

Toowong Harriers - Little Athletics Coaching Calendar - September to December 2019			
October 2019			
TWH Little Athletics Coaching - Thursday, 3 October 2019 @ Jack Cook Park			
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, parents	Bruce Jones, Ross Anderson
TWH Little Athletics Coaching - Sunday, 6 October 2019 @ Jack Cook Park			
8:00am - 11:00am	Self supervised training - all equipment available	All ages, parents present	Supervising: Darryn Bryant
9:00am - 10:00am	Shot Put	U9 & U10	Des Davies
10:00am - 11:00am	Shot Put	U11 +	Des Davies
TWH Little Athletics Coaching - Tuesday, 8 October 2019 @ Jack Cook Park			
3:30pm - 4:30pm	Distance running	Ages U9+	Karen Wallace Freeman
4:30pm - 5:30pm	Fitness Circuit / Long Jump	U7 & U8	Denise Sheehan
4:30pm - 5:15pm	Group 1: High Jump Scissors	U9 & U10	TBC
4:30pm - 5:15pm	Group 2: Shot Put	U11+	Denitza Genova
5:15pm - 6:00pm	Group 1: Shot Put	Ages U9+	Denitza Genova
5:15pm - 6:00pm	Group 2: High Jump Flop	U11+	TBC
TWH Little Athletics Coaching - Thursday, 10 October 2019 @ Jack Cook Park			
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, parents	Bruce Jones, Ross Anderson
TWH Little Athletics Coaching - Sunday, 13 October 2019 @ Jack Cook Park			
8:00am - 11:00am	Self supervised training - all equipment available	All ages, parents present	Supervising: Doug Logan
9:00am - 10:00am	Long Jump	U9 & U10	Lauren Murry
10:00am - 11:00am	Triple Jump	U11 +	Lauren Murry
TWH Little Athletics Coaching - Tuesday, 15 October 2019 @ Jack Cook Park			
3:30pm - 4:30pm	Distance running	Ages U9+	Karen Wallace Freeman
4:30pm - 5:30pm	Sprints / Shot Put	U7 & U8	Denise Sheehan
4:30pm - 5:15pm	Group 1: Sprints	U9 & U10	Acceleration
4:30pm - 5:15pm	Group 2: Discus	U11+	Denitza Genova
5:15pm - 6:00pm	Group 1: Discus	Ages U9+	Denitza Genova
5:15pm - 6:00pm	Group 2: Sprints	U11+	Acceleration
TWH Little Athletics Coaching - Thursday, 17 October 2019 @ Jack Cook Park			
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, parents	Bruce Jones, Ross Anderson
TWH Little Athletics Coaching - Sunday, 20 October 2019 @ Jack Cook Park			
8:00am - 11:00am	Self supervised training - all equipment available	All ages, parents present	Supervisor: Ross Anderson
9:00am - 10:00am	High Jump	U9 & U10	TBC
10:00am - 11:00am	High Jump	U11 +	TBC
TWH Little Athletics Coaching - Tuesday, 22 October 2019 @ Jack Cook Park			
3:30pm - 4:30pm	Distance running	Ages U9+	Karen Wallace Freeman
4:30pm - 5:30pm	Fitness Circuit / Discus	U7 & U8	TBC
4:30pm - 5:15pm	Group 1: Hurdles	U9 & U10	Denise Sheehan
4:30pm - 5:15pm	Group 2: Long Jump	U11+	Peter Kolb
5:15pm - 6:00pm	Group 1: Long Jump	Ages U9+	Peter Kolb
5:15pm - 6:00pm	Group 2: Hurdles	U11+	Denise Sheehan
TWH Little Athletics Coaching - Thursday, 24 October 2019 @ Jack Cook Park			
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, parents	Bruce Jones, Ross Anderson
TWH Little Athletics Coaching - Sunday, 27 October 2019 @ Jack Cook Park			
8:00am - 11:00am	Self supervised training - all equipment available	All ages, parents present	Supervisor: Trudy Lennox
9:00am - 10:00am	Discus	U9 & U10	Des Davis
10:00am - 11:00am	Discus	U11 +	Des Davis
TWH Little Athletics Coaching - Tuesday, 29 October 2019 @ Jack Cook Park			
3:30pm - 4:30pm	Distance running	Ages U9+	Karen Wallace Freeman
4:30pm - 5:30pm	Relays / Long Jump	U7 & U8	TBC
4:30pm - 5:15pm	Group 1: Relays	U9 & U10	Denise Sheehan
4:30pm - 5:15pm	Group 2: Javelin	U11+	Peter Kolb
5:15pm - 6:00pm	Group 1: Discus	Ages U9+	Peter Kolb
5:15pm - 6:00pm	Group 2: Relays	U11+	Denise Sheehan
TWH Little Athletics Coaching - Thursday, 31 October 2019 @ Jack Cook Park			
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, parents	Bruce Jones, Ross Anderson