



**AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION**

**VICTORIAN BRANCH**

## **Coaching Sprints & the Latest in Sprint Research Workshop**

Covering drills & methodology from : Bosch, Klomp, Kraaijenhof, Weyand & Giles

Workshop is aimed at coaching athletes between 12 and 25.

Coaches and athletes are both welcome to attend.

**Saturday 27<sup>th</sup> August 2016 @10am**

Please arrive by 9.45am for a prompt start.

Coffee and Tea will be served after workshop from 11.45 pm.

### **Knox Athletic Track**

Bunjil Way, Knoxfield VIC 3180

Presented by **Mike Donato**

- Level 3 Athletics coach plus qualifications for performance, AFL, strength and conditioning.
- Junior athlete & high performance specialist
- JDS & ALAC coach for LA Vic
- Coached at various schools including MLC and Trinity Grammar.
- Coached numerous athletes to compete at an international level; with many successes at State level in both seniors and juniors.
- See [www.smashacademy.com.au](http://www.smashacademy.com.au) & [www.edgetesting.com.au](http://www.edgetesting.com.au)

### **Cost:**

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

Fees include a DVD of the workshop and a link to Mike's notes

**Contact:** Heather Lamb 0425 793 331

[heatherlamb@optusnet.com.au](mailto:heatherlamb@optusnet.com.au)

RSVP by 23<sup>rd</sup> August

Limited numbers – book a spot now