



ATHLETICS WELLINGTON COACHING COURSES 2015

Athletics Wellington is offering clubs a variety of course and workshop opportunities this season. Details here and online at:

<http://www.athleticswellington.org.nz/Schools/Coaching-Courses>

SUMMARY OF COURSES AVAILABLE

IAAF Level 2 Coaching Course FULL COURSE 2015 @ \$250 (covers all five weekend courses and the two IAAF Coaching Manuals)

Important Information - please note: If you want to complete and gain the IAAF Level 2 Qualification you need to register for all 5 modules held over 5 weekends by Friday 12 June at the latest (theory 1, theory 2, run, jump, throw). However, you if you would prefer to register for any of these weekend modules individually you will receive an Athletics Wellington Coaching Certificate for each module you attend rather than the IAAF Level 2 Qualification. A list of all five modules are listed below. If you have any questions relating to this please contact Jo Murray on 021 976116 or jo@athleticswellington.org.nz

Venue: Newlands Intermediate, Bracken Road, Newlands

To book for the full IAAF Level 2 Coaching Course of 5 weekends click on this link [ENTER HERE](#)

IAAF Level 2 Coaching Courses 2015 @ \$50 per person per module

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Sat 27 & Sun 28 June 2015: Theory 1 @ \$50 per person

Includes: Orientation, Coaching Philosophy, Skills of Coaching, Developing the Athlete, Developing Fitness, Warm Up and Cool Down, The Fundamentals of the Throws, The Fundamentals of the Jumps, Planning, Developing Technical Skills, Use of Free Weights, Flexibility Training

To book for this module click on this link [ENTER HERE](#)

Sat 11 & Sun 12 July 2015: Theory 2 @ \$50 per person

Includes: Developing a Safe Environment, Race Walking, Developing a Healthy Diet, Mental Skills, Middle Distance, Combined Events, Written Exam on Basic Theory Part 1 and Basic Theory Part 2

To book for this module click on this link [ENTER HERE](#)

Sat 25 & Sun 26 July 2015: Run @ \$50 per person

Includes: Fundamentals of Running, The Warm up and Cool Down, Conditioning, Developing Flexibility, Sprint Starts, Sprints, Hurdles, Relays, Walks, Middle Distance, Steeplechase

To book for this module click on this link [ENTER HERE](#)

Sat 8 & Sun 9 August 2015: Jump @ \$50 per person

Includes: Fundamentals of the Jumps, The Warm Up and Cool Down, Conditioning, Developing Flexibility, High Jump, Long Jump, Triple Jump, Pole Vault
To book for this module click on this link [ENTER HERE](#)

Sat 15 & Sun 16 August 2015: Throw @ \$50 per person

Includes: Fundamentals of the Throws, The Warm up and Cool Down, Conditioning, Developing Flexibility, Shot Put, Discus Throw, Javelin Throw, Hammer Throw
To book for this module click on this link [ENTER HERE](#)

Sat 29 & Sun 30 August 2015: Reserve Weekend for IAAF Level 2 if required

Presenter: Mark Harris, IAAF Level 1 and Level 2 Lecturer
The supporting lecturers will be George McConachy and Ed Fern
All tests and testing processes will be completed

Venue for all modules above: Newlands Intermediate, Bracken Road, Newlands

IAAF Kids Athletics Coaching Course: @ \$30 per person (discounts for club groups)

This training course is not the full IAAF Level 1, but will contain some presentations from the course to enable you to better understand how this programme works and how it could fit into your club structures. The aim will be to give you further confidence to train and prepare young children for Kids' Athletics competitions (7-12y old) but also provide the 'bridge' to 'real' athletics. You will become more familiar and confident to take the kids through the youth programmes of training and competition relevant to their needs.

*Introduction to Kids Athletics - Implementation of Kids Athletics - Kids Athletics Events - Kids Athletics Equipment - Setting up a Kids Athletics Event - Running a Kids Athletics Event
Review of Kids Athletics Event*

Saturday 29 August 2015: 1 Day Course on the programme and some theory
To book for the Kids Athletics Coaching Course on 29 August click on this link [ENTER HERE](#)

Saturday 12 Sept 2015: 1 Day Course on the programme and some theory (repeat)
To book for the Kids Athletics Coaching Course on 12 September click on this link [ENTER HERE](#)

Venue: Newlands Intermediate, Bracken Road, Newlands

Presenter: Mark Harris

If any school wishes to have a 3-hour practical course on this programme they can book that directly with Mark Harris

Athletics NZ Run Jump Throw Course: @ \$30 per person (discounts for club groups)

Sunday 18 and Sunday 25 October 2015: 1 day Run Jump Throw Course (6 hours) – theory and practical

Presenters: Mark Harris, Andrea Williams and Shaka Sola
Venue: Newtown Park, Wellington

Run Jump Throw is based on the philosophy that the development of skills, in a fun environment, is the key to participation. Sports Skills and other physical activities should be modified to suit the physical, intellectual and emotional development of athletes.

Emphasis is on the development of fundamental movement patterns, and is the foundation to correct movement techniques. This course is aimed at people who will be organising and teaching/coaching Run Jump Throw lessons and Athletic Sports Events within your club environment.

It offers a chance to explore a traditional physical activity setting with a clear focus on quality experiences for all athletes. This course relates closely to the current thinking as represented through the Physical Activity and Active Schools Initiatives.

Topics covered are:-

- The Philosophy Towards children in Sport
- The concept of Run Jump Throw
- Growth & Development
- Fair Play
- Coaching Tips
- Skills Approach
- The Dangers of early Specialisation
- Walking Skills
- Running Skills
- Jumping Skills
- Throwing Skills
- Equipment

To book for the Athletics NZ Run Jump Throw Course on 18 October click on this link [ENTER HERE](#)

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If any school wishes to have a 3-hour practical course on this programme they can book directly with Mark Harris.

CONTACT DETAILS

Jo Murray, Athletics Wellington:
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Mark Harris, IAAF Level 1 and Level 2 Lecturer:
mark@maharris.co.nz or 021 300 380 or 06 3786384