

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:

Dates: 27 October – 17 December 2025

2 February – 3 March 2026.

Monday:

4-5pm Specialised Coaching (400m, 800m and 1500m)

5.30-6.30pm Sprints

Tuesday:

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

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

Wednesday 4-5pm Specialist Hurdles Coaching by request only and based on availability of the Coach.

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 via Facebook. If forecast temperature is over 30°C, then training will be cancelled.