



STEPHEN CAIN & ATFCA WA PRESENTATIONS

TWO SESSIONS

Cost

- ATFCA WA Coaches: \$20.00
- OTHER Coaches: \$40.00
- ATHLETE U18: \$30.00
- FAMILY OF 4 or COACH & 3 ATHLETES: \$100
- ONE SESSION ONLY: \$20.00

Support your ATFCA WA State Branch Association



ATFCA WA BRANCH

RSVP
atfcawa@gmail.com
Before 5th Jan 2018

Payment by EFT or cash

BSB 126 582,
Acc no 01044509
ATFCA WA Branch

Stephen chose the decathlon as his sport when he was a teenager, after several years in Little Athletics. He worked hard on perfecting his techniques and fitness for the ten decathlon events and was selected in the Commonwealth Games team for Glasgow 2014. His performance in Glasgow, fifth overall, was a career highlight.

Steve completed a degree in Exercise and Sports Science in 2006 at Deakin University. He applies his knowledge of sports sciences to his own training and to coaching up and coming track and field athletes. Steve is the current National Junior Coach for multi-events.

FRI JAN 12TH 7PM TO 9PM GROUP DISCUSSION

JOIN US TO FIND OUT WHAT A COMBINED EVENTS ATHLETE'S PROGRAM SHOULD LOOK LIKE.

DEPARTMENT OF SPORT AND REC

Vincent Street
Leederville

and

SAT JAN 13TH 2018 12.30PM TO 4PM PRACTICAL WORKSHOP

JOIN US TO HEAR ABOUT THE VARIOUS ASPECTS OF COACHING MULTI-EVENTS INCLUDING HEPTATHLON AND DECATHLON

MCGILLIVRAY OVAL

McGillivray Rd
Mt Claremont