



## Steve Gaffney

<b>Location</b>	Aberfeldie Track <i>(occasionally Lakeside Stadium)</i>			Contact or via Coach Edn Coord	(M) 0412 646 521 gaffasteve@yahoo.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, Relays	800m				
<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+
		~ 15yo +	√	√	√	
<b>Allied Competencies / Specialisation</b>	Strength and Conditioning, Systematic development of Speed Endurance					
<b>Athlete Performance - Analysis / Assessment / Guidance</b>	Beginners, club, elite					
<b>Session Planning / Training Program Development</b>	Session Planning to Long-Term Preparation					
<b>Other</b>	Level 5 Coach since 1990					