

***Empowering Coaches through Education***

**ATFCA WA BRANCH**

**Track and Field Coaching practical workshop**

This workshop covers practical activities and correct techniques for sprints, relays, middle distance, race walking, relays, LJ, TJ, HJ, shot, discus and javelin. There are **no pre-requisites** for this workshop, but some familiarity with the sport will be assumed. It supplements the **ATFCA online Foundation Course**. The Foundation course is highly recommended and is available online: please see <https://atfca.com.au/courses/foundation-course/>. It is directed to the processes of coaching, with emphasis on young athletes and novice athletes. It is equivalent to completing AA’s Level 2 course. After doing the Foundation course, coaches can pursue the next course: Event Group Specialist.

Completion of the workshop earns a certificate of completion and those who do the online course as well as the workshop will be accredited as Foundation level coaches.

**Saturday 23rd September 2023**

**(Sat: 8:20 am to 5:45 pm)**

Please arrive by 8.15 am for a prompt start.

Morning and afternoon tea will be provided. BYO lunch is preferable, but shops are close by.

**Venue: Ern Clark Athletics Centre, Wharf St, Cannington, WA**

**Cost is $160 ($30 deposit is required at time of booking. Balance due September 20th)**

[ATFCA WA Branch: BSB 126 582, Account No 01044509]

(Fee includes morning and afternoon teas, presenter’s fees and venue hire)

**Practical workshop includes:**

**○ Basic technical model, rules and drills for all athletic events (except for steeplechase, hammer throw and pole vault, which are covered in depth at the Event Group Specialist Coach Course)**

**○ Warm up and flexibility**

**The online Foundation course includes:**

**○ The role of the coach and the instructional process**

**○ Basic anatomy, physiology, biomechanics and the conditioning process**

**○ Basic program planning and the principles of training**

**○ Access to ATFCA Athletics Coaching App**

**Participant numbers will be limited.** **Please secure your place early**.

**Contact: atfcawa@gmail.com Anne Masters 0407470949**

**Please note:** Workshop includes practical work. Participation is optional but recommended**.**