

Illawong Coaches

John Dooley

Coaching level: Level 2
Level 1 – Strength and Conditioning coach

Experience:

3 years – Personal Best Athletics (with my brother Michael Dooley)

12 months - Endeavour Sports High School (middle distance runners)

This year I have coached the relay teams for Laguna Street Primary School at Caringbah for the primary school carnivals.

As well as assisting Michael I train a small group of sprinters who can't fit into our main groups. I train these athletes straight after school at Sylvania track.

Areas of speciality:

We provide training in sprints, hurdles and middle and long distance.

Coaching Philosophy:

Be the best that you can be

Times and location of coaching sessions:

Sprint Training

Young Group (Sylvania Waters track)

Tuesday 5.30pm – 6.45pm

Thursday 5.30pm – 6.45pm

Older Group (Sylvania Waters Track)

Tuesday 6.00pm – 8.00pm

Thursday 6.00pm -- 8.00pm

Saturday 10.00am-12.00noon (this session is at the Ridge)

Middle/Long Distance Group (Sylvania Waters track)

Monday 6.00pm – 7.15pm

Wednesday 6.00pm – 7.15pm

Age Groups: 10 yrs – Masters athletes

What it costs: Younger sprinters and middle distance \$150 for 13 weeks
Older Sprinters \$200 for 13 weeks
Fees are paid in advance

Contact details:

Home Phone : 02 9501 0381

Mobile : 0423 004 872

Email Address: shireclean@optusnet.com.au

Favourite sporting quote:

Athletes must have the skill and will but the will must be stronger than skill

Other things about me:

I have obtained my qualifications as a Level 1 Strength and Conditioning Coach. I plan to obtain my level 2 qualification in the near future.

With our training group I see this will help our athletes enormously.