

## Illawong Coaches

### Helen Nisbet

**Coaching level:** Level 1

**Experience:** 3 years beginners sprints, beginners throws and beginners long jump

**Areas of speciality:** Younger children learning about athletics

**Coaching Philosophy:** Let the kids have fun whilst correcting their style and improving their fitness

#### **Times and location of coaching sessions:**

The Ridge Athletics Track

Tuesdays 4.00pm - 5.00pm - Sprints

Tuesday 5.00pm - 5.30pm - Rotation of Field Events

Commencing late July.

**Age Groups:** U/6 and up

**What it costs:** NIL

#### **Other things about me:**

I am also on the Illawong Little Athletics Committee and assist in the promotion of athletics throughout Illawong and the surrounding area.

**Contact details:** 9543-0490 (H)

#### **Favourite sporting quote:**

"They can because they think they can." Virgil 70-9BC (Roman Poet)