

2023 Camp Schedule

Saturday 26th August

Session 1	PROGRAM	Coach
9-10.30am	Running (Warm up/Drills/Technique)	TBC
10.30-11am	Sprinting (Starts/Straight/Curve)	TBC
10.30-11am	Other events – plyometrics, S & C	Glynis Nunn
11.15-12:30pm	<i>Nutrition</i>	Sammii

12.30-1.00pm

Lunch – Networking Opportunity

Session 2	PROGRAM – Choice of 1 discipline only	Coach
1.00-1.45pm	<i>Body Maintenance</i>	AllSport Physio
2-3.30pm	Shot Put	Brett Green
2-3.30pm	Hurdles	Taneille Crase
2-3.30pm	Long Jump	Emelia Surch/Glynis

Sunday 27th August

Session 3	PROGRAM – Choice of 1 discipline only	Coach
9-11am	High Jump	Dan O'Sullivan
9-11am	Javelin	Brett Green
9-11am	Middle & Long Distance	Blayne Arnold TBC
11.15-12:30pm	<i>Sport Psychology</i>	Mathew Grey

12.30-1.30pm

Lunch – Networking Opportunity

Session 4	PROGRAM – Choice of 1 discipline only	Coach
1.30-3pm	Triple Jump	Taneille Crase
1.30-3pm	Discus	Brett Green
1.30-3pm	Walk	Steve Langley
3.15-4pm	<i>Topical – Questions / Answers from the 2 days</i>	Glynis to lead

*please note some coaches may change slightly due to availability.

Venue – Gold Coast Performance Centre

Date – 26th & 27th August

Cost – \$200.

(this is cost for athlete who will be involved in coaching sessions and coaches who will be there to shadow and learn from lead coaches).

Coaches who attend will be given recognition with a certificate from ATFCA for involvement in mentoring over the two days.