



SUMMER INTENSIVE #2

WED 15 JANUARY 2020

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 Multiclass Athletes

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

CHOOSE FROM

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

**REGISTRATIONS CLOSE
MONDAY 13 JANUARY**

Be quick.
Session capacity is strictly limited.

Register via our website

SIMONE 0418 744 725 OR
LINDSIE 0414 764 548

coaching@nambourlittleathletics.com.au

Supported by



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