

## 2021-2022 TRAINING DAY AND TIMES

COMMENCING MONDAY 20<sup>TH</sup> SEPTEMBER 2021

Age Based Training	Day	Start	Finish	Coach
U6 Girls	Tuesday	4.30pm	5.30pm	Michael
U6 Boys	Tuesday	4.30pm	5.30pm	Michael
U7 Girls	Wednesday	4.30pm	5.30pm	Joel
U7 Boys	Wednesday	4.30pm	5.30pm	Aubrey
U8 Girls	Wednesday	4.30pm	5.30pm	Bec
U8 Boys	Wednesday	4.30pm	5.30pm	Brendan
U9 Girls	Thursday	4.30pm	5.30pm	Jay
U9 Boys	Thursday	4.30pm	5.30pm	Izzy
U10 Girls	Thursday	4.30pm	5.30pm	Ria
U10 Boys	Wednesday	5.00pm	6.00pm	Natalie
U11 Girls	Monday	5.30pm	6.30pm	Anthea
U11 Boys	Tuesday	5.30pm	7.00pm	Micky
U12 Girls	Thursday	5.00pm	6.00pm	Makeisha
U12 Boys	Thursday	5.15pm	6.15pm	Nyree
<b>U9 to Seniors – Event Based Training</b>				
Middle Distance	Tuesday	4.30pm	5.30pm	Ben
<b>U10 to U12 – Event Based Training</b>				
Sprints/Hurdles	Monday	4.30pm	5.30pm	John
<b>U13 to Seniors – Event Based Training</b>				
Discus and Shotput	Monday	5.00pm	6.30pm	Janno/Jenna
Sprints	Alt Monday	5.30pm	7.00pm	John
Water Training *HBF Arena Pool*	Alt Monday	7.00pm	7.30pm	John
Javelin	Tuesday	5.00pm	6.30pm	Jenna
Hurdles	Wednesday	4.30pm	5.30pm	John
Sprints	Wednesday	5.30pm	7.00pm	John
Long and Triple Jump	Tuesday	5.00pm	5.45pm	Brodie
High Jump	Tuesday	5.45pm	6.30pm	Brodie

Subject to change or cancellation due to weather  
Updates will be posted on Joondalup Little Athletics Facebook Page