

# Athletics Training Schedule 2023

**Time:** Monday, Wednesday 7:00-7:50am Friday 7:00-7:45am

**Monday** – Sprints, Distance, Hurdles

**Wednesday** – Throws, Hurdles, Long Jump, High Jump

**Friday** – Sprints, Distance, Throws

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9	19/6 Sprints Distance Hurdles	20/6	21/6 Hurdles Long / High Jump Throws	22/6	23/6 Sprints Distance Throws
10	26/6 Sprints Distance Throws	27/6	28/6 Throws Hurdles Long / High Jump	29/6	30/6 <b>NO TRAINING</b> <i>Year 7 Pre- Carnival Events</i>
	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
1	17/7 <b>NO TRAINING</b>	18/7	19/7 <b>NO TRAINING</b>	20/7	21/7 <b>NO TRAINING</b>
2	24/7 Sprints Distance Hurdles	25/7	26/7 Throws Long / High Jump  <b>NO HURDLES</b>	27/7	28/7 <i>Inter-House Athletics Carnival 🏆</i>  HBF Athletics Stadium
3	31/7 Sprints Distance Hurdles	1/8	2/8 Throws Long / High Jump Hurdles  NAS Team Announced 🇬🇧	3/8	4/8  <b>NO TRAINING</b>  <i>John XXIII Day 🎉</i>
4	7/8 Sprints Distance Hurdles	8/8  Draft ACC Athletics Team Announced 🇬🇧	9/8 Throws Long / High Jump Hurdles	10/8	11/8 Sprints Distance Throws

5	14/8 Sprints Distance Hurdles	15/8	16/8 Throws Long / High Jump Hurdles	17/8	18/8 Sprints Distance Throws
6	21/8 <b>NO TRAINING</b> <b>Pupil Free Day</b>	22/8 NAS Athletics Carnival P3-6 7-10 Challenge HBF Athletics Stadium	23/8 Throws – Challenge Morning Year 7-12 @ JTC Ovals Long / High Jump Hurdles	24/8	25/8 Track events and Jumps Final Year 7-12 Challenge Morning HBF Athletics Stadium
7	28/8 Sprints Distance Hurdles	29/8 Final ACC Team Announced 🏆	30/8 Throws Long / High Jump Hurdles	31/8	1/9 ACC Squad Training HBF Athletics Stadium All events Compulsory Session for team
8	4/9 Sprints Distance Hurdles	5/9	6/9 Throws Long / High Jump Hurdles	7/9	8/9 Sprints Distance Throws
9	11/9 ACC SQUAD Team Training 3:30pm-4:30pm  Followed by team Dinner @ TMEC 5:00pm- 6:15pm	12/9	13/9  ACC A' Division Carnival 😊		

## 2023 Coaches

**Sprints** Jess Pillera

**Hurdles** Lyn Foreman / Michael Reynolds

**Distance** Campbell Tirant

**Throws** Aislin Morris (Discus and Shot Put) / Michael Reynolds (Javelin)

**High Jump** Ella Adams

**Long Jump** Sara Kononen