

## **Teisha King**



Teisha King holds a Bachelor of Education in Health and Physical Education, with a Minor in Exercise Science and Coaching Education. She has been heavily involved in the Track and Field community since birth, with both her parents representing Australia as an athlete and coach at the Olympic, World, and Commonwealth levels. Teisha currently works at Firbank Grammar and draws on her experiences in competitive hockey and gymnastics in her role as Physical Education Teacher.

## **Workshop**

### **Sprinting technique and drills for vault (1 hour)**

This workshop will assist coaches in improving the speed and technique of an athletes vault run. Teisha King provides expert advice on sprinting technique, common errors inhibiting speed, and drills to integrate into a vault program.

Access this webinar using the [LMS](#).

