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.