

## **Coaches Report – Andrew Caruana    Adult Beginners T&F group.**

"The group has the focus on getting adult beginners (of any age) into track and field, further to this, the group also covers the provision for training for more experienced Vets/Masters athletes. The running sessions are suited to athletes running short sprints up to 800m – however, many of the principles of running mechanics that are trained here also translate well to the longer distances. The field aspect of the group is dependent on pulling in specialist coaches from the club to run specific sessions, and tends to happen more in the spring and summer months.

The group started up at the end of June 2022. In the early weeks there were as many as 8+ athletes. During the summer months, a variety of different sessions for different disciplines (running - sprints/hurdles, jumping and throwing) for track and field were run (depending on specialist coaching availability).

As it moved into autumn/winter training the numbers in the group dropped back to a steady core of 4-5 athletes who attend most weeks.

Big improvements have been seen in these athletes – especially in the absolute beginners – where some of these athletes are looking to compete for the club in the next season. "