



## Australian Track and Field Coaches' Association

# Athletics 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](mailto: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



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Draft Program (event order is subject to change)

8:30- 8:45am Registration and Welcome

8:45- 9:45am Sprints and relays

9:45-10:30am Hurdles

10:30-10:45am Morning Tea : Question Time\*

10:45-11:30 Throws - Shot

11:30-12:15pm Throws - Javelin

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

12:45-1:30pm Throws - Discus

1:30-2:15pm Middle and Long Distance

2:15-2:30pm Afternoon Tea: Question time\*

2:30-3:15pm Jumps - LJ/TJ

3:15-3:55pm Jumps : HJ

3:55-4:05pm Questions & feedback

\*Morning and afternoon tea will be provided