



THE WAY

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NEW STRENGTH AND CONDITIONING COACH

We are excited to introduce a new initiative for our Talented Athlete Program to further the growth and development of our student-athletes and elevate the overall skills and performance of each student.

Please let me introduce Rob Marks, who has taken on the role as our strength and conditioning coach for our elite programs. With over 25 years of experience in track and field as both an athlete (national and international) and a coach, Rob brings a deep wealth of knowledge and expertise to the role. He has coached athletes to compete in the Olympic Games, Commonwealth Games, World Junior Championships, and has guided them to achieve numerous national gold medals and podium finishes.

As well as coaching for the last 12 years Rob is also a qualified PE teacher, a Personal Trainer and has a master's in nutrition. His experience also encompasses programming for track and strength training, athlete load management, and ensuring athletes' safe progression. Rob will be facilitating a strength and conditioning program for our Advanced Pathway Program.

Mrs Irene Focas

Senior School Sports Coordinator