

# Athletics Training Schedule 2022

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

**Monday** – Sprints, Distance, Hurdles

**Wednesday** – Throws and Jumps (Term 2) Sprints added to Wednesday Term 3

**Friday** – Sprints, Distance, Hurdles

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8	13/6 Sprints Distance Hurdles	14/6	15/6 Throws Long / High Jump	16/6	17/6 Sprints Distance Hurdles Throws
9	20/6 Sprints Distance Hurdles	21/6	22/6 Throws Long / High Jump	23/6	24/6 Sprints Distance Hurdles Throws
10	27/6 Sprints Distance Hurdles	28/6	29/6 Throws Long / High Jump	30/7	1/7 Sprints Distance Hurdles Throws COMFY DAY
	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
1	18/7 NO TRAINING	19/7	20/7 NO TRAINING	21/7	22/7 NO TRAINING
2	25/7 Sprints Distance Hurdles	26/7	27/7 Throws Long / High Jump Sprints	28/7	29/7 Inter-House Athletics Carnival 🎪
3	1/8 Sprints Distance Hurdles	2/8	3/8 Throws Long / High Jump Sprints	4/8	5/8 NO TRAINING  John XXIII Day 🙏
4	8/8 Sprints Distance Hurdles	9/8	10/8 Throws Long / High Jump Sprints	11/8	12/8 Sprints Distance Hurdles Throws
5	15/8 Sprints Distance Hurdles	16/8	17/8 Throws Long / High Jump Sprints	18/8	19/8 Sprints/Distance Hurdles Throws

6	22/8 NO TRAINING	23/8	24/8 Throws Long / High Jump Sprints	25/8	26/8 ACC Squad Training HBF Athletics Stadium <b>All events</b> Challenge Morning Team finalised
7	29/8 Sprints Distance Hurdles	30/8	31/9 Throws Long / High Jump Sprints <b>Final Team Announced</b>	1/9	2/9 ACC Squad Training HBF Athletics Stadium <b>All events</b> Compulsory Session for team
8	5/9 Sprints Distance Hurdles	6/9	7/9 Throws Long / High Jump Sprints	8/9	9/9 Sprints Distance Hurdles Throws
9	12/9 <b>ACC SQUAD</b> Training/Team Breakfast Compulsory Session	13/9	14/9 ACC A' Division Carnival 😊		

## 2022 Coaches

<b>Sprints</b>	Monday – Jess Pillera, Wednesday – Yagan Williams, Friday – Jess Pillera
<b>Hurdles</b>	Lyn Foreman
<b>Distance</b>	Marie Armand
<b>Throws</b>	Tim Lyons (Discus and Shot Put) / Michael Reynolds (Javelin)
<b>High Jump</b>	Donna Kolka
<b>Long Jump</b>	Supervising Teacher