



AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION

VICTORIAN BRANCH

Walks Workshop

Coaches and athletes are both welcome to attend.

Workshop will include sections for Little Aths coaches and athletes thru to Masters as indicated below.

Saturday 30th July 2016 @11am

Please arrive by 10.45am for a prompt start.

Coffee, Tea and a light lunch will be served after workshop from 12.45 pm.

Victorian Race Walking Club - Middle Park

Club rooms located at Middle Park Bowling Club

Structure of the day will include 30 to 50 minutes classroom including demonstrations/video clips

Followed by 60 minutes on techniques and drills – group broken into three levels for practical component:

- brand-new or near-new walk coaches;
- coaches of plodders, littlies and masters who want to improve;
- coaches of good walkers who need a good critique on walk techniques, and training programs that can address walkers' weaknesses.

Presenters and assistants include Simon Baker,

Mark Donahoo,

Ralph Bennet

- Cost:**
- \$15 for ATFCA members
 - \$18 for AV /LAVic members
 - \$25 for all others

Contact: Heather Lamb 0425 793 331

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RSVP by 26th July - limited numbers