



AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION
VICTORIAN BRANCH

Horizontal Jumps

Workshop is aimed at coaching athletes between 10 and 30.
Coaches and athletes are both welcome to attend.

Sunday 18th @ 10 am

Please arrive by 9.45am for a prompt start.
Morning tea will be served after workshop from 11.45 am.

Sprint Athletics Track, Craigieburn

Corner of Aitken and Marathon Blvd, Craigieburn.
(Please note in some map systems it is called Splash Athletics Track)

Presented by John Boas

- IAAF Level 5 Coach
- Coached Dave Colbert, Gary Honey (Jumps and 400m), Ian Campbell in jumps
- Coached elite athletes in Long and triple jump as well as, race walking, sprinting, distance and pole vaulting
- National event coach in Horizontal jumps for many years
- Regular specialist coach in the various Australian teams at Commonwealth and Olympic Games

Cost:

- \$15 for ATFCA members
- \$20 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

RSVP by 12th June

