

**QHLAC Season Training Program for 2009/10**

Group 'Warm Up' Session begins 6.30pm sharp

First training night is 15th September 2009

Event Specific Training Available	Middle Distance Running	Sprinting/Fitness	Long Jump	Throwing - Shot Put and Discus
	Walking	Hurdles / Sprints	High Jump	
Group Training - Basic Skills -Run, Jump & Throw.	This is available each <b>Tuesday and Thursday</b> night for under 6 and 7 age groups - until further notice - various coaches available.			

**Available Coaches / Trainers**

Name	Night Available	Event	Contact No.	Coaching Accreditation
Luke Gemmell	Thursday - 6:30 pm	Sprinting / Hurdles / Fitness / Middle	0419 239 852	Level 1
Lorenzo Bergamin	Tuesday & Thursday 6:30 pm	All Specific Events	9626 8409	Level 0
Ray Berwick	Tuesday - 6:30 pm	Sprinting / Hurdles	0412 677 653	Level 0
Scott Douglas	Most Tuesday's- 6:30 pm	All Specific Events	0400 391 935	Level 0
Vince DeFabrizio	Tuesday - 6:30 pm	Long Jump / Sprints	0438 296 957	Level 0
Peta Turner	Tuesday - 6:30 pm	Group Training for U/6 & U/7 age groups only	9837 8906	Level 0
Kelly Thompson	Tuesday - 6:30 pm	Group Training for U/6 & U/7 age groups only	NA	Level 0
kylie Hutchings Mangion	Thursday - 6:30 pm	Group Training for U/6 & U/7 age groups only	NA	Level 0