETCHING	5.50-6PM	All Coaches	COMBINED GROUP COOL DOWN & STRETCHING	5.50-6PM	All Coaches
RELAYS EMR 3/12/22; STATE 4/2/23		TRAINING TBC	RELAYS		TRAINING TBC
NB: These sessions are subject to change depending on coach availability					
AIM TO DO DIFFERENT EVENT GROUP ON MONDAYS & WEDNESDAY & AIM TO TRY ALL EVENTS					