WKAC – SUMMER SCHEDULE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **U13’s upwards (Year 6 +)**  **30mins of track + 30mins of field** | | | |
| Date | Track | Choice of field events | | |
| April 20th | Sprints or Endurance | Long Jump | Shot put |
| April 27th | Hurdles | Javelin |
| May 4th | High Jump | Discus/Hammer |
| May 11th | Pole Vault | Shot Put |
| May 18th | Long Jump | Javelin |
| May 25th | Hurdles | Discus/Hammer |
| June 1st | Long Jump | Shot Put |
| June 8th |  |  |
| June 15th | Hurdles | Javelin |
| June 22nd | Long jump | Discus/Hammer |
| June 29th |  |  |
| July 6th | High Jump | Shot Put |
| July 13th | Hurdles | Javelin |
| July 20th | High Jump | Discus/Hammer |

|  |  |  |
| --- | --- | --- |
|  | **U9’s + U11s (Year 1-5)**  **30mins each** | |
| Date | 1st event | 2nd event |
| April 20th | Discus | Hurdles |
| April 27th | Javelin | Endurance |
| May 4th | Hammer throw | Sprinting |
| May 11th | Long jump (yr. 1,2,3,4)  Pole vault (yr. 5) | Hurdles  (Together) |
| May 18th | Shot Putt | Endurance |
| May 25th | High Jump | Sprinting |
| June 1st | Discus | Hurdles |
| June 8th |  |  |
| June 15th | Long Jump | Endurance |
| June 22nd | Pole Vault | Sprinting |
| June 29th |  |  |
| July 6th | High Jump (Meet in hall) | Hurdles |
| July 13th | Hammer throw | Endurance |
| July 20th | Long Jump | Sprinting |

U9’s + U11’s

The U9’s & U11’s will be split in to 2 separate groups when possible if numbers allow.

These sessions will be led by a WKAC coach who will go round each event with that group.

U13’s +

These sessions have a lot of freedom in.

Everyone does 1 of the 2 set track sessions for half of the session (either an endurance or speed session).

Once these are completed, athletes then choose 1 of the 2 field events supervised.

This allows more quality coaching of the athletes past the initial basic level, as they will be doing the events they enjoy more regularly.