

RLAC coaching roster 2016/17

			23-Nov	30-Nov	7-Dec	Christmas break	18-Jan	25-Jan	Ryde Games	1-Feb	8-Feb	Regional Carnival	15-Feb	22-Feb	1-Mar	8-Mar
Following Saturday's program			Week 1	Week 2	Zone carnival no competition at Dunbar		Week 2	Ryde Games		Week 1	Regional Carnival Mod Prog - No Points		Week 2	Week 1	Week 2	Week 1
coach	age group		School holidays													
TUESDAYS																
Tristan Tall	under 11s and older	5.30pm	long/triple	long/triple	long/triple		away	long/triple		long/triple	long/triple		long/triple	long/triple	long/triple	long/triple
WEDNESDAYS																
Dani Zepeda	U11 and younger	5.30pm	J long jump	J long jump	J long jump		away	away		J long jump	J long jump		J long jump	J long jump	J long jump	J long jump
Melissa Chandler and Katrina Lyon	u9s to under 12s	5.30pm	J Sprints	J Sprints	J Sprints			J Sprints		J Sprints	J Sprints		J Sprints	J Sprints	J Sprints	J Sprints
Rosemary Pynor and Dale Boccabella	U8 and younger	5.30pm	Sub-J Sprints	Sub-J Sprints	Sub-J Sprints		away	Sub-J Sprints		Sub-J Sprints	Sub-J Sprints		Sub-J Sprints	Sub-J Sprints	Sub-J Sprints	Sub-J Sprints
Dave Sunderland	senior sprints u13s and above	4.30pm	S Sprints	S Sprints	S Sprints		S Sprints	S Sprints		S Sprints	S Sprints		S Sprints	S Sprints	S Sprints	S Sprints
Simon Bergfield	all ages	4.30pm	discus	discus	Javelin		discus	discus		Javelin	discus		discus	discus	discus	discus
Julie Reynolds	all ages	4.30pm	shot put	shot put	shot put		shot put	shot put		shot put	shot put		shot put	shot put	shot put	shot put
Lynda Calder	all ages	4.30pm	away	Hurdles	Hurdles		Hurdles	Hurdles		Hurdles	Hurdles		Hurdles	away	Hurdles	Hurdles
Lynda Calder	Under 9 and older	5.30pm	away	experienced high jump	J High Jump		J High Jump	experienced high jump		J High Jump	experienced high jump		J High Jump	away	experienced high jump	experienced high jump
Gabby Damm and Melissa Chandler	all ages	5.00pm	middle distance	middle distance	middle distance		middle distance	middle distance		middle distance	middle distance		middle distance	middle distance	middle distance	middle distance

Middle distance	middle distance
Junior sprints u8 and younger	sub-J Sprints
Junior sprints u8-u12	J sprints
senior sprints	S Sprints
Junior long jump	J long jump
discus - all ages	discus
Javelin over under 12s	Javelin
high jump over 110	experienced high jump
high jump under 110	J High Jump
shot put all ages	shot put
over u11 long and triple	long/triple
hurdles	Hurdles

time table will be amended to match weekend program and coaches availability. It will also be amended to match the attendance and popularity of events being coached.