|  |  |  |
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|  | **Magill Little Athletics Training Schedule** |  |
|  | ***October 2019:*** |  |  |  |
|  |  |  |  |  |
| Wednesday | 16th October 2019 | High Jump – U/8 – U/10 (Scissor) | Rebecca Hunter | 5pm – 5.45pm |
|  |  | Walks | Shane Danaher | 5pm – 5.45pm |
|  |  |  |  |  |
| Thursday | 17th October 2019 | Discus | Al Dundas | 5.15pm – 6pm |
|  |  |  |  |  |
| Wednesday | 23rd October 2019 | Speed Endurance work | Shane Danaher | 5pm – 5.45pm |
|  |  | High Jump – U/11+ (Flop) | Rebecca Hunter | 5pm – 5.45pm |
|  |  |  |  |  |
| ***Mon - Sat***  | ***28th Oct – 2nd Nov 2019*** | ***Relay Team Training*** | ***As organised with Team Coach (Shane & Rebecca)*** |   |
|  |  |  |  |  |
| Thursday | 31st October 2019 | Javelin | Al Dundas | 5.15pm – 6pm |
|  |  |  |  |  |
|  | ***November 2019:*** |  |  |  |
|  |  |  |  |  |
| Wednesday | 6th November 2019 | Triple Jump | Shane Danaher |  5pm – 5.45pm |
|  |  | High Jump U/8 – U10 (Scissor) | Rebecca Hunter | 5pm – 5.45pm |
|  |  |  |  |  |
| Thursday | 7th November 2019 | Shot Put | Al Dundas | 5.15pm – 6pm |
|  |  |  |  |  |
| ***Mon - Sat***  | ***10th – 15th Nov 2019*** | ***Relay Team Training*** | ***As organised with Team Coach (Shane & Rebecca)*** |  |
|  |  |  |  |  |
| Wednesday | 20th November 2019 |  High Jump U/11+ (Flop) |  Rebecca Hunter |  5pm – 5.45pm |
|  |  | Sprints |  Shane Danaher | 5pm – 5.45pm |
|  |  |  |  |  |
| Thursday | 28st November 2019 | Discus | Al Dundas | 5.15pm – 6pm |
|  |  |  |  |  |
| ***Mon - Sat***  | ***24th – 29th Nov 2019*** | ***Relay Team Training*** | ***As organised with Team Coach*** |  |
|  | ***December 2019:*** |  |  |  |
|  |  |  |  |  |
| Wednesday | 4th December 2019 | Long Jump | Rebecca Hunter | 5pm – 5.45pm |
|  |  | Speed Endurance work | Shane Danaher | 5pm – 5.45pm |
|  |  |  |  |  |
|  |  |  |  |  |
| Thursday | 5th December 2019 | Javelin | Al Dundas | 5.15pm – 6pm |
|  |  |  |  |  |
| ***Sunday*** | ***8th December 2019*** | ***From Coaches Selections – Relay Teams Announced*** |  |  |
|  |  |  |  |  |
| ***Mon - Sat***  | ***9th – 14th Dec 2019*** | ***Final Relay Team Training*** | ***As organised with Team Coach*** |  |
|  |  |  |  |  |
| *Thursday*  | *12th December 2019* | *Shot Put* | *Al Dundas* | 5.15pm – 6pm |
|  |   |  |  |  |
| ***Any Changes Will*** | ***Be Informed Via Team*** | ***App*** |  |  |