

Dear AAAC Athlete,
 Twice a year - end of summer season in September and end of winter season in March - you are offered the opportunity to inform the club coaching team if you would like to add additional athletics events to your training schedule or move to a different core training group.

After we have collected requests, the coaching team will meet to discuss requests and offer what they feel are appropriate and practical options.

We may not be able to meet all requests but will endeavour to do so.

If you feel satisfied with your existing training arrangements, you do not have to return this.

Any other comments, please let us know.

Please **return** to Ruth Watson, AAAC Pathways Development Officer, pathways@aberdeenaac.co.uk by **Monday 4th March 2019**.

Name:

Age:

Lead Coach:

Please fill in the table below, a tick for add and cross for change.

Feel free to leave additional notes overleaf.

TRACK EVENTS	
Sprinting	
Hurdles	
Middle distance running	
Steeplechase	
Long distance running, 5k, 10k, half and full marathon	
FIELD EVENTS	
High jump	
Pole vault	
Long jump	
Triple jump	
Shot putt	
Discus	
Javelin	
Hammer	
ALL EVENTS - Pentathlon	
MOVEMENT SKILLS	
Physical literacy	
Strength and conditioning	