

TITANS PROGRAM

Validus: strong, mighty, powerful, exceeding

Perficio: perfeci: perfectum: to do thoroughly, accomplish, bring about



Welcome to TITANS Track & Field

Mission: to promote the benefits of an active lifestyle and give opportunities for success.

Encourage self-discipline, goal setting and responsibility for your own actions.

Coach Level 4 Gold

Events: 100m to 800m

Squad: girls and boys from 12 years of age upwards to adults

Affiliations: Saints Athletics Club Inc, Athletics Australia, Athletics SA, Australian Track and Field Coaches Association

Program:

1. Coaching program from beginner to elite
2. The opportunity to succeed in the sport of athletics
3. Controlled testing and skill assessment
4. Fitness tests
5. Sequential and developmental learning of athletics
6. Opportunity to compete at local, State, Interstate and International Events
7. Offer bi-annual overseas tours to the USA
8. Fun, fitness and friendship

Expectation of Athletes

- Try you best
- Listen and respect your coach
- Respect the rights of others to train and be treated equally
- Enjoy learning and perfecting skills
- A commitment to training
- Arrive on time for training sessions
- Not to cut training sessions short
- Inform me if you have an injury or illness before the commencement of your training session
- Phone or message me if unable to attend a training session
- Correct attire and footwear must be worn
- Use appropriate and non-offensive language
- Always present yourself professionally at competitions
- Never, never give up!



Coaching Fee: \$100.00 per month

The monthly fee of \$100.00 is required to be paid on the first Tuesday of every month.

Payment by either cash or direct bank transfer

Alternatively, fees may be paid half yearly or seasonally.

Cash payment: Athletes should put their payment in a sealed envelope with their name written clearly on the

front.

If you wish to pay your fees via bank transfer, bank account details will be supplied.

Should an athlete start training in the middle of the month a negotiated fee will be charged.

Training Attendance:

I plan an athlete's program around the number of hours the athlete is training. If an athlete continually misses training sessions, it is very difficult to prepare them to be successful for competition.

Should you be unable to train due to illness or for any other reason, you must advise me prior to the start of training either by phone or text message to my mobile.

Punctuality:

Punctuality is essential. All athletes must be ready to start training on time.

Warm-up is an essential part of training. Athletes should arrive 10 minutes before the commencement of training with full drink bottles ready to start on time.

Athletes who arrive late must report to me before commencing training.

Conclusion of Training:

At the end of a training session, all athletes must report to me before they can leave. This is both for safety reasons and a chance to brief any athlete on details regarding upcoming competitions and possible race strategies.

