

2011-12 E.L.A.C. COACHING PANEL

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On behalf of all our Coaches may I extend a big “Welcome” to all athletes for season 2011-2012 - It is hoped that we will achieve our goal by offering **Quality Coaching** together with **Fun and Friendship**.

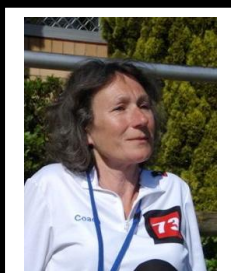


Maureen Reynolds : D.O.C.

**International & Senior Coach Level 5 ATFCA .
Specialist in Hurdling and Sprinting up to 800 metres
Victorian Institute of Sport Panel Coach 2001 – 2003
Ages coached U/10 to Open Ph: 9379 7482 Mob: 0412 945 111**

Donald McLaren:

**Level 3 Coach A.A.
Events covered Walks, Distance and Throws. Coaching Juniors all ages.
Don has a wonderful approach to his teaching and his experience makes him a great asset to the Club.**



Susi Strasser:

**Level 3 Coach A.A.
All events covered - Juniors all ages.
Susi's depth of knowledge in all areas with children in sport makes her an invaluable member of our team.**



GENERAL INFORMATION

Essendon Little Athletics Centre is proud to have a group of Qualified Coaches who are willing to assist in the creation & polishing of its members.

This education covers a wide range of age groups and Coaches are on location at the track,

Mondays and Wednesdays - 5pm onwards.

All teaching is "group based" whether it be general or specialist in nature.

Essendon Little Athletics Centre prides itself by placing emphasis on creating a "Quality" environment for the Novice to Elite member.

Susi Strasser & Don McLaren

Susi and Don are both providing excellent and varied evenings and provide a wide range of events.

Sessions are well attended and new members are welcomed each week.

"There is always much to do with Susi & Don and athletes can't wait to get to training"

Specialist Work Maureen Reynolds

There is also specialist work for U/10 to – U/18 on a regular and allocated session basis.

There is no fee for allocated sessions however bookings are required as personnel & schedules have to be organised.

For further information, please feel welcome to contact at anytime,

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F.A.Q.s

CAN I LEARN TO RUN FASTER, OR, IS SPEED A NATURAL GIFT ? – Answer - Sometimes it is a natural gift, but for the majority of athletes, the Coach can manufacture, or - "craft," them.

WHY IS THIS SO? - With many people, talent is hidden within the body - but because it could lay upside down and back the front - it lies dormant and unrecognisable. However, with Coaching, we have the ability to *read body language* and alter body programming.

IS THIS A DIFFICULT TASK, AND CAN I DO IT MYSELF BY READING FOR INSTANCE? - No, this is definitely a hands on task and requires not only knowledge but physical and repetitive firing patterns of the Neuromuscular Nervous System. The N.N.S is the system responsible for the production of speed. In other words, the brain needs to be retrained and it not only takes a lifetime to learn how to do this - but the teaching curve will vary with each individual athlete

SHOULD I DO WEIGHT TRAINING TO GAIN STRENGTH FOR MY RUNNING? - It depends on the age, build, and ability of the individual. However for Juniors, I can answer this with a definite "No" - as hypertrophy (over-enlargement of muscle fibres) is to be avoided with young athletes at all costs. A muscle will work *faster*, if it gains in strength - but *does not gain in size*. This latter type of strength takes much longer in adapting to, but the adaptation is far more sound, as opposed to the hypertrophy method, which although can be produced in a matter of weeks, can disappear as quickly as it came. Many athletes who do not understand the pitfalls of hypertrophy, actually get too big for their bone structure and side-effects can include, - becoming sluggish, decreased range of movement, and loss of elasticity

I WAS RUNNING REALLY WELL LAST YEAR BUT THIS YEAR I APPEAR TO BE SLOWING – WHY? Remember that young people are always growing and changing in body size and mass. Every year the young body evolves further and sometimes it just can't cope with the new loading of muscle groups, nerve firing patterns and change of bone structures. It will take time to get used to this new loading capacity so don't panic.

HOW MANY DAYS PER WEEK SHOULD I TRAIN? It is widely recommended by the ATFCA that juniors should not train more than twice per week.

For juniors under 12 years of age the recommendation is once per week for 1 hour.

WHY DO I WEAR SPIKES AND WHAT IS THEIR PURPOSE? Spikes are made for pure speed. The purpose of spikes is to stop the over-rotation of the feet and ankles as an athlete sprints. In doing so it minimises contact time on the ground. It is very important that you only wear your spikes to race, or train for speed repetitions. When training at sub maximal pace – the constant wearing of spikes will lead to injury – so put your well padded joggers on to warm up/ do repetitions/ or large training loads

BLOCKS – WHY DO I NEED THEM?

Blocks are there to provide horizontal velocity after overcoming inertia (resistance to movement).

Blocks permit the subject to project their centre of gravity forward and "make use" of a falling body action. This falling forward naturally, breaks the resistance to movement and creates momentum by using the subjects own body weight in the positive acceleration mode.

HELPFUL HINTS

1. Never mix "Quality & Volume" of work together.
2. Just because you appear slow at the start of a race does not necessarily mean you accelerate slowly. Try checking your reaction time to the gun – sometimes it is this simple to rectify a poor start.
3. Very young athletes are not capable of utilising the lactic system and tend to run aerobically. Remember this when selecting a training tool.
4. When adding up your speed repetitions, on average they should not exceed 350 metres in total distance covered for the session.