

## **MICK BOND**

Level 3 Performance Coach

*Sprints and Javelin*

I was a sprinter for the club for many years and then took up coaching when I retired at the age of 32. I am passionate about the club and have now been coaching sprints, hurdles and throws for over 20 years and enjoy helping young people on their journey to be the best that they can be.

I've learnt from many people along the way and try to deliver a program that encourages youngsters to develop both as an athlete and an individual.