



CAD LEVEL 1

CENTRAL OTAGO COACHING CERTIFICATE

Wednesday 18 December 2024

Throws – Shot Put & Discus

Jumps – High Jump & Long Jump

Sprints

[REGISTER HERE](#)

WANT TO UP SKILL AS A COACH?

Coaching Athletic Development (CAD) Level 1 is all about teaching the technical fundamentals of athletics events. With emphasises the practical skills of coaching young people in a fun and inclusive environment.

Location: Wanaka Rec Centre,
Three Parks
Time: 4:00pm - 9:00pm

For enquiries contact

Raylene Bates

raylene@athletics.org.nz

