

## Athletic Coaching Plan - Season 2019/2020

On behalf of the Moorabbin Little Athletics Centre's (MLAC) Executive Committee, I welcome all of our returning junior athletic superstars, along with our newest members as well as all parents and/or guardians, to our home at Bricker Reserve, for the commencement of the 2019/2020 season. This is our second season on Bricker Reserve's resurfaced track. Plans are underway to redevelop the pavilion and enhance our grass infield over the next 3 to 5 year period, which I hope will make our junior athletic superstars' experience even more enjoyable.

I hope that all of our little athletic champions have a lot of fun this season and that the parents of our athletes continue to offer encouragement by getting out there and getting involved with the running of our competition nights each Friday. Never give up, don't stop trying and remember the LAVic mantra of "Fun, Family, Fitness" and their motto "Be Your Best" - the main focus of Little Athletics is to compete against the clock/measuring tape and keep improving (i.e. achieving a Personal Best is more important than where you finish).

As mentioned at last year's AGM, the club's main goal prior to this season was to source specialist coaches and devise a training program that could rival some of the larger clubs in our area, with a view to fully utilising the upgraded track facilities.

We have worked diligently and tirelessly over the past 6 months in engaging coaches with a wealth of experience, who are willing to assist the club in helping our athletes improve. We are now pleased to be able to offer you the following coaching plan for this season.

Kind regards,

Andrew Robinson

President – MLAC

## Introduction

This coaching plan aims to inform Moorabbin Little Athletics Centre's (MLAC) athletes and parents of the specialist coaching opportunities that will be provided for the 2019/2020 season.

## Definitions

Competition Nights: Friday nights

Inclement Weather: (Refer LAVIC policy)

## Specialist Coaching

All registered athletes of MLAC are entitled to participate in foundation athletic skills sessions and/or specialist training, throughout the Track & Field season.

## U6-U8 Age Group

Outside of Friday Night Competition, our U6-U8 athletes are encouraged to attend our foundation athletic skills sessions on Wednesday afternoons. **Please note, Wednesdays are open to all age groups, however, this is the main session for u6 – u8's.**

Foundation athletic skills are delivered in the following disciplines:

- Sprints
- Hurdles
- Throws (discus and shot-put)
- Jumps (long, triple and high)

The foundation athletic skills sessions are delivered by members of the MLAC committee, and/or parents of athletes, who have undertaken the Little Athletics Victoria (LAVIC)

[“Introduction to Coaching Course”](#).

Foundation athletic skills sessions run every Wednesday during the season, from 5:00pm to 6:15pm. **Note:** It is essential that parents and guardians remain at Bricker Reserve whilst their children are training. **Our U6-U8 athletes do not need to enrol in the foundation athletic skills sessions.**

## U9-U16 Age Group

Commencing this season, all MLAC U9-16 athletes will be entitled to one specialist training session, separate from the normal Wednesday night skills sessions, from Mondays through to Thursdays, at Bricker Reserve during the athletic season.

Specialist training sessions will be offered to all of our registered athletes within the following weekly blocks:

**Block 1:** 28 October 2019 to 5 December 2019

**Block 2:** 09 December 2019 to 19 December 2019

20 January 2020 to 13 February 2020

(Note: No training on Australia Day)

**Block 3:** 17 February 2020 to 26 March 2020

To deliver on the above, MLAC has engaged specialist athletics coaches to deliver specific training in the following disciplines:

- Sprints
- Middle Distance
- Hurdles
- Throws (discus and shot-put)
- Jumps (long and triple)
- High Jump
- Javelin

Every U9-16 athlete is entitled to register and attend a single specialist training session during each training block.

Every U9-16 athlete is also entitled to register and attend more than one specialist training session, however, athletes will be levied \$30 for every additional training session per block (i.e. 6 sessions @ \$5 per session).

The training registration form, for Block 1, is contained within Scheduled 2 of this plan. The Club will endeavour to place athletes in their “first preference” session, however, training groups will be limited to 10-12 athletes per session, to give coaches the best opportunity to work one-on-one with athletes, so session allocations will be done on a “first in, first served basis”.

As such, please complete the attached Schedule 2 and return to a committee member ASAP. Alternatively, please e-mail Chris Sharp (Competition Director/Team Manager) at [chris.sharp@cba.com.au](mailto:chris.sharp@cba.com.au), outlining your preferences and/or confirming whether you wish to complete more than the one session per week.

Please note that the Club will ask for expressions of interest, for changes to training groups, approx. 1 week prior to the commencement of the new block.

Please note that any changes to groups, from block to block, will be dependent on spaces being available in the group that you wish to join for each block.

Every MLAC athlete who proposes to attend multiple training sessions must register their preference and pay the training levy in full, before the commencement of each training block.

A coaching timetable is provided within Schedule 1.

### **Inclement Weather**

If a specialist training session is cancelled as a result of inclement weather, the MLAC executive committee and/or the specialist coaches may provide a make-up training session.

## Accreditation

The committee has obtained confirmation of each coach's qualifications/accreditation and/or Working With Children's Check (WWCC) credentials.

## Schedule 1

### Timetable

Time	Monday	Tuesday	Wednesday	Thursday
5:15PM (1 hour)	Sprints	Javelin	Foundation Skills MLAC run	Hurdles
	Throws	High Jump	Javelin	Jumps
6:15PM (1 hour)	Hurdles	Mid Distance Running	Throws	Sprints
	Throws	Jumps	Mid Distance Running	High Jump

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**Schedule 2**

**Specialist Training Registration Form**

**Name:** \_\_\_\_\_

**Age Group:** \_\_\_\_\_

**Preference 1:** \_\_\_\_\_

**Preference 2:** \_\_\_\_\_

**Preference 3:** \_\_\_\_\_

**Do you wish to complete more than one 'free' session per week?**

YES      NO

**If you answered yes, how many additional sessions per week do you wish to pay to attend?**

1      2      3

**If you wish to attend more than one additional session, please provide a further two preferences, in case the Club is unable to accommodate your initial preferences.**

**Preference 4:** \_\_\_\_\_

**Preference 5:** \_\_\_\_\_