

## Tavistock athletic club- Junior coaching calendar 2023

DAY OF WEEK	EVENT	TIME	AGE GROUP
<b>MONDAY</b>			
	Run, jump, throw	5-6pm	School Y2-5
	Endurance (2 groups)	6.15-7.15pm	School Y6+
<b>TUESDAY</b>			
	Run, jump, throw	6.15-7.15pm	School Y6 and Y7
	Sprints, hurdles, long jump	5-6pm	School Y8+
	Run, jump, throw	6.45-7.45pm	School Y8-9
	Javelin	5.30-6.30pm	School Y8+
	Shot	6-7pm	School Y8+
	Event specific-Sprints & hurdles	7-9pm	School Y8+
	Event specific -Hammer & Discus	5.30-7pm	School Y7+
<b>WEDNESDAY</b>			
	Run, jump, throw	5-6pm	School Y2-5
	Endurance	6.16-7.15pm	School Y8+
<b>THURSDAY</b>			
	Run, jump, throw	6.00-7.00pm	School Y6 and Y7
	Sprints, hurdles, long jump	6-7pm	School Y8+
	Endurance	6.15-7.15pm	School Y6-8
	Throws, jumps	5-6pm, 6-7pm	School Y8+
	Event specific-Sprints & hurdles	7-9pm	School Y8+
	Event specific -Hammer & Discus	5.45-7.15pm	School Y8+
<b>SATURDAY</b>			
	Event specific -Hammer & Discus	9.30-11pm	School Y8+
	High Jump (spring & summer)	10.30-11.30am	School Y8+
	Event specific - hammer	11-12pm	School Y8+

