



# 2017 ATHLETICS NSW TARGET TALENT PROGRAM

## Athletics New South Wales Target Talent Program (ANSW TTP)

### INTRODUCTIONS

- Program Coordinators - Michael Perry & Imogen Kemp
- TTP Event Coaches
  - Sprints – Du'aine Ladejo
  - Hurdles – Ron Bendall (Andrea Burrell-Apprentice)
  - Middle Distance – Ken Green
  - Walks – Cheryl Webb
  - Jumps (Horizontal) – Andrew Murphy
  - Jumps (HJ) – Matt Horsnell
  - Pole Vault / Multi's – Zsuzsa Olgyay-Szabo
  - Throws – Bre Clement + Annie Davies
  - Para – Matt Rawlings
  - Fast Track (400m Squad) – Mike Hurst

## Athletics New South Wales Target Talent Program (ANSW TTP)

- Technical Training Sessions – Up to 2 hours
- Lunch – 30mins
- Education Sessions – Up to 2 hours
  - ✓ Yoga
  - ✓ Sports Psychology
  - ✓ Nutrition / Diet
  - ✓ Injury Prevention and Injury Recovery
  - ✓ Athletics Aust HP Performance Pathway Program
  - ✓ ASADA Drugs in Sport Education
  - ✓ Performance Breathing / Mental Preparation
  - ✓ Pilates
  - ✓ Athlete / Coach Discussion – Managing the Highs & Lows of an Athlete / Coach
  - ✓ Personal Excellence – University / HSC Pathways / Employment etc

Provide you with a network of providers that you will be able to use and make contact with outside of the TTP.....

# 2017 Athletics NSW Target Talent Program Introduction



## Athletics New South Wales Target Talent Program (ANSW TTP)

To be consider for the TTP Squad, athlete's must:

- ✓ Achieve the entry standard during 13<sup>th</sup> Oct 2016 to 2<sup>nd</sup> April 2017
- ✓ Be National Champion from 2017 Nat Junior Champs U16-U20 age group
- ✓ Been a registered NSW athlete for the season of 2016/17
- ✓ Remain in good standing with their club, NSW & AA
- ✓ Not be a current NSWIS NASS Scholarship holder

Event	99 Born F/M	'00 Born F/M	'01 Born F/M	'02 Born F/M
100m	12.05/10.68	12.05 / 10.94	12.34 / 11.18	12.47 / 11.49
200m	24.69/21.94	24.69 / 22.03	25.05 / 22.40	25.10 / 22.77
400m	56.16/48.08	56.16 / 48.71	56.75 / 50.09	57.03 / 51.19
800m	2:09.8/1:52.5	2:09.8 / 1.54.2	2.12.1 / 1.56.6	2:13.2 / 2.00.1
1500m	4:30.1/3:54.4	4:30.1 / 3.57.0	4:33.8 / 4.03.3	4:36.6 / 4.11.6
5k/3km	16.21.3/15.01.7	10.03.0 / 8.47.0	10.11.7 / 8.51.0	10:12.3 / 9.01.7
Sprint H	14.35/14.34	14.12 / 14.30	14.83 / 14.38	13.17 / 13.60
4/200mH	62.04/54.35	62.8 / 54.23	64.36 / 56.13	29.42 / 26.69
3/2000st	11:11.0/9:42.7	7.10.5 / 6.13.3	7:13.9 / 6.17.3	7:18.3 / 6.21.4
HJ	1.76/2.04	1.73 / 1.99	1.70 / 1.96	1.68 / 1.87
PV	3.71/4.59	3.34 / 3.94	3.24 / 3.81	3.10 / 3.47
LJ	5.79/7.26	5.66 / 6.97	5.57 / 6.67	5.48 / 6.36
TJ	12.09/14.75	12.05 / 14.04	11.78 / 13.48	11.52 / 13.13
Shot	13.16/16.15	13.59 / 16.46	12.87 / 15.32	12.54 / 15.78
Discus	47.17/50.24	43.45 / 50.66	39.89 / 47.35	38.96 / 56.93
Javelin	41.98/63.39	40.97 / 63.54	40.82 / 55.76	39.81 / 51.40
Hammer	50.90/61.56	50.30 / 57.33	45.81 / 51.59	41.88 / 49.38
Walk 10/5/3km	51.20.3/45.54.6	25.31.5 / 24.14.9	25.44.6 / 24.14.9	14:56.1 / 14.31.7
Comb Ev	4654 / 6231	4663 / 5992	4401 / 5992	4403 / 3993

# 2017 Athletics NSW Target Talent Program Introduction



International Team (Senior) Team - Olympic Games, World Championships, Commonwealth Games

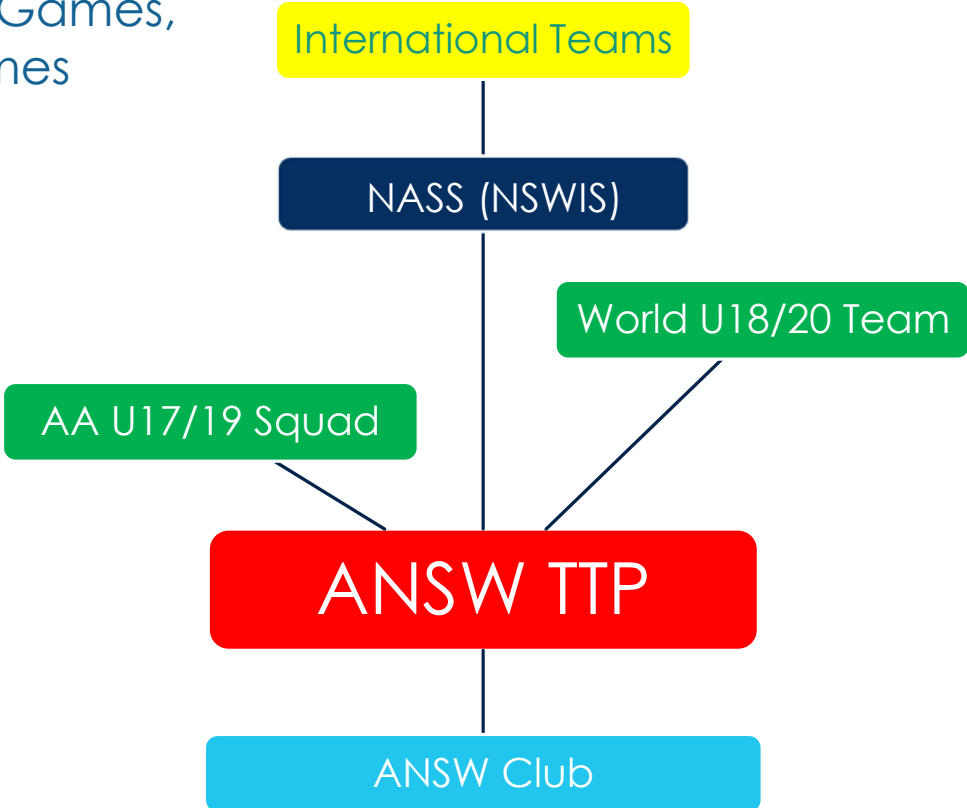
NSWIS (NASS) Scholarship

World U18 / U20 Team – Youth / Junior

Athletics Aust. U17 / U19 Squads

Athletics NSW TTP Squad

Local NSW Club



## Athletics New South Wales Target Talent Program (ANSW TTP)

### ANSW TTP PORTAL INFORMATION PAGE

- ✓ Education Session Notes / Handouts / Follow up info
- ✓ ANSW Target Talent Program session dates and times.
- ✓ ANSW TTP Squad results from the major youth / junior champs
- ✓ TTP Event Coach Profiles
- ✓ ANSW TTP Training Day Photos
- ✓ Information on upcoming education sessions
- ✓ Information on any major squad selections and team announcements.

THE INITIAL INFORMATION ON THESE PAGES WILL BE LAUNCHED NEXT WEEK

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QUESTIONS???