

Illawong Coaches

Brigitte Bannister

Coaching level: Level 2

Experience: 10 years coaching experience. Former representative athlete in sprints

Areas of speciality: Sprints, Long and Triple jumps and Relays

Coaching Philosophy: To encourage athletes to compete at the best of their ability at any given competition and accept defeat graciously. Challenge their minds to fulfill their goals

Times and location of coaching sessions:

Monday 5.00pm to 6.30pm at The Ridge

Wednesday 5.00pm to 6.30pm at The Ridge

Age Groups: Most, preferably 13 and older

What it costs: \$5.00 per session

About my squad:

I currently have a squad of approximately 20 athletes ranging in age from 9 to 18 years of age. I've had the privilege of coaching and guiding my senior group for some 5 years and they have become a close knit group enjoying the challenges athletics has to offer. They include a number of NSW representatives across a variety of disciplines.

Other things about me:

I am a married mother of two teenage daughters who also share my love for athletics. I was a representative athlete succeeding in sprints as well as the jumps many moons ago. With the continued interest of my kids I began to coach. I also play competitive soccer and always enjoy swimming and touch football on a social basis. As an experienced Coach/Athlete I hope to encourage and motivate my squad to be the best they can be on any given day and appreciate the many friendships that have formed throughout the years.

Contact details: Home 9543-1463 Mobile 0409 665 991

Favourite sporting quote: "Don't limit your Challenges, Challenge your Limits"