

HEAD USA COACH TRAINING SESSIONS AT WALLSEND

Tom Hays Head jumps Coach at University of Kansas and Sprints Coach will visit Wallsend Athletic Club for training sessions.

Tom has been involved with USA Olympic athletes, World Junior Championship, many USA National University Champions

Wallsend athletes have the opportunity to be advised and coached by one of the USA respected Track & Field Coaches, who brings a vast knowledge of the current US coaching techniques. Wallsend Club offers an open invitation to promising and potential athletes registered with Little Athletics or ANSW to attend any of the sessions

TOM HAYS TRAINING SESSIONS FEDERAL PARK WALLSEND

THURSDAY	8th DECEMBER	POLE VAULT	6.00—8.00
FRIDAY	9th DECEMBER	SPRINTS	4.30 – 6.30
.		JUMPS	6.30—8.00
SATURDAY	10th DECEMBER	PORT HUNTER ZONE CHAMPIONSHIP	
.			10.00—12.30
.		POLE VAULT	6.30—8.00
SUNDAY	11th DECEMBER	PORT HUNTER ZONE CHAMPIONSHIP	
.			10.00—12.30
MONDAY	12th DECEMBER	WALLSEND CLUB COMPETITION	
.			5.30—8.30
TUESDAY	13th DECEMBER	JUMPS	4.30—6.30
.		POLE VAULT	6.30—8.00
WEDNESDAY	14th DECEMBER	SPRINTS	4.00—5.30
.		THROWS	5.30---6.30
.		JUMPS	6.30—8.00
THURSDAY	15th DECEMBER	SPRINTS	4.00—6.00
.		POLE VAULT	6.00—8.00
FRIDAY	16th DECEMBER	SPRINTS	4.00—5.30
.		THROWS	5.30—6.30
.		JUMPS	6.30—8.00

IF WET WEATHER SESSIONS WILL STILL BE HELD IN THE CLUBHOUSE