

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 Throws Hurdles Long / High Jump	22/6	23/6 Sprints Distance Throws
10	26/6 Sprints Distance Hurdles	27/6	28/6 Throws Hurdles Long / High Jump	29/6	30/6 NO TRAINING <i>Year 7 Pre- Carnival Events</i>
	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
1	17/7 NO TRAINING	18/7	19/7 NO TRAINING	20/7	21/7 NO TRAINING
2	24/7 Sprints Distance Hurdles	25/7	26/7 Throws Long / High Jump NO HURDLES	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 NO TRAINING <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 NO TRAINING Pupil Free Day	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