



**AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION**

**VICTORIAN BRANCH**

## **Running Workshop** on Efficient Running & Acceleration Skills\*

\*Actual focus of workshop will be determined by attendees\*  
Coaches and athletes are both welcome to attend

**Sunday 19<sup>th</sup> July 2015 @ 10am**

Please arrive by 9.45am for a prompt start  
Coffee and Tea will be served after workshop

### **Meadow Glen Athletics Track**

146-156 McDonalds Rd, Epping, 3076

Presented by **Chris Falcke**

- Level 5 Coach with over 40 years' experience
- National Junior Coach for middle and long distance for 8 years
- Coached Junior and Senior athletes in most track and field events (except throws) from club to international standard
- Coached professional sprinters
- Coached run up and take off speed for pole vaulters for almost 20 years
- Engineered development of specialised running, acceleration and movement skills for improving competition performances for:
  - Carlton Football Club (7 seasons)
  - AFL/AIS Academy Squad (5 years)

**Cost:**

- \$12 for ATFCA members
- \$16 for AV /LAVic members
- \$25 for all others

Fees include a DVD of the workshop.

**Contact:** Heather Lamb      0425 793 331  
[heatherlamb@optusnet.com.au](mailto:heatherlamb@optusnet.com.au)

RSVP by 14<sup>th</sup> July

**Limited numbers – book a spot now**