



## Get Set Go Coaching Course

GET SET GO is a new and exciting initiative to help our Kiwi Kids develop the skills they need so that they can choose and enjoy being more active through play and sport. The programme is run by Athletics New Zealand and targets 4 – 8 year old children in both school and athletics club settings.

This coaching course will take you thru the underlying concepts behind Get Set Go and introduce you to the Get Set Go programme enabling you to deliver both the full programme and taster sessions directly to children.

### The course will cover:

- What is the 'Get Set Go' programme
- What are fundamental movement skills
- Coach methodology and coaching accreditation process
- How to deliver the programme in a school or club setting

**When:** Wednesday 15 February  
Thursday 16 February, 2012  
9.00am – 3.30pm

**Where:** Heron Room, Level 1, The Trusts Stadium

**Cost:** \$0

**What to bring:** Lunch and water bottle  
Please wear active clothes for practical sessions

**Register:** by 5 February 2011  
at [www.sportwaitakere.co.nz/events](http://www.sportwaitakere.co.nz/events)  
or contact  
[esther.revell@sportwaitakere.co.nz](mailto:esther.revell@sportwaitakere.co.nz); 09 966 3125

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