

ATFCA Winter Workshops:

Professional development for Coaches, Athletes and Sport Teachers

*Presented by your sport's professional
association and supported by
Athletics Australia & Little Athletics Victoria*



NEXT Program:
Saturday, 2nd July 2011

**9.00AM -12.15PM at the Box Hill Athletic Track
(Hagenauer Reserve), Melway: Map 47, B7 or UBD: Map 256, N11**

This winter's Workshops target and support two broad streams of coaches.

Specific event development

Target group:

- Coaches, athletes and sport teachers seeking comprehensive sessions that include teaching and coaching technique; sessions that specifically focuses on how, what and why.

Advanced principles coaching

Target group:

- Coaches, athletes and sport teachers seeking advanced skills and information

**COACHING & JUDGING
RACE WALKING**

**TEACHING
HIGH JUMP**

**COACHING JUNIOR LONG
AND TRIPLE JUMPERS (AGE
12/13 TO 19/20) –
PROGRAM PLANNING AND
TRAINING DEVELOPMENT**

Presenter: Shane Bertrand
*(Specialist Walks coach, IAAF
Official; LAV development officer)*



Session plan:

Aimed at Coaches & Athletes of all ages.

**Presenter: Darren Quix (High
jump specialist coach**



Session plan:

- Introduction and basic modeling
- Technique options

Presenter: Dr. John Boas OAM
Level 5 / Olympic team coach



Session plan:

- Development of physical capacities- speed, spring,

- Teaching fundamentals
- Judging & Rules
- Coaching Technique
- Training & Fitness

Athletes and Coaches are encouraged to participate in the practical sessions / an interactive session.

Presenter's profile:

- L3 Coach
- JDS Coordinator & Coach
- LAV Education & Development Coordinator
- IAAF Racewalking Judge.

- Basic drills
- Detailing event phases
- Rules
- Event analysis
- Practical demonstrations
- Conditioning

Presenter's profile:

- Diamond Valley Centre-based coach
- Coaching 15 years
- Success with 6 senior and open national champions, 12 open and State champions (High Jump)



Program Coordinator:
Bryan Neighbour
ATFCA Coach Education Coordinator

These programs receive funding and administrative support from
Little Athletics Victoria & Athletics Australia



- strength (*the how to do it*)
- Putting the program together- periodisation (*what to do and when to do it*)
- Strength training for developing jumpers (physiological rationale- *the why*, exercises, progressions)
- Injury minimisation and prevention

Special cases

- ☐ The 3-month athlete (schools athletes)
- ☐ The 6-month athlete (footballers)
- ☐ Mid-year competition overseas (World Youths/Juniors/Youth Commonwealth/Olympics)
- ☐ Peaking
- A brief overview of advanced training methods for the high level senior athlete (*the top of the pyramid*)

Practical

Demonstration of technical and conditioning exercises and drills

Presenter's profile:

- Coaching for over 40 years;
- National Event Coach for Long Jump 1980-91
- Olympic athletes include:
 - Ian Campbell –Triple Jump
 - Gary Honey-Long Jump
 - David Culbert
- Team coach 1984 Olympic Games, 1985 World Cup, 1986 Commonwealth Games

REGISTRATION and ENQUIRIES

When arriving please register and pay before moving to sessions.

Your wake-up morning tea/coffee and biscuits will be ready by 8.40AM

FEE

- 2011 ATFCA members \$10
- 2011 Accredited Coaches (Athletics Australia) \$20
- Adults \$20
- Registered Athletes (Voting-age) \$10
- Juniors & U18 athletes \$5

Cash or cheque only

Enquires to Bryan Neighbour (ATFCA Coach Education Coordinator)

via: viccoaches@atfca.com.au or 0411 480 053