



COACHES 2011

SPRINTS

| Coach | Contact | Venue | Days | Times |
|----------------|---------------------------------|-----------------------------------------------------------|---------------------|------------------------------------|
| Santo Lantieri | earthworkssanto@optusnet.com.au | George Knott Athletic Field Heidelberg Rd Clifton Hill | Tuesday Thursday | 5.30pm – 7:30pm 5.30pm – 7:30pm |
| | | | | |

JUMPS

| Coach | Contact | Venue | Days | Times |
|-----------------------------------------------------------------------------------------|----------------------|-----------------------------------------------------------|-----------------------|-------------------------------------------------------|
| Grant Sargent | granths@iinet.net.au | George Knott Athletic Field Heidelberg Rd Clifton Hill | Tuesday Sunday | 5.00/5.15pm – 7.00/7.15pm 10.00am – 12.00pm |
| Grant is a Level 4 Coach accredited with Athletics Australia and a member of the ATFCA. | | | | |

POLE VAULT

| Coach | Contact | Venue | Days | Times |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|-----------------------------------------------------------|---------|-----------------|
| Chris Boylen | brenda@rabbit.com.au | George Knott Athletic Field Heidelberg Rd Clifton Hill | Tuesday | 5.30pm – 7:00pm |
| Pole vault training is being conducted by level 2 jumps coach Christopher Boylen. No previous experience needed. Beginners and experienced vaulters welcome. | | | | |

GENERAL TRACK & FIELD SESSIONS

| Coach | Contact | Venue | Days | Times |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------------------------------------------|---------|-----------------|
| Troy Kameme | t.kameme@gmail.com | George Knott Athletic Field Heidelberg Rd Clifton Hill | Tuesday | 4.30pm – 6:00pm |
| Level 1 Accredited Athletics coach Troy Kameme conducts general track and field training sessions every Tuesday from 4.30.. All members of the public are welcome. | | | | |

GENERAL TRACK & FIELD SESSIONS

| Coach | Contact | Venue | Days | Times |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------|---------------------|------------------------------------|
| Steve Griffiths | GRIFFITHS.STEPHEN. R@EDUMAIL.VIC.GO V.AU | George Knott Athletic Field Heidelberg Rd Clifton Hill | Tuesday Thursday | 4.30pm – 6:00pm 4.30pm – 6:00pm |
| Level 1 Accredited Athletics coach Steve Griffiths conducts general track and field training sessions every Tuesday from 4.30.. All members of the public are welcome. | | | | |

MIDDLE DISTANCE

| Coach | Contact | Venue | Days | Times |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------|---------|-----------------|
| Robert Barnes | rbamaterials@bigpond.com | George Knott Athletic Field Heidelberg Rd Clifton Hill | Tuesday | 6:00pm – 7:00pm |
| <p>Rob is a current AA/AV Level 2 Accredited Club Coach generally on Tuesdays 6.00 pm onwards and at any other time by arrangement. Rob specialises in middle distance, but will coach generally, as required.</p> | | | | |

MIDDLE TO LONG DISTANCE – JUNIORS U14 – U20

| Coach | Contact | Venue | Days | Times |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------|-----------------|
| Patrick O’Keefe | patrick.okeefe@rmit.edu.au 0406 783 512. | George Knott Athletic Field Heidelberg Rd Clifton Hill | Monday | 6.00pm – 7.00pm |
| <p>These sessions are designed specifically for junior athletes competing in middle distance and distance events. Athletes of all abilities will benefit from these sessions, which teach the fundamentals of distance running in a fun and friendly environment. Patrick O’Keefe is a Level 1 Accredited Athletics coach.</p> | | | | |

MIDDLE TO LONG DISTANCE – BEGINNER TO INTERMEDIATE

| Coach | Contact | Venue | Days | Times |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------|---------------|
| Liam Delany | liam@vigor.net.au www.vigor.net.au | George Knott Athletic Field Heidelberg Rd Clifton Hill | Thursday | 6.30 – 7:30pm |
| | | Venue confirmed with a weekly email update from Liam. | Sunday | 8am |
| <p>Liam Delany leads a beginner to intermediate session on Thursday nights from the club rooms 6:30-7:30pm. The session involves a warm up run to the Yarra bend park or on the track if it's bad weather. Brief stretch and run throughs then efforts catering for all abilities e.g. the faster runners do more/further, then warm down run and stretch to finish. It's impossible to be too slow and everyone is welcome. Once you have tried it out Liam charges \$77 for the whole year, this pays for Liams coaching expertise and time and dedication to the regular training sessions. This will also include regular emails about social Sunday runs to be held from the Collingwood Club house or nearby Sate/National Parks. These sessions are the perfect way to get your speed session in and get technique advice and help to ensure you don't get injured.</p> | | | | |

COLLINGWOOD HARRIERS GROUP TRAINING LONG DISTANCE – ALL WELCOME

| Coach | Contact | Venue | Days | Times |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------|----------|-------------|
| Tony Hally | tony.hally@scu.com.au | George Knott Athletic Field Heidelberg Rd Clifton Hill | Thursday | 6.15 – 7.30 |
| <p>Each Thursday night from 6.15 a group of the Collingwood Harriers distance runners meet for a friendly, but structured session at the track. Sessions last about an hour and are arranged on the spot according to who is there and what their training plans are. We would like to extend a warm welcome to anyone interested in coming along, whether your an accomplished runner or a new starter. Indeed new starters may appreciate running with friendly, experienced runners who can help with training queries away from the pressure of personal trainers. We hope to see you there.</p> | | | | |

Collingwood Harriers have qualified and experienced coaches. Training is available for all abilities.

COACHING FEES

- Some coaches charge a coaching fee.
- Collingwood Harriers does not involve itself in any financial arrangement between coach and athlete.
- Athletes / Parents / Coaches are expected to clarify and formalise any financial arrangements prior to the commencement of coaching.