

Dear Members,

Pre-season training has begun and is progressing along as expected so far.

We already have some good consistent attendance mainly from our Under 9, Under 10 , Under 12 and Under 14's but, the numbers have been low.

Now is the perfect time to improve your child's technique in running, throwing and jumping and to assist them to be their best, in preparation for and right throughout the season.

Please come down to Duncan Mackinnon on Tuesday and Thursdays as our professional coaches would love to see many more athletes in attendance.

When our athlete numbers increase, so will the number of coaches and the variety of training available.

In the near future we will be extending our track conditioning program to include jumps, throws, hurdles and distance running.

So parents get your child down for at least one of the training nights and let's get ready for another great season full of PB's.

Warm up at 4:45pm, coaching 5:00pm – 6:00pm. For safety reasons a parent or guardian must be in attendance at all times.

Please contact me on 0422 049 036 with your thoughts on training sessions and attendance and what's ahead for the year.

See you at the track!

*Ronnie Carothers*  
Head Coach