

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4-7: Athletics Fun 8-10: Active Athletics 11+: Shotput & Run (Nicole) 11+Adv: Sprints (Heather)		8-10: Active Athletics 11+: Long Jump & Sprint (Troy) 11+Adv: Hurdles (Heather)	Club Meet	1 2
3 AdvT&CE: Discus	4	5 AdvT&CE Javelin 8-10: Active Athletics 11+: Hurdles & Sprints (HV)	6 AdvT&CE: Shot Put	7 8-10: Active Athletics 11+: Javelin & run (Troy) 11+Adv: Hurdles (Heather)	8 Club Meet	9 Pole Vault 8:30-10:30am
10 AdvT&CE: Discus	11	12 AdvT&CE Javelin 8-10: Active Athletics 11+: Discus & Run (Nicole) 11+Adv: Sprints (Heather)	13 AdvT&CE: Shot Put	14 8-10: Active Athletics 11+: High Jump & Sprint Troy 11+Adv: Hurdles (Heather) ANQ CHAMPS nominations close !!!!	15 Last Club Meet of 2017	16
17 Pole Vault 8:30-10:30am	18 School Holidays AdvT&CE: Discus at West Barlow	19 School Holidays AdvT&CE: Javelin at West Barlow	20 School Holidays AdvT&CE: Shot Put at West Barlow	21 School Holidays	22 Athletics North Qld Championships Townsville Sports Reserve Nominate online at	23 Athletics North Qld Championships Townsville <a href="http://www.athleticsnorthqld.org.au">www.athleticsnorthqld.org.au</a>
24 ANQ Championships Townsville	25	26 AdvT&CE: Discus at West Barlow	27 AdvT&CE: Shot Put at West Barlow	28	29	30

PRESENTATION DAY and BBQ LUNCH: SUNDAY 22<sup>ND</sup> OCTOBER from 10:30 am

 <p><b>CAIRNS ATHLETICS</b> TRAINING PROGRAM CONTACT: HEATHER VAUGHAN COACHING COORDINATOR 0448 054 429</p>	All sessions include age appropriate: 1. Speed work 2. Co-ordination 3. Skill & technique instruction 4. Strength & Conditioning 5. Fitness, endurance 6. Stretching Not necessarily in that order or in equal measure.	<b>4-7 years</b> Coach: Nic Sorensen Assistant: Felicia Miles  Tuesday 4:30 to 5pm  Parent/Carer <b>active</b> involvement essential  Cancelled.	<b>8-10 years</b> Coach: Nic Sorensen Assistant: Felicia Miles  Tuesdays & Thursdays 5.15 to 6.15pm	<b>11years +</b> Coaches: Nicole Stroud - Tue Troy Richardson - Thur Heather Vaughan Tanya Phoenix (relief)  Tuesdays & Thursdays 5.15 to 6.30pm	<b>11+ Advanced</b> Coaches: Shane Watson Nicole Stroud Troy Richardson Heather Vaughan  Tuesdays & Thursdays 5.15 to 6.30pm	<b>Advanced Standards</b> Shotput: over 7m Discus: over 20m Javelin: over 20m High Jump: over 1.3m Long Jump: over 4.5m 100m: under 14s hurdles: 80-110m < 18s 400m under 60s 800m under 2 min 30s 1500m under 6mins
		Advanced Throws and Combined Events Training ( <b>AdvT&amp;CE</b> ): Contact: Shane Watson 0417 754 952 or <a href="mailto:wattoincairns@gmail.com">wattoincairns@gmail.com</a>				