

# DSS



## DUX SPRINT SQUAD

Established by Nathan Dux in 2008, the Dux Sprint Squad (DSS) is a track and field sprint squad based at the Knox Athletics track. The squad is open to all ages and abilities, from the elite athlete attempting to qualify for national and international competitions, through to the casual runner.

The DSS provides a fun, team spirited, hard working environment with the sole aim to improve each athletes development and performance on and off the track. If you are interested in training or competing in athletics, improving your speed ability the DSS is the place for you.

### Why train with the DSS?

- Quality Coaching
- Up to date coaching methods and practices
- Individualised Running and Weights Programs
- Video analysis of technique
- Squad newsletter
- Squad shirt
- Training education
- Opportunity to train with others of similar standards (Elite-Casual)

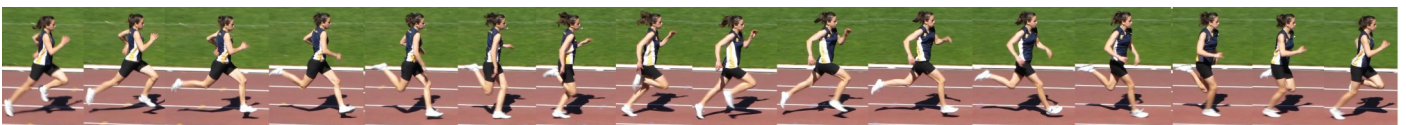


### Training Days/ Times:

All sessions are held at the Knox Athletics Track (Bunjil Way, Scoresby) unless otherwise notified.  
Tues & Thurs - 5pm  
Sun - 9am

### Is There a Cost Involved?

Squad cost \$100 per month (\$25/week)  
1 on 1 cost dependant on Coach



All coaches are fully qualified and accredited, have current registrations with appropriate bodies; Athletics Australia (AA), Athletics Victoria (AV), Australian Track & Field Coaches Association (ATFCA) and Australian Strength & Conditioning Association (ASCA).



Check out the DSS on facebook—Updates on training and results from competitions, photos & videos of athletes are published with permission onto the DSS facebook page. Athletes can view this page to help them review their recent performance and keep up to date with the latest training and competition.

*When you want to start training with the DSS or if you have any questions please don't hesitate to contact Nathan on the details below.*

Nathan Dux

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[www.duxysfitness.com](http://www.duxysfitness.com)

# Nathan Dux

## Head Coach



### Qualifications

CHEK Exercise Coach  
Level 2 Accredited Sprints Coach  
(ATFCA)  
Level 1 Strength and Conditioning  
Coach (ASCA)  
Certificate 4 Personal Training  
Level 2 First Aid

### Training Days/ Times:

All sessions are held at the Knox  
Athletics Track (Bunjil Way,  
Scoresby) unless otherwise notified.

#### MAIN SQUAD:

Tues & Thurs - 5pm  
Sun - 9am

#### DEVELOPMENT SQUAD:

Wednesdays 4.30pm

### Is There a Cost Involved?

Main Squad \$100 per month (\$25/week)

1 on 1 cost - Contact Nathan

Nathan has been competing in Athletics for over 12 years, broken through the ranks at Caulfield Grammar, competing from Little Athletics through to Senior National Competitions. He has won State and National Sprint Championships as an athlete and as a Coach. He is a qualified Level 2 Sprints Coach, CHEK exercise Coach, Strength and Conditioning Coach and Personal Trainer. He has been coached and mentored by some of Australia's finest coaches in Neville Sillitoe (Peter Norman, Gary Holdsworth, Greg Lewis, Aaron Rouge-Serret), Paul Lindsay (Caulfield Grammar School), Stephen Gaffney (Tim Matthews, Nick Rennie) and Peter Fortune (Cathy Freeman).

### Competition History

Nathan competed at a National Level in the 100m and 200m. He has won the National 200m U20 Championship, placed 2nd in the same 100m Championships. He has placed 3rd at U23 Level in the 200m and 5th in the 100m. His personal best in 2005 in the 200m placed him in the Top 20 sprinters in Australia.

Nathan has won individual State Championships for the 100m and 200m, also placing in these events over a period of 5 years. He has also won a number of Relay Medals through his years at Caulfield Grammar, Club and National level and Little Athletics. In 2003, Nathan captained Caulfield Grammar Schools' record winning boys athletics team and also Captained the Victorian Schools Team for the National Championships.

### Coaching History

Nathan began Coaching whilst at School, mentoring younger athletes and becoming a Level 2 Accredited Coach at 20 years of age. He has coached at Private School level at Caulfield Grammar School for four years moving his way up from Starts Coach to Director of the Junior Squad. Nathan has also coached at Firbank Girls Grammar and other school one day athletic programs with Athletics Victoria.

Nathan has helped on two United Kingdom athletics tours with Neville Sillitoe for Young Athletes U16 as assistant manager. Coaching boys of different ages and events whilst on tour your through the UK and Austria.

Nathan created the Dux Sprint Squad in 2008 to take over from Joy Bradbury's sprint squad and has coached athletes to State and National Sprint Titles from Little Athletics and underage competitions. He also helped with the programming of international representatives.

Nathan is a Strength and Conditioning Coach and Personal Trainer, he has worked with a number of athletes and sporting teams in helping them improve their performance and achieve their personal best.

### Coaching Experience

- Mikaela Davis (200m National Primary School Champion 09, Little Aths State Medalist U12 100m, 200m, 400m in 2008, 100m State Champion 07)
- Aaron Rouge-Serret (World Junior Representative 06, World Cup Rep 06, World Championships Rep 07, 09, Commonwealth Games 10)
- Rowan Salerman (National & State Underage Champion 100m, 200m)
- John Nicolosi (National Finalist & State Junior Champion 200m, State Medalist 100m)
- Caulfield Grammar School 2004-2008 (Starts Coach, Sprints and Relays Coach, Director of Junior Squad)
- Firbank Girls Grammar Sprints Coach 2006, 2007
- Various athletics programs for Schools through Athletics Victoria

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