



Young Olympian Classic Tour

4th January 2011

To Personal Coaches

From Alec McNab

The Tour is a new venture and as with all such activities is a step into the unknown.

I hope to give the 35 athletes who have registered a good athletic experience and hope that they learn some important athletic touring skills.

We will include some of the activities done at Camp in the past to fit around their competition and training. With this in mind they should have a copy of their training programme with them.

Outline of proposed Itinerary (Provisional)

Friday 20th January (Accommodation Angus Motel Hastings)

Afternoon Travel
Evening Introduction Session

Saturday 21st January (Accommodation Angus Motor Inn)

am Non Practical Session Topic to be confirmed
pm Rest prior to Competition
Sylvia Potts Classic

Sunday 22nd January (Accommodation Downtown Backpackers Wellington)

am Training - Recovery Session
pm Travel
Evening Nick Willis to speak to group

Monday 23rd January (Accommodation Downtown Backpackers)

am Non Practical Session Topic to be confirmed
pm Capital Classic
Evening Young Olympian Dinner

Tuesday 24th January (Accommodation Wanganui Collegiate School)

am Non Practical Session - Topic to be confirmed
pm Travel
pm Recovery sessions at Cooks Gardens or Wanganui Club Night – see below
Events 60m, 150m, 300m, 600m, 1,000m Jumps Throws on Request

Wednesday 25th January (Accommodation at Wanganui Collegiate School)

am Practical/Recovery Session to suit group
pm As above + Non Practical Session Topic to be confirmed
Evening Non Practical Session -Topic to be confirmed

Thursday 26th January (Accommodation Grand Hotel Wanganui – Across Road from Cooks Gardens)
am Practical Session to suit group
Non Practical Session - Topic to be confirmed
pm Tour or other group activity
Evening Athletic Quiz and Film

Friday 27th January (Accommodation Grand Hotel)
am Athlete Forum
pm Prepare for Competition
Evening Cooks Classic Day 1

Saturday 28th January

am Cooks Classic Day 2
11-30 am Buss Departs to end Tour

In practical sessions there will be no demands for athletes to participate in activities that conflict or interfere with their own schedules. Any technical points will be made with the explanation that this is just one coach's approach to a problem and does not mean that another approach is wrong.

I will also ask that any observations made should be followed up with the personal coach.

**If you are at any of the venues where we are, please feel very free to join us.
Your input would be welcome and appreciated.**

Alec McNab 04/01/12