



Nambour Little Athletics Specialist Coaching Program

- Commences:** Term 4; Week 1; 8th October 2018.
- Goes for:** 10 Weeks - concludes 15th December 2018.
- Cost:** \$65.00 per athlete for the first series of 10 sessions (\$6.50 per session);
\$55.00 per child for the second series of 10 sessions (\$5.50 per athlete).
Fun games & skills = \$30.00 per athlete
- Early Bird:** Sign up by the 1st October = \$60.00

Coaching sessions for all children are available in:

- Middle Distance Running (400m, 800m, 1500m runners, U9-U17)
- Discus and Shot Put
- High Jump
- Javelin
- Fun games & skills
- Sprints, Hurdles
- Long and Triple Jump

All coaches are accredited and experienced in the particular events.

All ages are encouraged, but please note the age for middle distance running.

Please make sure you have signed on and paid for the 10 sessions before commencing. The 10 sessions are provided as a package for those who would like to commit to improving their events. You can join more than one session. A second session is discounted.

Only those events scheduled for the day will have coaching provided at the designated times.

Coaching sessions will also form part of the Saturday program from 2018, and they are included in your registration fee.

Sign on now!

Payment is due by the 8th October.

