



Coaching and Education

Each week there will be a number of coaches available to train athletes who are committed to improving their performance. These group training sessions will enable athletes to improve their technique and fitness in their chosen athletic field. To get the most out of training it is advisable that athletes come consistently throughout the season as the skill base will be built upon week by week. All coaches are highly qualified and have Working with Children Checks.

FIELD TRAINING

When: Wednesday from 5.30pm to 6.30pm

Where: Croydon Town Park Track

- **The Coach:** Dennis Parker (Level 1) - Long & Triple Jump
Dennis was a State Triple Jump representative and has competed in National Titles

WALK TRAINING

When: Tuesday from 5.00pm to 6.00pm

Where: Croydon Town Park Track

- **The Coach:** Alan Johnson

TRACK TRAINING

When: Monday & Wednesday from 5.45pm –7.15pm

(End time will vary depending on session level)

Where: Croydon Town Park Track

Session Levels: Beginners, Intermediate & Advanced

- **The Coaches:** Glenn Oakley - Sprint/Relay/Middle Distance (Level 3)
Matthew Oakley - Sprint/Relay (Level 2)
Leigh Murphy – Middle Distance
- *Please refer to the Calendar at the front of the handbook for training dates.*

For more information about training please call

- **Glenn Oakley on 9726 7551 / 0402 330 611**
- **Leigh Murphy on 9726 5979 / 0412 513 997**

