



2019/2020 COACHING PROGRAM

Nambour Little Athletics is fortunate to have the coaches and resources to offer our athletes an exciting calendar of coaching opportunities across the season.

BLOCK ONE

15 Weeks

5 Sept - 11 Dec

RUN, JUMP & THROW
Introduction to technique

THROWS

4 September
25 September
16 October
6 November
27 November

RUNNING

11 September
2 October
23 October
13 November
4 December

JUMPS

18 September
9 October
30 October
20 November
11 December

Coaching sessions for all athletes will also form part of our regular Saturday program. This coaching is included in your registration fees.

*September- December, running is based on technique and tactics. There will be some general fitness, but the 'distance' coaching sessions do not commence until Block 2 in December.

Sign up for 1, 2 or all 3 streams

1 STREAM \$30
2 STREAMS \$45
3 STREAMS \$60

WEDNESDAYS FROM 4:00PM

SIGN UP SHEETS ARE AVAILABLE
ON OUR CLUB NOTICEBOARD

A minimum of 5 athletes are required
for each group to proceed.

BLOCK TWO

8 WEEKS

5 Dec - 30 Jan

Regional Preparation
Specific Training

For those athletes wishing to compete at Regional Championships in February (8 & 9 Feb in Gympie), we offer an 8 week specialist block of coaching to assist your preparation.

STREAM 1 - SPRINTS
STREAM 2 - MIDDLE DISTANCE*
STREAM 3 - THROWS
STREAM 4 - JUMPS

This block is an 8 week commitment to assist developing athletes.

Coaching sessions for all athletes will continue as part of our regular Saturday program.

*Middle distance coaching is for athletes U9 and up.

Sign up for 1, 2 or 3 streams

1 STREAM \$48
2 STREAMS \$80
3 STREAMS \$96

DAY & SESSION TIMES TBC

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INTENSIVE COACHING CLINICS

Wed 18 Dec
Wed 15 Jan

Back by popular demand, our intensive coaching clinics are designed to take you to the next level. With visiting specialist coaches across all disciplines, our clinics are jam packed full of fun.

We encourage all athletes of all abilities to attend our coaching clinics.

Spots are limited so you'll need to book early.

\$25 PER CLINIC

The clinic coaching program will be confirmed closer to the clinic dates.

Our coaches are all accredited and experienced in each discipline.

All athletes are encouraged to attend coaching, however please note the ages for the middle distance running group in block 2.

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FOR MORE INFORMATION

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