



*Empowering Coaches through Education*

## **ATFCA WA BRANCH**

### **Track & Field Events Coaching Workshop 2025**

#### **Workshop (Practical) Includes:**

- Basic technical model of all athletic events (except for steeplechase, hammer throw and pole vault, which are covered at the Event Group Specialist Coach Courses)
- Practical drills to assist in the conditioning process
- Warm up and flexibility

There are no pre-requisites for this course, but some familiarity with the sport will be assumed.

#### **Workshop 2025**

**Sun Oct 5 Track events (9 am – 4 pm) and Sun Oct 12 Field events (9 am – 4 pm)**

Tea / coffee breaks will be provided

BYO lunch is preferable (due to limited time), but options to buy are available close by.

**Venue: Inglewood Little Athletics Centre, Dianella Reserve # 3 Alexander Drive, Dianella, WA**

(Parking access is by taking the first left turn after the intersection of Morley Drive and Alexander Drive, when travelling east along Morley Drive (before you get to Light St))

**Cost of this workshop is \$160 for both days; \$100 if attending only one day.**

**ATFCA WA Branch BSB: 126 582; Acct no. 01044509.**

**Contact: Anne Masters, 0407 470 949 (text message preferred) or [atfcawa@gmail.com](mailto:atfcawa@gmail.com)**

**Please note:** This workshop is practical in content. Participation is optional but recommended.

There is also an **online Foundation Course run by ATFCA national office** (please see website <http://atfca.com.au>). The online Foundation Coaching course covers the processes of coaching, with particular emphasis on young novice athletes. Fee is separate from that of the workshop and includes track and field events, role of the coach, safety & the law, conditioning, the instructional process, basic biomechanics, anatomy & physiology, program planning, coaching manual & discounted ATFCA membership fee to the end of 2025.

This relatively new course includes all the elements of the previous ATFCA Level 1 course and some components of the previous Level 2. It is somewhat equivalent to AA's Level 2 course. After the completion of the online Foundation course, participants may pursue the next course: Event Group Specialist in sprints & hurdles or middle & long distance or throws or jumps.

The workshops described above supplement/support the online Foundation coaches' course.

