

Coaching at the Collingwood Athletics Centre

Do you want to learn how to run, walk, jump or throw like the best athletes in Australia?

Our coaches will help you achieve your goals regardless of your current ability or fitness level.

Each of our coaches is accredited by Athletics Australia and are specialists in different events and disciplines.

At Collingwood, we cater for all ages, levels of fitness and experience. So, if you want to give a few different events a try we'll help you work out what works best for you.

Most of our coaches run both squad and personalised training sessions so you can work out which type of training suits your schedule and your budget.

Coaching fees: coaching fees vary depending on each coaches' qualifications, experience and personal philosophy. You will need to discuss individual coaching fees with the coach you intend to train with.

For little athletics, training for children aged 5 – 15 is held each Tuesday from 4.30 – 5.15pm (April – July) and 5.00 – 6.00pm (August – March). Coaching is included in Collingwood Little Athletics Centre's membership fees. Children are welcome to "come & try" free of charge for several weeks before deciding whether to join the centre.

Coaching days/times: the main training days at Collingwood are Tuesday and Thursday evenings. Extra coaching sessions are conducted by some coaches to cater for specialist events and training needs.

Over the page is a table that gives an overview of our coaching team and their specialist events and training times.

For further enquiries regarding coaching at Collingwood Athletics Centre please contact our coaching coordinator Andrew Dawson.

Collingwood Harriers Athletic Club

Andrew Dawson

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COLLINGWOOD HARRIERS ATHLETIC CLUB

"The Athletics Club for Everyone."



Coach	Events/Disciplines	Training Days	Training Times
Adam Garganis	Walks	Tues & Thur	From 5.00pm
Grant Sargent	Long & Triple Jump	Tues & Sun (am)	From 5.00pm & 10.00 am Sun
Christopher Boylen	Pole Vault	Tues, Thur & Sat (am)	From 5.00pm & 10.00 am Sat
Andrew Dawson	Sprints /Hurdles/Relays Strength/Power	Mon-Thur	From 5.00pm
Liam Delany	Long Distance, Cross Country, Recreational Running	Mon, Wed, Thur & Sun	Weeknights from 4.30pm & Sundays from 8.00am
Steve Griffiths	Middle/Long Distance & Cross Country	Tue & Thur	From 4.30pm
Campbell Maffet	Middle & Long Distance + Recreational Running	Mon & Thur	From 5:50pm
Tom Hancock	Throws (August – April)	Thur	From 4.30pm
Bronwyn Hill	Middle Distance, Cross Country, Recreational Running	Wed	6.30pm
Alexandra Jones	Little Aths	Tues	From 5.00pm
Emily Williams	Little Aths + Multi Events	Tues	From 5.00pm
Helen Shortell*	Little Aths, Cross Country, Multi Events & Walks	Tues	From 5.00pm
Scott Lovell	Little Aths + Multi-Events	Tues, Thur & Sun (am)	From 5.00pm & 9.30am Sun
Tony Dell	Little Aths + Multi Events	Mon, Tues & Thur	From 5.00pm
Jim Sayer	Middle Distance/Sprints	Tue, Thur & Sun	From 5.00pm & Early AM Sun
Lachlan Sayer	Little Aths + Middle Distance/Sprints	Tues	From 5.00pm
Eugene Nemesi	Little Aths + Middle/Long Distance	Tues & Thur	From 5.00pm
Chiara Santiglia	Little Aths + Sprints	Tues	From 5.00pm
Grace Young*	Little Aths, Cross Country, + Walks	Tues	From 5.00pm
Mikaila Young*	Little Aths, Cross Country, + Multi Events	Tues	From 5.00pm

* From 4.15pm between April – July for cross country