

WCLAC COACHING AND TRAINING SESSIONS

SEASON 2025-26

Saturday 9 – 11am: Events selected from U9 and above
Age Group Programs

Weekday sessions are for U9 and above and will be
available, unless cancelled:

Commencing 27 October – 17 December 2025;

Commencing 02 February – 11 March 2026.

Monday:

4-5pm specialised coaching / training (400m, 800m and
1500m)

5.15-6.30pm Sprints

Tuesday:

4-5pm Horizontal Jumps (alternating through weeks
Long, Triple)

5.15-6.30pm Throws (alternating through weeks Shot,
Discus, Javelin)

Wednesday 4-5pm specialist coaching / training
Hurdles (selected distances)

NOTE: The Head Coach reserves the right to change the events listed above for any coaching / training session and to cancel any coaching / training session due to weather or other reasons. Notice of cancellation will be given to members as early as possible.