



# NAMBOUR LITTLE ATHLETICS PRESENTS



## SUMMER INTENSIVE COACHING CLINIC

MONDAY, JANUARY 21, 2019  
8:30AM - 12:30PM  
NAMBOUR PCYC

- ▶ Select 4 sessions including high jump (flop + scissors), long + triple jump, javelin, discus, shot put +hurdles
- ▶ Coaching by NLAC + guest super coach
- ▶ Open to all LAQ registered athletes
- ▶ Space is limited

# \$25

DIRECT DEPOSIT:

NLAC

BSB 633000

A/C 138290028

Please use your child's name as ref for coaching fees.

Hurdles

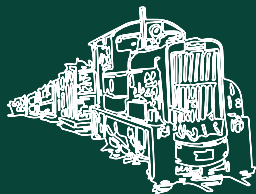


Jumps



Throws

FOR MORE INFORMATION AND REGISTRATION  
[www.nambourlittleathletics.com.au](http://www.nambourlittleathletics.com.au)  
Simone 0418 744 725 | Lindsie 0414 754 548



# SUMMER INTENSIVE COACHING CLINIC SIGN UP

SELECT YOUR EVENTS OF CHOICE FROM THE PROGRAM

	8:45	9:45	10:45	11:45
8:30am Warm Up	High Jump Flop <input type="checkbox"/>	High Jump Scissors <input type="checkbox"/>	Hurdles <input type="checkbox"/>	Shot Put <input type="checkbox"/>
	Discus <input type="checkbox"/>	Long Jump <input type="checkbox"/>	Triple Jump <input type="checkbox"/>	Hurdles <input type="checkbox"/>
	Shot Put <input type="checkbox"/>	Javelin <input type="checkbox"/>	Long Jump <input type="checkbox"/>	Long Jump <input type="checkbox"/>
	Hurdles <input type="checkbox"/>	Shot Put <input type="checkbox"/>	Discus <input type="checkbox"/>	Discus (Adv) <input type="checkbox"/>

**YOUR DETAILS:**

FAMILY NAME \_\_\_\_\_

CHILD 1 FIRST NAME \_\_\_\_\_ AGE \_\_\_\_\_

CHILD 2 FIRST NAME \_\_\_\_\_ AGE \_\_\_\_\_

CHILD 3 FIRST NAME \_\_\_\_\_ AGE \_\_\_\_\_

CENTRE: \_\_\_\_\_

PARENT CONTACT: \_\_\_\_\_

MOBILE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**REGISTRATIONS CLOSE WED 16 JAN  
FEES DUE FRI 18 JAN**