



## Athleties PD Day

WHEN: FRIDAY 10 MAY 2024

8.30 am-4.30 pm

WHERE: Ern Clark Athletics Centre

Wharf Street, Cannington

COST: \$180

**PAYMENT:** By direct debit – to ATFCA WA Branch: BSB 126 582, Account No 01044509, with participant's name and/or school as reference.

**RSVP:** by Friday 3rd May 2024, to Anne Masters, atfcawa@gmail.com or 0407 470 949

Provides individuals with theoretical & practical information on coaching athletics events. Participants will develop the fundamental movements, techniques and drills for running, hurdling, jumping (LJ, TJ, HJ) and throwing (SP, Jav, Discus) events.

Be inspired by ATFCA WA coaches, for example: Lyn Foreman OAM, IAAF Coach/experienced hurdles coach; Ben Green, IAAF middle & long distance coach; Lindsey Glass 30+ years' experience coaching advanced throwers; Matthew Dean jumps coach with 20 years' experience in track & field; Anne Masters 40+ years coaching Jumps; Lukas Martens 30+ years in track & field.

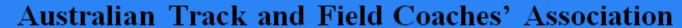
TRBWA: Professional Standards for Teachers in W.A. Professional Knowledge:

Standard 1: 1.1; 1.2; 1.3; 1.5; 1.6: Standard 2: 2.6

**Professional Practice:** Standard 3: 3.1; 3.3; 3.4; 3.5 : Standard 4: 4.1; 4.2; 4.3;

4.4; Standard 5:

Professional Engagement: Standard 6: 6.2; 6.3 : Standard 7: 7.1





12:15-12:45pm Lunch (BYO)

## Athletics PD Day

<u>Draft Program</u> (event order is subject to change)		12:45-1:30pm	Throws - Discus
8:30- 8:45am	Registration and Welcome	1:30-2:15pm	Middle and Long Distance
8:45- 9:45am	Sprints and relays	2:15-2:30pm	Afternoon Tea: Question time*
9:45-10:30am	Hurdles	2:30-3:15pm	Jumps - LJ/TJ
10:30-10:45am	Morning Tea: Question Time*	3:15-3:55pm	Jumps : HJ
10:45-11:30	Throws - Shot	3:55–4:05pm	Questions & feedback
11:30-12:15pm	Throws - Javelin	*Morning and afternoon tea will be provided	