

Gisborne Little Athletics presents

Wednesday night Track & Field Training

COMMENCES 14 OCTOBER 2009

- ◆ learn correct technique
- ◆ improve performance
- ◆ gain confidence
- ◆ have fun

A great opportunity for
Gisborne Little Athletic
participants to learn from
qualified coaches in:
sprints - hurdles
discus - shot put
javelin - high jump
long jump - triple jump

Date: Commencing every
Wednesday from 14 October until
16 December 2009

Time: 4.00 pm until 6.00 pm

Venue: Dixon Field, Gisborne

Cost: \$50 payable in advance*

**Qualified Australian Track and
Field Coaches:**

- ◆ Nicole Wilson - Level 2
Sprints & Hurdles Coach
- ◆ Leanne Hume - Level 2
Throws Coach
- ◆ Helen Monger - Level 2
Jumps Coach

**Contact Helen Monger on email
warie67@yahoo.com or telephone
5428 8804 for bookings and inquiries**

*NOTE: Fees are \$50.00 payable in advance which covers the duration of the training program until Christmas. A further program may also take place for the post Christmas season. Sessions missed due to non attendance will not be reimbursed or made up. Gisborne Little Athletics has subsidised this program for its members and as such the training program is being offered at extremely reduced fees to members.