



## Mike Donato

<b>Location</b>	Knox Athletics Centre and Eastern Suburbs			<b>Contact</b> or via Coach Edn Coord	0414 888 563 mike@horizen.com.au	
<b>Event Group</b>	Sprints, Hurdles, Relays	Middle and Long Distance	Race Walks	Jumps	Throws	Combined Events / Triathlon
<b>Specialisation</b> or All	Sprints				All	Multi-Events
<b>Age Groups</b> 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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<b>Allied Competencies / Specialisation</b> Strength and Conditioning, Ultra Distance, Cycling, Swimming, Officiating, Judging, Biomechanics, Physiology, Psychology, Nutrition	Young Athlete Development			Speed and Agility for Team Sports - AFCA Lvl 1 AFL coach  Strength & Conditioning - ASCA Lvl 1 strength & conditioning  High Performance		
<b>Athlete Performance - Analysis / Assessment / Guidance</b>	BEng (honours) specialist in human engineering					
<b>Session Planning / Training Program Development</b>	School fitness programs			Long Term Athletic Development		