

# ATHLETICS

## School Holiday Coaching Clinic

for ages 9 and above

Kym Miller

Coach of

- **National Champions** in Multi Events (Heptathlon and Decathlon), High, Long and Triple Jump. National Medallists in Hurdles and Javelin.
- **Squad Members** in National Under 20 Multi Event and National U17 Camps 2007.
- **Many State Champions and Medallists.**

6 WEEKS of Tuesdays, Wednesdays and Thursdays  
15th December – 21st January

10am – Noon

BOYS

1pm – 3pm

GIRLS

Events covered –

Sprints, Hurdles, Middle Distance  
Long, Triple and High Jump  
Shot Put, Discus and Javelin.

ENFIELD ATHLETICS CLUBS  
ST ALBANS RESERVE, CHESTER AVENUE, CLEARVIEW

send application form to

Kym Miller

12 Radford Avenue Clearview

or email [kymmiller@y7mail.com](mailto:kymmiller@y7mail.com)

or phone or txt 0408 448 454

abn 49 342 438 863

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APPLICATION FORM

Name \_\_\_\_\_ DOB \_\_\_\_\_ M / F

Address \_\_\_\_\_

Contact Phone \_\_\_\_\_ email \_\_\_\_\_

Sessions	December	January
Tuesday	15 22 29	5 12 19
Wednesday	16 23 30	6 13 20
Thursday	17 24 31	7 14 21

Please Circle

( ) Sessions x \$15 = \$ \_\_\_\_\_ payments can be made at first training session  
 SESSIONS WILL BE CANCELLED IF LESS THAN 4 ATHLETES ARE BOOKED IN FOR A SESSION  
 \*\*\*\*\*Holiday Coaching Special 18 sessions for \$220\*\*\*\*\*  
 or see reverse for other discounted bulk session payments

Squad training sessions are available all year round, for further information contact Kym on

kymmiller@y7mail.com or  
 phone or txt his mobile 0408 448 454

2009 2010 Squad Training Fees

PAYMENT PER SESSION

\$15 per 2 hour session  
 \$70 for 5 sessions  
 \$170 for 13 sessions

PAYMENT PER MONTH (Squad Members Only)

\$100 1 month  
 \$260 3 months  
 \$450 6 months  
 \$800 12 months

INDIVIDUAL SPECIALIZATION SESSION \$60 per hour

Training at Coaching Clinics rotate through events

Day	Date	1 <sup>st</sup> Event	2 <sup>nd</sup> Event	3 <sup>rd</sup> Event
Tues	15/12	Sprint	Long Jump	Shot Put
Wed	16/12	Hurdles	Triple Jump	Discus
Thurs	17/12	Middle Dist	High Jump	Javelin
Tues	22/12	Middle Dist	Long Jump	Discus
Wed	23/12	Sprint	Triple Jump	Javelin
Thurs	24/12	Hurdles	High Jump	Shot Put
Tues	29/12	Hurdles	Long Jump	Javelin
Wed	30/12	Middle Dist	Triple Jump	Shot Put
Thurs	31/12	Sprint	High Jump	Discus
Tues	5/1	Sprint	Long Jump	Shot Put
Wed	6/1	Hurdles	Triple Jump	Discus
Thurs	7/1	Middle Dist	High Jump	Javelin
Tues	12/1	Middle Dist	Long Jump	Discus
Wed	13/1	Sprint	Triple Jump	Javelin
Thurs	14/1	Hurdles	High Jump	Shot Put
Tues	19/1	Hurdles	Long Jump	Javelin
Wed	20/1	Middle Dist	Triple Jump	Shot Put
Thurs	21/1	Sprint	High Jump	Discus

Each event will be broken down and done in sequential actions to teach the correct technique. This will involve games that teach but also entertain the athlete.

Due to the nature of group training sessions, athletes will need to have the ability to stay focussed on the task. If unable to maintain focus, parents will be notified at the end of the session, this is only to ensure quality of training of the group which will not be sacrificed for any individual's personal needs.

Bring warm clothes, drink, hat and spikes or running shoes.

Please eat healthy meals before and after training to get the full benefit of this coaching clinic.

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