



Shane Bertrand

| | | | | | | |
|--|-----------------------------|-----------------------------|-----------------|--------------------------------------|----------------------------|--------------------------------|
| Location | Sunbury | | | Contact or via Coach Edn Coord | shane.bertrand68@gmail.com | |
| Event Group | Sprints, Hurdles, Relays | Middle and Long Distance | Race Walks | Jumps | Throws | Combined Events / Triathlon |
| Specialisation or All | Sprints | Middle Distance | Walks | | Shot Put, Discus | |
| 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+ |
| | √ | √ | √ | √ | √ | |
| Allied Competencies / Specialisation Strength and Conditioning, Ultra Distance, Cycling, Swimming, Officiating, Judging, Biomechanics, Physiology, Psychology, Nutrition | Race Walk Judging | | | | | |
| Athlete Performance - Analysis / Assessment / Guidance | | | | | | |
| Session Planning / Training Program Development | | | | | | |
| Other | | | | | | |