

A Wrap Up of the May 8th Workshop

Thank you everyone for your support of the May installment of our coaching Winter Workshop Series.

The numbers were down on last year's workshops, primarily because of limited advertising; a problem that will persist while we can rely on advertising support for the series only from the VLAA web site, our own web site and our own email data base. Nevertheless about 40 attended the three event-group sessions.

Our Branch has written to Michael Poulton (National Coaching Manager, Athletics Australia) requesting advertising support via the AA web site, so hopefully we will receive an affirmative response within a week or two.

The Sprints session presented by **Steve Gaffney** (plus technical support by **Mike Donato**), was an adapted presentation from Steve's 2010 presentation to ATFCA Level 4 candidates and will be followed next month by a ***Sprints Relay Workshop*** by well known VLAA and ATFCA coaches, **Steve Cowburn and Neville Down**. *Steve Cowburn's article on relays is available on this site, under 'Coach Resources'.*

It was noted that for the **Hammer Throw Workshop** we had almost as many athletes as coaches attend. Hammer throw addicts already know about the event's apparent complexity and at the same time, its simplicity, but for novices it is both a fascinating and for a while, quite bewildering event. This was the first of two hammer workshops scheduled this winter (ie, May and June).

The teaching video used in the May workshop featured leading USA HT coach and Olympian Jud Logan can be purchased online, via Ebay, for approximately AU\$35. For extra details, email Bryan.

The presence of a number of novice hammer throwers and experienced athletes continues to demonstrate the increasing interest of athletes in these workshops. Although this has been noted for some time, it has prompted us ***to make it more obvious in advertising - that athletes are also very welcome at our winter workshops.***

The Walks session was presented by first-time presenter Shane Bertrand and included both his own presentation and a presentation based on a video-recorded session by Simon Baker. For an event that only has two rules, it is possibly the most debated event in the Road and T&F programs.

Shane did a great job and true to form it 'ran' well overtime (9:00-12:45). The theory and practical session were also filmed and will be used by VLAA as part of their new teaching DVD. Rumour has it that it will also be featured at the 2011 Cannes Film Festival. Great job Shane.

The advertised pre-recorded interview with Simon Baker was not shown as it had excessive background sound and will be re-recorded ASAP and presented at a later date.