

Mount Isa Athletics



PRESS RELEASE

16 April 2014

The eight new coaches of the Mount Isa Athletics Club were put through their paces on Sunday afternoon when more than 40 budding athletes converged on Sunset Oval for a kid's athletics competition.

The competition was the final part and assessment for Mount Isa's eight new athletic coaches that had just completed the two day IAAF "Kids Athletics" coaching course which is reasonably new to Australia but already operational in over 70 countries worldwide. Kids Athletics is a game based competition which teaches the fundamentals of athletics. The Mount Isa kids got to try out a few of the events such as the F1 race track, X-hop, Squat Jump and Vortex while battling it out for points in an effort to rein supreme at the end of the day.

The new coaches Michael Bracs, Joe Butterworth, Danielle Cuthbert, Paul Smith, Brianna 'Thor' Smith, Joshua Scott, Erin Faithful and Carmen Preston can now, if they wish, enter the second phase of learning and be mentored by the club's two resident level 3 coaches, David 'Coach Awesome' Scott and Ken Dickson and once competent apply to be fully accredited Level 1 athletic coaches.

Club President and Coach David Scott said "It will be great to have extra coaches on board this year. We are currently the 3rd biggest athletics club in North Queensland and frankly I sometimes struggle with the numbers at training when Ken is on shift"

"The Kids Athletics format will work in well with our club for training the younger athletes and they will have a great time doing it" Scott continued.

It will be all hands on deck on Wednesday 23rd April when the club holds its first full training day from 4.00pm at Sunset Oval. The season will then slip into full swing on Saturday the 26th at 2.00pm with the first club day of 2014.

For any interested parents there will also be a "Parent Event Orientation" on Tuesday 22nd April from 4.00pm where the club coaches will run through things such as the correct way to run events, how to measure, event rules ...etc. The sessions are designed for the adults to get a better understanding of the events and not a coaching session for the kids. The coaches will also share a bunch of coaching tips on how to get the best out of the kids when competing.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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