



COACHING ATHLETIC DEVELOPMENT LEVEL 1

An Athletics NZ Programme delivered by ACE Approved Coaches

Date: Sunday 27 October 2024

Time: 09:30am to 1:30pm

Venue: Pakuranga Athletic Club, Lloyd Elsmore Park,
Pakuranga

Registration:

<https://events.mygameday.app/event/coachingandofficialscourses>

The following events will be covered in this clinic:

09:30am - 11:00am - Discus

09:30am - 11:00am - Sprints / Hurdles

11:00 - 12:30pm - Javelin

12:30 - 1:30pm - Advanced Javelin Clinic for Coaches and their Athletes

Coaching Athletic Development (CAD) Level 1 is Athletics New Zealand's community-level coach education programme.

CAD Level 1 teaches coaches the technical fundamentals of 11 athletics events and will help coaches to confidently coach athletics skills to U18 athletes.

The course bridges the gap between the Run Jump Throw Foundation Programme (target age 7 to 11) and competition based athletics.

All CAD Level 1 event modules are delivered as practical workshops that take up to 2 hours.

This includes time for participant assessment and observation by the Coach Educator. At the end of the course, coaches will be awarded a "CAD Level 1" certificate.



*If you require any further information contact
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