

Coach's Report

This was my first season as Head Coach and our coaching team hit the ground running. We had ambitions of offering as many coaching opportunities as possible, ranging across all levels of skill and ability.

We delivered on this, with an amazing group of coaches who committed to the plan, providing the athletes with coaching across all events.

As coaches we can only do so much, and it is the athletes who put in the hard work and achieved great success. I am so proud of these kids.

We put the hard work in with relays and saw huge progressions to state with multiple state medallist teams.

We also saw great success at Region Track & Field. The outstanding performances by athletes at region resulted in a significant amount of state progressions and medallists.

At a centre level the amount of PBs achieved was outstanding, with so many centre records being broken.

Overall, the results were more amazing than I could have ever expected.

Going forward we have a few new additions to the coaching crew, who I am really looking forward to working with. The plan will be to continue the trend of offering as many coaching opportunities as we can to the athletes.

We have some new ideas to extend some of our higher achieving athletes with a new initiative in the works. We plan to focus on technique and fitness with all of our athletes, hoping to continue supporting them to reach for the stars and achieve their goals.

- Adam Bocor, Head Coach 2022/2023