

RACE WALKING COACHING CLINIC

Date: Sunday 18th October

Venue: George Knott Reserve – Collingwood LAC
Heidelberg Road, Clifton Hill **Mel Ref:** 30 G12

Duration: 10.30am – 12.30pm 3 rotations in total.

Cost: **FREE** to registered **U9 – U15** athletes **ONLY**.
PLACES LIMITED TO 50 ATHLETES.

Coaches: Current JDS Coaches, plus a special guest elite athlete, **JESS ROTHWELL** – Australia’s brightest rising star in Race Walking will be taking athletes through some of her drills.

Clinic includes: All athletes will receive expert coaching during this comprehensive clinic in Race Walking. Along with skills training, the athletes will receive advice on preparation, clothing, hydration and nutrition.

Athletes of all abilities are invited to attend.

What to bring: Full training kit, hat, sunscreen, drink bottle, lunch and snacks. Make sure you bring along something for Jess to sign!

Information regarding the course please contact

Shane Bertrand on 9676 3600 or shane.bertrand@vlaa.asn.au

Cut along the dotted line and return Registration Details to

Victorian Little Athletics Association, Locked Bag 1011, Port Melbourne 3207 VIC or Fax (03) 9676 3601

REGISTRATION DETAILS

Date: Sunday 18th October

Venue: Collingwood

Athletes Name: _____ Male Female

Age Group: 9 10 11 12 13 14 15 Centre: _____

Address: _____

Suburb: _____ Postcode: _____

Email: _____ Mobile: _____

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