

# Golden Grove Little Athletics Centre

## 2011/2012 Training Schedule Season (up to 19 December)

The training schedule is subject to change as per the number of coaches that are available on that night and weather conditions.  
If extremely hot, training may start later. Please text Cherie on 0438084187 if unsure.

Monday 17 <sup>th</sup> October 2011	Discus Triple Jump for U/11 and older, Long Jump for younger children Running
Monday 24 <sup>th</sup> October 2011	Shot Put High Jump Running
Monday 31 <sup>st</sup> October 2011	Hurdles Javelin for U/12 and older, discus for younger children Race walking
Monday 7 <sup>th</sup> November 2011	Triple Jump for U/11 and older, Long Jump for younger children Shot Put Running
Monday 14 <sup>th</sup> November 2011	High Jump Discus Relay practice for U/9 and older
Monday 21 <sup>st</sup> November 2011	Relay practice for U/9 and older, Long Jump for younger children Javelin for U/12 and older, Shot Put for younger children
Monday 28 <sup>th</sup> November 2011	<b>Relay practice for IGA State Relay day – please attend if you are selected for a relay team</b> Discus Race walking
Monday 5 <sup>th</sup> December 2011	High Jump Shot Putt Running
Monday 12 <sup>th</sup> December 2011	Javelin for U/12 and older, Shot Put for younger children Triple Jump for U/11 and older, Long Jump for younger children Running
Monday 19 <sup>th</sup> December 2011	Fun training – vortex throwing, elastics, sticks and fun races