

Mark Andrea Training Systems



MARK HARRIS

Mark was an experienced middle distance runner who represented New Zealand at the World Student Games twice. Mark's career has seen him employed as High Performance Manager for New Zealand Squash and Cycling New Zealand. He has also lectured at UCOL on their sports course (sports practical) and nursing courses (human biology).

Mark is an internationally and nationally certified athletics coach and is endorsed by the IAAF with Level 3 Sprints and Hurdles and as a lecturer for Level 2 Multi Events and Level 1 Kids Athletics.

For Athletics New Zealand Mark is certified as a Master Coach for Run Jump Throw (the only person in the whole Wellington region).

Ready to Run Jump Throw

This athletics based programme is designed to support people of all abilities who are looking for a little help to run jump or throw faster longer and further and considered the basis for many sports. The aim is move faster, increase distance or add some variety to your current fitness programme.

Run Jump Throw was developed as part of the Kiwisport education programme, a skills based programme. While the emphasis is on skill development, we will be looking to do some training to better our chances when we are looking to compete.

IN CLASS TIME PROGRAMME

We can run programmes in the school that supports the teacher and provides them with professional development at the same time.

To be effective we recommend 6 sessions (2 on each of running, jumping and throwing) but are totally flexible and will work with the school to meet their needs. By the end of the programme, kids will be able to better understand a more efficient running technique, relay running, the power position for throws and proper jumping and landing techniques.

COSTS

60min class (45mins teaching time)

\$25.00 per class

Mileage \$0.45 per km

CONTACT DETAILS

+64 6 378 6384 ph

+64 21 300 380 mob

mark@maharris.co.nz email

More Info www.maharris.co.nz