



Australian Track and Field Coaches' Association

Athletics PD Day

WHEN: TUESDAY 12 MAY 2026

08:45 am - 4:15 pm

WHERE: Ern Clark Athletics Centre

Wharf Street, Cannington

COST: \$160

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 1st May 2026, 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**, experienced IAAF Coach hurdles & sprints; **Raf Baugh**, middle & long distance coach & founder of Front Runner Club; **Allana Wignall**, 30+ years' experience coaching throwers; **Matthew Dean** jumps coach with 20 years' experience in track & field; **Grant Ward**, WAIS coach (throws, combined events) **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)

8:45- 9:00 am Registration and Welcome

9:00 – 10:00 am Sprints and relays

10:00 -10:45 am Hurdles

10:45 -11:00 am Tea break: Question Time*

11:00 -11:45 am Jumps : HJ

11:45 -12:30 pm Middle and Long Distance

12:30 -1:00 pm Lunch (BYO)

1:00 – 1:45 pm Throws - Shot

1:45 – 2:30 pm Throws - Discus

2:30 - 2:45 pm Tea break: Question Time*

2:45 - 3:30 pm Throws - Javelin

3:30 - 4:15 pm Jumps - LJ/TJ

*Morning and afternoon tea will be provided