

### **Proposed 2009-10 Coaching Schedule**

Table 2 below provides the dates and times of the coaching and training sessions available at Chapman Oval. Any change is at the absolute discretion of the Head Coach and will be advised in the website and on the mornings of competition.

Coaching and training sessions are structured for the U8 and above age groups and although younger age groups may attend they are to be accompanied by an adult.

Events eg hurdles, high jump, javelin within each discipline is at the discretion of the relevant coaches.

Requests for a specific event should be directed to the Head Coach on the competition day prior to the session.

**Table2 – Coaching Schedule**

DATE	DAY	DISCIPLINE	TIME	LOCATION
14OCT09	WEDNESDAY	SPRINTS AND THROWS	5.30-7PM	CHAPMAN OVAL
21OCT09	WEDNESDAY	SPRINTS AND JUMPS	5.30-7PM	CHAPMAN OVAL
28OCT09	WEDNESDAY	THROWS AND JUMPS	5.30-7PM	CHAPMAN OVAL
04NOV09	WEDNESDAY	SPRINTS AND THROWS	5.30-7PM	CHAPMAN OVAL
11NOV09	WEDNESDAY	THROWS AND ENDURANCE	5.30-7PM	CHAPMAN OVAL
18NOV09	WEDNESDAY	SPRINTS AND JUMPS	5.30-7PM	CHAPMAN OVAL
25NOV09	WEDNESDAY	SPRINTS AND THROWS	5.30-7PM	CHAPMAN OVAL
02DEC09	WEDNESDAY	SPRINTS AND JUMPS	5.30-7PM	CHAPMAN OVAL
09DEC09	WEDNESDAY	THROWS AND ENDURANCE	5.30-7PM	CHAPMAN OVAL
03FEB10	WEDNESDAY	THROWS AND ENDURANCE	5.30-7PM	CHAPMAN OVAL
10FEB10	WEDNESDAY	SPRINTS AND JUMPS	5.30-7PM	CHAPMAN OVAL
17FEB10	WEDNESDAY	SPRINTS AND JUMPS	5.30-7PM	CHAPMAN OVAL
24FEB10	WEDNESDAY	SPRINTS AND	5.30-7PM	CHAPMAN OVAL

		THROWS		
03MAR10	WEDNESDAY	THROWS AND JUMPS	5.30-7PM	CHAPMAN OVAL
10MAR10	WEDNESDAY	SPRINTS AND JUMPS	5.30-7PM	CHAPMAN OVAL
17MAR10	WEDNESDAY	SPRINTS AND THROWS	5.30-7PM	CHAPMAN OVAL