

## Illawong Coaches

### Michael Dooley

**Coaching level:** Level 4

**Experience:** I have been coaching since 1999. I started coaching as the track coach at Port Hacking Little A's club. After about 6 seasons at Port Hacking I decided to coach as an individual to have greater control over the athletes training with me. This year I have registered a business "Personal Best Athletics Coaching"

For the last 5 years I have coached at the SCEGGS Private Girl's school and have been the track coach for 2 seasons on the Sports Travel Tour to Canada and USA.

I have also been a relay coach for the 2008 NSW teams at the National All Schools Championships.

Over the last few years my brother John has acquired his coaching certificates and he assists with our training. Around our organisation we have benefitted from the help of Aideen Osborne, a leading physiotherapist, who works with coach and athletes to improve technique and correct biomechanical problems.

We also have engaged a pilates instructor to run a weekly class to benefit all our athletes.

**Areas of speciality:** Sprints, hurdles and middle and long distance.

**Coaching Philosophy:** I recently registered the business "Personal Best Athletics Coaching" (PBAC). I think the name covers my philosophy as far as coaching is concerned. It is my aim in coaching athletes to get each athlete to improve and reach their full potential and continue to do it every season. I also believe in the long term development of the athlete. I want all our athletes to be in the sport for a long time not a short time. We train with that perspective in mind.

#### **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

### **About my squad:**

We have a lot of athletes in our training group ranging from region athletes all the way up to national champions. We have a great group of runners in all groups with everyone continually pushing one another. As I said previously our focus is on each athlete continuing to run personal bests.

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

Currently our training groups are full. I like to keep the groups at a size where you can provide the best coaching and direction to the athlete. I also continue to compete in the Over 35s competition

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**Favourite sporting quote:** “I just want to keep both feet on the ground”