

Athletics Auckland Coaching course calendar 2017

17 August 2017: A modern approach to Endurance training Session 3

We will conduct a further session on developing the endurance athlete. Neil Bartlett will lead the instruction with participating coaches.

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm.

3 September 2017: The Mechanics of Sprinting – Advanced level

Following on from the session on the 28 May by Kerry Hill, we will continue to study the technical requirements to develop a sprint athlete. The presentation will be based on the research by Dr Ralph Mann, who has analysed elite performers over a 30 year time frame. This is highly recommended if you coach committed college and senior level athletes.

This event will be held at Mt. Smart stadium on Sunday afternoon from 2.00pm to 4.30pm.

16 September 2017: Trans Tasman and Interprovincial training

The first session will be held at Mt. Smart stadium from 10.00am to 11.30am for 10 and 11 year old athletes who wish to trial for the Trans Tasman event on Saturday 18 November 2017. Also for 12 and 13 year old athletes who will be trialling on the same day in November for the Inter-provincials in 2018.

The attending athletes are asked to complete a light warm up themselves and be ready to start at 10.00am. There will be opportunity to participate in three event groups for 30 minutes each, during the session.

Coaches will be appointed to take the training sessions in the sprints, middle distance, jumps and throw events.

21 September 2017: Basic to Intermediate level Sprints and Middle distance

Course designed for club coaches at Junior level to enhance their knowledge in preparation for the up-coming summer season. This will be a theory session only.

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm. To express your interest please email development@athleticsauckland.co.nz

23 September 2017: Trans Tasman and Interprovincial training

The second session will be held at Mt. Smart stadium from 9.00am to 11.30am for athletes trialling on the 18 November 2017 for the Trans Tasman and Interprovincial events.

Coaches: From 9.00am to 10.00am we will run a practical session for coaches only on the sprint event.

Athletes: From 10.00am to 11.30am we will run the athlete session in three event groups, like the previous week. The attending athletes are asked to complete a light warm up themselves and be ready to start at 10.00am.

Coaches will be appointed to take training sessions in the sprints, middle distance, jumps and throw events.

28 September 2017: Basic to Intermediate level Throws and Jumps

Course designed for club coaches at Junior level to enhance their knowledge in preparation for the up-coming summer season. This will be a theory session only.

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm. To express your interest please email development@athleticsauckland.co.nz

30 September 2017: Trans Tasman and Interprovincial training

The third session will be held at Mt. Smart stadium from 1.00pm to 3.30pm for athletes trialling on the 18 November 2017 for the Trans Tasman and Interprovincial events.

Coaches: From 1.00pm to 2.00pm we will run a practical session for coaches only on the sprint event and how hurdle drills can assist development.

Athletes: From 2.00pm to 3.30pm we will run the athlete session in three event groups, like the previous week. The attending athletes are asked to complete a light warm up themselves and be ready to start at 2.00pm.

Coaches will be appointed to take sessions in the sprints, middle distance, jumps and throw events.

9-11 October 2017: Aspire Development Academy

Following on from the successful Academy run over January 2017, Athletics Auckland felt the next event should be held in the second week of the term 3 school holidays.

We recognised that advanced coaching technique should ideally take place at the beginning of the summer season, so athletes can take advantage of their increased

knowledge. In October, the Academy will be available to athletes aged 12 to 18 years of age within the greater Auckland and Northland regions.

We also invite the coaches of athletes that are participating and any other coach to gain knowledge of their event group and share ideas with the Academy coaches.

To enrol for any course or requests for further information on any coaching course, please email Neil Bartlett at development@athleticsauckland.co.nz