



Ocean Grove Barwon Heads Little Athletics Club (Inc.)  
Bop Bop Karrong Barwon Heads (Kornoo),  
Barwon Heads Village Park,  
Geelong Road (East),  
Barwon Heads, VIC 3227

*Postal Address:*  
PO Box 231, Ocean Grove, VIC 3226

**ABN: 12 328 350 227**

## **Season 19/20 Training Schedule: Barwon Heads Village Park**

Training sessions will be held on Thursday nights 4.30-5.30 at the Village Park at the back of Bop Bop Korong (Kindergarten)

Each session we will focus on 1-2 events with some running training also. Below is a guide only; sessions may change as requested or if we have specialist coaching available.

See 'Team App.' for updates and changes.

Parents are asked to assist with activities please.

<b>Date</b>	<b>Program Focus</b>
Thursday 10 <sup>th</sup> October	Starting and Shot Put
Thursday 17 <sup>th</sup> October	Discus and Long Jump
Thursday 24 <sup>th</sup> October	Javelin and Triple Jump
Thursday 31 <sup>st</sup> October	Hurdles
Thursday 7 <sup>th</sup> November	High Jump, Starting
Thursday 14 <sup>th</sup> November	Discus and Long Jump
Thursday 21 <sup>st</sup> November	Shot Put and High Jump
Thursday 28 <sup>th</sup> November	Javelin and Triple Jump
Thursday 5 <sup>th</sup> December	Hurdles and Starting
Thursday 12 <sup>th</sup> December	TBC