

Club Coaching

In the first instance, GLAC encourage athletes and their families to engage in Club Coaching. Club Coaching teaches the fundamentals of Run, Jump & Throw as well as developing friendships within the sport:

Athletics Chilwell

Mondays 4.00 - 5.00pm (athletes aged 11-14yrs) John Landy Field, Geelong.

Coach: Callum Kirsopp (AA level 1).

Athletes aged 8-11yrs to contact: chilwellittleaths@yahoo.com

East Geelong

Thursdays 4.15 - 5pm, John Landy Field, Geelong.

Coach: Jodie Thomas (ITCC).

Geelong Guild

Wednesdays 5.00 - 6.00pm, Deakin University Athletics Track.

Coach: Michael Thomas (Level 1 ATFCA).

Grovedale

Wednesdays 4.30 - 5.30pm, Torquay Primary School, Grossmans Rd, Torquay.

Coach: Joel Grist (ITCC).

Leopold

Wednesdays 4:30 - 5:30pm, Leopold Primary School.

Coach: Wayne Visser (AA Level 2 Int Club Coach).

Manifold

To be confirm.

Please see: <https://www.facebook.com/ManifoldLAC>

Ocean Grove / Barwon Heads

Mondays 4.30 - 5.30pm, Village Park at the back of Bop Bop Korong.

Coach: Bec Dalton (AA level 1).

Peninsula

Tuesdays 4:30 - 5:30pm, Drysdale Primary School Oval.

Coach: Andy Booth.

South Barwon

Thursdays 4.30 - 5.15pm, John Landy Field, Geelong.

Coach: Peter Walsh (ITCC).

Event Specific Coaching

Once athletes have developed a solid foundation in athletics, they may want to specialize in a specific event group. There are a number of specialized event coaches in Geelong that may extend their services to young athletes. In most cases, they are certified with AA (Athletics Australia) and/or ATFCA (Australian Track & Field Coaches Association) and have signed Child Protection policies with their accredited bodies.

The below list of coaches is by no means exhaustive however each of these listed coaches has signed off on the Geelong Little Athletics Centre Child Safe Code of Conduct.

SPRINTS, HURDLES

Gerry Consedine – 0419 721 848

ATFCA Level 2 Hurdles, Sprints, Relays and Middle distance.

Email: gconsedine@ozemail.com.au

SPRINTS, JUMPS, JAVELIN

Cindy Holzer – 0403 594 299

AA Level 2 Adv Sprints, Relays and Hurdles. IAAF Kids Sporting Schools, Youths Aths Leader

**** Fees apply ****

Email: ctholzer@bigpond.net.au

Facebook: [Surf Coast Athletic Coaching](https://www.facebook.com/SurfCoastAthleticCoaching)

HORIZONTAL JUMPS, SPRINTS

Dr Nick Hodgson – 0419 104 076

IAAF Level 3 Coach Jumps & AA Level 2 Adv Coach Sprints, Relays and Hurdles ****Fees apply****

Email: drnick@superhealthy.com.au

Facebook: www.facebook.com/geelongjumpers/

SPRINTS

Mary McDonald – 5229 3920 Mobile: 0490 549 740

12yrs + AA Level 2 coach

Email: athletics.chilwell@gmail.com

SPRINTS, MIDDLE DISTANCE, ATHLETES with a DISABILITY

Richard Colman

12yrs + ****Fees apply**** AA Level 2 coach

Email: richard@colman.com.au

HIGH JUMP

Tim Jarman - 0477 083 858

AA Level 1 coach

Email: toni@ncable.net.au

JAVELIN, DISCUS, SHOT PUT

Wayne Visser – 0400 991 156

AA Level 2 Intermediate Club Coach **** Fees apply ****

Email: wayne.visser@natr.com.au

MIDDLE / LONG DISTANCE/ CROSS COUNTRY

Darren Riviere – 0422 667 087

AA Level 2 coach – Middle and long distance. IAAF Kids Sporting Schools, Youths Aths Leader

** Fees apply **

Email: dazcazlib@gmail.com

Website: darrenathleticscoaching.com

Graeme Watkins - 0412 336 479

AA Level 3 coach - Middle and long distance. ** Fees apply ** 11yrs +

Email: giwatkins@iinet.net.au

MIDDLE/LONG DISTANCE, STEEPLECHASE, CROSS COUNTRY, WALKS

Lisa Verstraten - 0402 234 814

AA Level 4 coach - Middle & long distance, steeplechase, cross country, walks

** Fees apply ** 12 yrs +

Email: thevers@bigpond.com

Further details regarding event specific coaches can be found at: <http://icoach.athletics.com.au> or <http://www.atfca.com.au/findcoach.ews>

GLAC Coaching Program

Relay Coaches

The GLAC Committee will consider applications and appoint coaches for the overall needs of the Centre and athletes. Those interested in being a GLAC Coach are required to complete the GLAC Coaching Agreement.

See also list of junior and senior coaches on the Geelong Athletics (Seniors) www.geelongathletics.org/contacts/CoachesInTheGeelongRegion

Learn more about coaching via introductory online Coaching courses:

- www.playbytherules.net.au/interactive-scenarios/free-online-training
- www.ausport.gov.au/participating/coachofficial/generalprinciples/community_coaching_general_principles

ITCC hands on courses run by LAVic

LAVic provide courses to help participants become better placed to assist children to perform basic athletic skills – see LAVic website for more details.

www.lavic.com.au/Education-Training/Coaching/Introduction-to-Coaching-Course-ITCC

If you have any queries or require any further information, please contact Cindy Holzer (Coaching Coordinator) at: geelongcoaching@lavic.com.au or 0403 594 299.