



AUSSIE ATHS is all about making kids

HEALTHIER

FITTER

FASTER

no matter what sport they play



WELCOME TO AUSSIE ATHS

A New health and fitness program for kids



Aussie Aths is athletics, but not as you know it.

Aussie Aths is a health and fitness program for Aussie kids aged 5 – 12 years based on athletics. It's about learning to go faster, higher, further in a fun environment that Aussie kids of all abilities will enjoy.

Aussie Aths develops the ABCs – agility, balance, coordination and speed of every child in a fun, game-based program.

It's not standing in a line, it's not lining up for a race. Think of it like swimming lessons, but for running.

Aussie Aths is great fun and will help Aussie kids be more athletic in everyday life and in *whatever sport* they love.

Why AUSSIE ATHS?



We want to help Aussie kids improve their health and fitness and create life-long habits through their love of sport.

Aussie Aths is for every child – it aims to make all kids healthier, fitter and faster... no matter the base they start from or what sport they love. It's perfect for little athletes of any shape and size and for little footballers, netballers, soccer players, basketballers, etc. It's even better for those kids more into PlayStation than getting active!

Athletics (running, jumping and throwing) is the basis of almost every sport, yet most kids have never really been taught how to run properly. So at its core, **Aussie Aths** is about learning to run.



You don't start reading Harry Potter before you've learnt your ABCs. You don't do algebra before you've learnt how to count. So throwing children straight into running races and jumping and throwing for distance is nonsensical.

Aussie Aths uses game based, age appropriate activities to teach the fundamentals to help all Aussie kids be more athletic in everyday life and in whatever sport they love. And it's a whole lot of fun!

AUSSIE ATHS @ BLK Performance Centre



This is the model we are successfully delivering at Venues in Queensland and Victoria:

- 8-week term based program
- Runs Saturday mornings
- Delivered by qualified, experienced & insured coaches
- Small coach : student ratio
- Enrolment is \$176 per student via www.aussieaths.com.au
- Mums and Dads can do their Gym, Swim, Spin or Exercise classes whilst the kids can be Active and Healthy, or they can simply watch and enjoy !
- FREE TRIALS are offered for first timers so kids can give it a go, before committing for the term



Our gold coast north team



Aussie Aths Gold Coast North is headed up by experienced coaching duo, Sharon and Peter Hannan.

Sharon Hannan

Sharon started coaching in Cairns, Far North Queensland in 1983 and moved to the Gold Coast in late 1990.

She has coached numerous national champions, and several Australian representatives and medallists in sprints and hurdles, the most notable being Sally Pearson (May 1999 to October 2013). Sharon has been a team coach on Australian teams for the Commonwealth Youth Games (2008), Olympic Youth Games (2018), Commonwealth Games (2010 and 2014 where she was assistant team manager), World Championships (2009, 2011, 2013), World Indoor Championships (2012) and Olympic Games (2012).

She is a Life Member of Athletics Australia and a former national youth event coach for sprints event (2007-2011).

Sharon has been a coach educator and facilitator since 1993, and has coached large numbers of athletes to Queensland and Australian Championships over a period of 30 years.

Peter Hannan

Peter started coaching in 1975 during his first teaching post at North Rockhampton SHS.

He was born on the Gold Coast and has been a member of the Gold Coast Victory Athletics Club since 1970.

Peter is a World Athletics academy coach in combined events (heptathlon and decathlon) and Athletics Australia level V high jump coach. He also has coached numerous national school and club champions, and several international representatives and medallists in high jump and heptathlon. Peter was strength and conditioning coach for Sally Pearson from 2004 to 2013.

He is a former Athletics Australia national youth event coach for combined events (2007-2014).

Peter has also been a coach educator and facilitator since 1989.

Get in contact:

SHARON & PETER HANNAN

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