



# SUMMER INTENSIVE #1

**WED 18 DECEMBER 2019**

8:30AM – 1PM | NAMBOUR PCYC

**8 COACHES**

All coaches accredited  
Level 3 & 4 Coaches  
Para Athletics Specialist  
plus LAQ Development Officers

Open to all LAQ Registered Athletes  
and AWD Athletes

4 SESSIONS OF YOUR CHOICE FOR JUST  
\$35 PER ATHLETE

**CHOOSE FROM**

Hurdles, High Jump (Flop & Scissors), Long Jump,  
Triple Jump, Discus, Shot Put, Javelin and Race Walking

**REGISTRATIONS CLOSE  
WEDNESDAY 11 DECEMBER**

Be quick.  
Session capacity is strictly limited.

Register via our website

**[WWW.NAMBOURLITTLEATHLETICS.COM.AU/INTENSIVE](http://WWW.NAMBOURLITTLEATHLETICS.COM.AU/INTENSIVE)**

**\*\*AWD\*\***  
Specialist Para  
Athletics Coach  
in attendance

SIMONE 0418 744 725 OR  
LINDSIE 0414 764 548

[coaching@nambourlittleathletics.com.au](mailto:coaching@nambourlittleathletics.com.au)

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