

### BBC ATHLETICS COACHES MID-WEEK TRAINING SESSIONS 2007

COACH	ATHS DISCIPLINES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Mal Staniforth	Sprints, Relays & Hurdles	200/400 7.00 am Hurdles 3.15 pm Miskin	All Sprints 3.15 pm Miskin		All Sprints Hurdles 3.15 pm Miskin
Daniel Gervais	Asst Hurdles / Sprints	As above			As above
Russell Hansen	Sprints & Relays (after wk ?)				
Bill Dodd	15,16 & Open 800m MIC	Miskin 3.15 pm		Miskin 3.15 pm	
Trent Dodd	13 & 14 400 / 800m	13,14 800m		Miskin 3.15 pm	
Doug Johnstone	13 - Open 1500m & 3000m	Miskin 3.15 pm		Miskin 3.15 pm	
Ricky Rouse	Asst 1500 / 3000m	Miskin 3.15			
James Toussis	Shot Put / Discus	Main Oval		Main Oval	Main Oval
Matt McEwen	Shot Put	Shot Put 3.15 pm Main		Shot Put 3.15 pm Main	
Eric Brown	HJ,LJ and TJ		LJ / TJ 3.30 pm UQ		High Jump 3.30 pm UQ
Josh Robinson	Javelin		P & F Oval 3.15 pm		P & F Oval 3.15 pm
Tom Hall	Asst Jav		P & F Oval 3.15 pm		P & F Oval 3.15 pm