

Coach Mentor Profile



Darren Quix



Location	Willinda Park, Greensborough <i>(home of Diamond Valley Athletics Club)</i>			Contact or via Coach Edn Coord	(M) 0438 203 364 dquix@optusnet.com.au	
Event Group	Sprints, Hurdles, Relays	Middle and Long Distance	Race Walks	Jumps	Throws	Combined Events / Triathlon
Specialisation or All				All		
Age Groups IAAF – age at 31 December Athlete’s Level of Competence	Little Aths ~ 7-15yo	Teens ~ 13-15yo	Youth ~ 16-17yo	Junior ~ 18-19yo	Senior ~ 20+	Masters ~ 35+
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Allied Competencies / Specialisation	Specialist in High Jump					
Athlete Performance - Analysis / Assessment / Guidance						
Session Planning / Training Program Development	Session Planning to Long-Term Preparation					
Other	15 years of coaching, Little Athletes, Seniors, over-age and schools					