

KLAC 23 – Knox Little Athletics Club**Coaches Information & Contact details**

General Coach Email : coach@klac23.org.au
Coaching Coordinator : mike@horizen.com.au

EVENT COACHES – Sorted by Surname

Surname	First	Lvl	Relay	Specialty	Phone	Email
Attard	Frances	W	No	Walks	0407 776 181	-
Bathgate	Frank	2	No	Throws	0414 515 153	timbex77@bigpond.com
Cherry	Brendon	2	Yes	Sprints, Hurdles	0433 307 607	brendon.cherry@systemcontrol.com.au
Cowburn	Steve	4	Yes	Sprints, Hurdles	0419 301 412	steve.cowburn@nec.com.au
Donato	Mike	2	Yes	Throws, Multi, Str & Cond	0414 888 563	mike@horizen.com.au
Harvey	Keith	2	Yes	Sprints, Hurdles, Jumps	03 9762 9332	kajaharvey@msn.com
Holdway	Rob	0	No	Throws	0425 833 059	-
Hough	Stephen	1	Yes	Sprints, Hurdles, Jumps	0418 511 166	klac23@rulla.ftml.net
Kerr	Mike	1	Yes	Middle & Long Distance	0433 281 212	coppermouse1@hotmail.com
Merrigan	Rosemary	3	No	Sprints, Hurdles, Jumps & Jav	-	amerrigang@ozemail.com.au
Morris	Steve	2	Yes	Sprints, Jumps	0425 750 125	sjmorris@netspace.net.au
Raselli	Elke	W	No	Walks	0409 340 203	elk_elli@hotmail.com
Rasti	Leigh	4	Yes	Junior Athlete	0419 500 048	rustt2@iprimus.com.au
Smith	Brett	2	Yes	High Jump	0428 880 521	bsmith13@vtown.com.au
Sommers	Dave	4	Yes	Sprints, Middle Distance	0425 730 886	dsommers@sge.com

RELAY COACHES – Sorted by Age Group

Surname	First	Lvl	Relay	Training Days	Phone	Email
Rasti	Sara	-	U9B	Wed & Sun	03 9761 6401	rustt2@iprimus.com.au
Manks	Sue	-	U9G	Tue & Thu	03 9801 2741	sue_manks1@bigpond.com
Davis	Bryce	1	U10B	Wed & Sun	0419 547 630	bryceandjoanne@bigpond.com
Cowburn	Steve	4	U10G	Wed & Sun	0419 301 412	steve.cowburn@nec.com.au
Morris	Steve	1	U11B	Wed & Sun	0425 750 125	sjmorris@netspace.net.au
Kerr	Mike	1	U11G	Tue & Thu	0433 281 212	coppermouse1@hotmail.com
Davies	Matt	-	U12B	Mon	03 9764 4307	daviesons@optusnet.com.au
Sommers	Dave	4	U12G	Mon & Wed	0425 730 886	dsommers@sge.com
McKissack	Scott	-	U13B	Wed & Sun	0439 927 995	themckissacks@netspace.net.au
Harvey	Keith	2	U13G	Wed & Sun	03 9762 9332	kajaharvey@msn.com
Goldsack	Craig	0	U14B	Wed & Sun	0418 387 163	craig.goldsack@bbsaa.com.au
Rasti	Leigh	4	U14G	Wed & Sun	0419 500 048	rustt2@iprimus.com.au
Donato	Mike	2	U15B	Mon & Wed (& Sun with Brett)	0414 888 563	mike@horizen.com.au
Smith	Brett	2	U15G	Wed & Sun (& Mon with Mike)	0428 880 521	bsmith13@vtown.com.au

Pls contact the coach before attending for the first time. Coaches all work full time and may have changed scheduled training times for work/weather/off site reasons. Knox L.A. Club reserves the right to limit training numbers in sessions for reasons of large numbers, differences in skill level, age and or safety issues are evident. Training sessions typically include a warm up and skill progressions - pls arrive on time for the start of every session as it might be impractical to join in part way through.