

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
2	24/7 Sprints Distance Hurdles	25/7	26/7 Throws Long / High Jump NO HURDLES	27/7	28/7 Interhouse Athletics Carnival 🏆 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 John XXIII Day 🎉
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	29/8	30/8 Throws Long / High Jump	31/8	1/9

	Hurdles	Final ACC Team Announced 🏆	Hurdles		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