

Australian Track & Field Coaches Association *Winter Workshops*

Professional development for
Coaches, Teachers, Athletes & Team-managers

Presented by ATFCA and supported by
Athletics Australia & Little Athletics
Victoria



NEXT Program:

Saturday, 3rd September, 2011

9.00AM -12.15PM, Box Hill Athletic Track

(Hagenauer Reserve), Melway: Map 47, B7 or UBD: Map 256, N11

This month's program offers a general interest session followed by 3 specialist event options:

- **9.00-10.00:** A general sport psychology session examining athlete *Motivation*, and profiling new athletes presented by guest speaker **Dr. Cheyne Sherman (Education /level 5 distance coach).**
- **10.15-12.30:** 3 separate event options
 1. **Coaching and conditioning Distance Running** , presented by **Tony Benson (Olympian / L5 distance events)**
 2. **Teaching Shot Put: 3 techniques, sequential drills, identifying faults and basic conditioning** presented by **Bryan Neighbour (field event specialist coach / L5)**
 3. **Coaching and practicing sprint relay events** presented by **Steve Cowburn (L4 Sprints/ hurdles/ relays).**

<p><i>Enhancing communication and motivation (Sport Psychology)</i></p>	<p><i>Coaching and conditioning Distance Running</i></p>	<p><i>Teaching Shot put Techniques</i></p>	<p><i>Coaching and practicing sprint relay events</i></p>
<p>Presenter: Dr. Cheyne Sherman (Education)</p>  <p>Session plan:</p> <ul style="list-style-type: none"> • Discovery of types of motivational factors that rewards athletes 	<p>Celebrity Presenter: Tony Benson ASM</p>  <p>Session plan:</p> <ul style="list-style-type: none"> • An insight into what it takes to be a successful distance event coach 	<p>Presenter: Bryan Neighbour</p>  <p>Session plan: Teaching juniors shot put technique:</p> <ul style="list-style-type: none"> • Teaching the Standing throw, Glide and 	<p>Presenter: Steve Cowburn</p>  <p>Session plan:</p> <ul style="list-style-type: none"> • Relay specific warm ups • Basic principles • Hand sequence

- with positive feelings
- What type of questions to ask athletes when they join your group?
- Types of questions that find out about the Intrinsic and extrinsic goals that help develop 'drive' an athlete
- What are the important questions to ask to help you as coach?
- Why are some questions nice to know and others essential?
- Questions specific to LA's, teens, adults
- When to ask questions?
- The development of an Athletic Resume

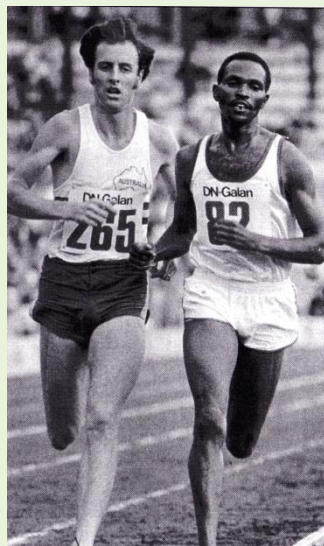
Presenter's profile:

- *ATFCA Level 5 (coaching distance events and coaching young Athletes)*
- *Specialist T&F coach for 800m, 1500m, Steeplechase & Marathon*
- *Athletes: state, national titles & international teams*

- An introduction to the training required for elite performances in distance running events.

Presenter's profile:

- *1972 Olympian*
- *Sub-4 minute miler*
- *World #5 5000m*
- *Sub-4 minute miler*
- *National Head-coach*
- *Specialist distant running event coach*
- *ATFCA Level 5 and a Level 3 Triathlon Coach*
- *Author best selling coaching book "Run With The Best"*



- Rotation techniques
- Sequential drills
- Identifying faults
- Basic conditioning for novice throwers

Presenter's profile:

- *P. E. teacher*
- *ATFCA Level 5, specialist sprints and field events coach*
- *JDS coach*
- *2011 LAV Coach of the Year*
- *2011 Henri Schubert Memorial Award recipient*
- *LAV Edn. Committee*
- *1984 Paralympic T&F Head Coach*
- *ATFCA (VIC) Coach Education Coordinator*



This ATFCA program receives funding and administrative support from

Little Athletics Victoria & Athletics Australia

- Passing methods
- Athlete responsibilities
- Lane discipline
- Sighted or blind changes
- Use of check marks
- Free space
- Communication
- Common faults
- Team strategy
- Relay leg characteristics

Presenter's profile:

- *Specialist Sprints-hurdles-relays specialist coach, ATFCA L4 coach*
- *Retired LAV Education Associate-Director*
- *Life Member Knox LAC*
- *ATFCA Level 4 'Sprints, Hurdles & Relays' and 'Young Athlete'*
- *Presenter for ATFCA And LAV courses*
- *ALAC Management Team for 6 years /4 years as overall coordinator)*
- *Coaching 20 years (Knox LAC, LAVic JDS, ALAC)*
- *Author of Hurdle and Relay coaching manuals*



Enquires to Bryan Neighbour (ATFCA Coach Education Coordinator)

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

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
- 2011 Accredited Coaches (Athletics Australia)
- Adults
- Registered Athletes (Voting-age)
- Juniors & U18 athletes

Cash or cheque only

- \$10
- \$20
- \$20
- \$10
- \$5