



Steve Cain

Location	Box Hill Athletics Track			Contact or via Coach Edn Coord	(M) 0407 230 748 cainie@hotmail.com	
Event Group	Sprints, Hurdles, Relays	Middle and Long Distance	Race Walks	Jumps	Throws	Combined Events / Triathlon
Specialisation or All	All			All	All	Multi-Events
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						
Athlete Performance - Analysis / Assessment / Guidance	Beginner to sub-elite					
Session Planning / Training Program Development	Session Planning to Long-Term Preparation					
Other						