

Coach	Event	Where?	When?	Age Group/s
Kevin and Kirsty	Sprints Middle Distance Cross Country	Adcock Park	Tuesday 4 - 5pm Thursday 4 - 5pm	6 -17
Chris Jones	Cross Training and sprints	Terrigal Beach Skillion, Terrigal	Wednesday 5 - 6pm F Alternate weeks	Beach 6 - 17 Skillion 11 - 17
Chris Taylor	Middle Distance General Fitness	Adcock Park Rumbalara Reserve	Sunday 9am Times to be advised	12+ 12+
Frank Lauren (Tues.) Damian	Walks Sprints Middle Distance Long Distance Long Jump	Adcock Park	Tuesday 6 - 7.30pm Thursday 6 - 7.30pm	12+ And siblings of 12+ athletes
Mandy	Discus Shot Put	Adcock Park	Tuesday 6 - 7.30pm	6 - 17

Any inquiries please ring Kirsty Flaherty our Coaching Coordinator on 0402 266 897