

Clinic	Date	Day	Time	Where	For	Age Group	Coach	Credentials
ET Clinic U10 - U12	11, 12 Sep	Sat & Sun	All day	Langford	Parents & Athletes	U10 - U12	WALA	
ET Clinic U13 - U15	18, 19 Sep	Sat & Sun	All day	Langford	Parents & Athletes	U13 - U15	WALA	
Intro To Coaching	3-Oct	Sunday	8.30-4.15pm	Ridgewood	Parents Only		WALA	
Throws	8-Oct	Friday	4.00-6.00pm	Arena	Parents & Athletes	All	Allana Wignall	Level 4 Coach
Middle Distance	17-Oct	Sunday	2.30-4.30pm	Arena	Parents & Athletes	U9 upward	Paul Heywood	
Sprints	22-Oct	Friday	4.30-6.00pm	Arena	Parents & Athletes	All	Jayne Mitchell	International Sprinter
Long Jump	31-Oct	Sunday	2.30-4.30pm	Arena	Parents & Athletes	All	Louise Rao	National Medallist
Relays	7-Nov	Sunday	9.00-11.00am	Kingsway	Coaches	U8 upward	WALA	
Hurdles	19-Nov	Friday	4.30-6.00pm	Arena	Parents & Athletes	U7 upward	Lyn Foreman	Head Coach Track WAIS
Walks	21-Nov	Sunday	9.00-11.00am	Arena	Coaches & Parents	U9 upward	WALA – Jenny McGregor	
High Jump	26-Nov	Friday	4.00-5.30pm	Arena	Parents & Athletes	U10 upward	Anne Masters	