

## ***A Preview of the June 5<sup>th</sup> Workshop Sessions***

**Relays** continue to be an important part of our international success, a great club activity at ‘Shield’, and a giant part of VLAA and School T&F programs. So we are very keen to highlight relays by bringing the very best local, technical advice to our members via the June 5<sup>th</sup> program. ***This workshop should appeal to a very wide number of coaches and also to school PE and sports team staff. VLAA centres and schools sports staff should make every effort to have their relay coaches attend this session.***

Hopefully, attendees will go back to their schools, clubs and centres with a reinvigorated focus towards the preparation of sprint relay teams for next summer’s competitions.

**Next month’s Hammer workshop** will once again feature analysis and technical information presented by **Bryan Neighbour**, along with special video excerpts from a Hungarian based coaches clinic by WR holder **Youri Sedykh**. In Part 2 there will be an on-field presentation by demonstration, of technique and teaching methods by Geelong coach **Pavlo MILINEVSKYY (PB: 76m)**.

Pavlo has a Masters Degree in Sport, was a Ukrainian athlete, and was also coached by the great Soviet hammer coach and Olympic Champion, Professor **Anatoly Pavlovich Bondarchuk** (Ukrainian: Анатолій Павлович Бондарчук).

This is a rare opportunity to actually see some of the teaching methods used by the Soviets in the 1970-1990s that led to the Eastern Block’s world leadership in this event for the last 40 years.

In June, our own **Mr Jumps**, the honorable John Boas OA, will present a **workshop on the long and triple jump events**. John’s session will follow on from his 2009 session (ie, Long Jump). For the 22 who squeezed into his 2009 session, we have promised John a much larger room.

Over the next two months, the endurance event workshops will focus on **Cross-Country**. **June’s presenter will be internationally renowned Richard Huggins**, and in July it will be followed by cross-country in schools, approached as a winter sport - presented by Stephen McMahon (Haileybury College Sports Coordinator). The report provided by Stephen on the 2010 World Schools Cross Country Competition can be found via the news item.

Although cross-country is a dynamic feature of our sport, specific coaching and program organisation is rarely addressed – hence the need to run these workshops. Clients for these sessions should include:

- endurance event coaches;
- school PE and sport coordinators; and,
- VLAA Centre cross-country coaches and coordinators.

***At present we are not permitted to forward advertising to schools so we are relying on members to do some local promotion.***

**George Aber** will present a short session on **training in the heat** as a curtain-raiser for the Cross-Country session (June 5<sup>th</sup>). George has a medical degree, trained and competed in the USA and in recent years has coached in South Australia and Victoria. George's background is in the longer distance events and has personally experienced the adverse effects of severe heat and the need for a management strategy in both training and competition.