



Little Athletics Victoria
Junior Development Squad

2012 – 2013



JDS Program 2012 -2013

The Junior Development Squad (JDS) gives U12 – U16 athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills and improving existing ones is in a friendly and supportive environment. The program consists of coaching days, invites to events and a highlight for the year is the JDS coaching camp.

JDS Day 1 – Sunday 7th October 2012

Time: 12.00pm – 4.00pm

Venue – Knox Park Sporting Complex, Bunjil Way, Knoxfield

Mel Ref: 73 D7

- Introduction and Coaching day. Coaches will present outline for the season, athletes will receive the official JDS T-shirt. Training will consist of 2 x 75min rotations in your selected events.

JDS Day 2 – Sunday 21st October 2012

Time: 12.00pm – 4.00pm

Venue – Harold Stevens Athletics Track, Outlook Drive, Coburg

Mel Ref: 18 A10

- Coaching rotation day, training will consist of 2 x 75min rotations in your selected events.

JDS Day 3 – Sunday 25th November 2012

Time: 12.00pm – 4.00pm

Venue – Proclamation Park, Sylvia Grove, Ringwood

Mel Ref: 49 F12

- Coaching rotation day, training will consist of 2 x 75min rotations in your selected events.

JDS Day 4 – Sunday 9th December 2012

Time: 12.00pm - 4.00pm

Venue – Keilor Park Athletics Track, Stadium Drive, Keilor Park

Mel Ref: 15 B5

- Multi – Event coaching rotation day, depending on age group, athletes will choose 3 from Sprints, Hurdles, Long Jump, Discus, Shot Put, High Jump & Javelin, all finishing with the 800mts. Athletes in U14, U15 & U16 will have access to an additional rotation, in Hammer, Steeple or Pole Vault.

JDS Camp (additional cost) Sunday 20th – Wednesday 23rd January 2013

Venue – Ormond College, Melbourne University, College Cres Parkville

Mel Ref: 2B C4

- Live in Camp at historical Ormond College, utilizing Melbourne University's outstanding facilities. Daily training sessions are interspersed with activities that help build the overall athletic experience.

JDS Day 5 – Sunday 3rd February 2013

Time: 12.00pm - 4.00pm

Venue – Casey Fields, 160 Berwick - Cranbourne Rd, Cranbourne

Mel Ref: 134 E7

- Coaching rotation day, training will consist of 2 rotations in preparation for Region Track & Field.

JDS Day 6 – Friday 8th, Saturday 9th & Sunday 10th February 2013

Venue – Lakeside Stadium, Albert Park

Mel Ref: 2K F6

- Combined JDS / Athletics Victoria Junior Track & Field Championships. Athletes shift from training to competition mode in preparation for State Championships. JDS athletes are invited into the AV Championships, competing in the U14, U15, U16, U17 & U18 age groups. Free entry for JDS athletes, further details will be sent out. These Championships are the qualifying event to represent Victoria in the Australian Junior Track & Field Championships in Perth from March 12th – 17th.

JDS Day 7 – Sunday 19th May 2013

Time: 12.00pm - 3.30pm

Venue – Ruffey Lake Park, Victoria St, Doncaster

Mel Ref: 33 F10

- Cross Country training & Middle Distance running. Coaching based upon, preparation, training programs, course management and technique of Cross Country & Middle Distance running.

JDS Day 8 – Sunday 18th August 2013

Time: 12.00pm – 4.00pm

Venue – Meadowglen Athletics Stadium, McDonalds Rd, Epping

Mel Ref: 21 A4

- Pre Season Strength & Conditioning training. Preparation for the new season including core strength, resistance training and conditioning training elements.

Qualifying

- JDS is open to all qualified athletes who will be in the **Under 12** to **Under 16** age groups.
- **U11** athletes qualify during the season to be eligible for JDS in the **following** season.
- The current JDS qualifying period commenced in **October 2011** and **closes September 2012**.
- Athletes qualify in their **current** age group. Use your age group of the current season to check against the standards, **not** the age group you will be next season. The season commences October each year and finishes with Cross Country in August / September the following year.
- An athlete must qualify in **1** event **twice** at separate meets or **2** separate events **once** to be eligible, unless you achieve a **Top 8 finish** at either the State Multi - Event or Cross Country Championships.
- JDS applications open in **June** and close in **February** as an online entry only.
- All applications using performances from season 2011 -2012 must be submitted by **1st October 2012**, following this date the athletes must qualify in their new age group in season 2012 – 2013.
- Supporting documentation (copy of results), must be supplied to verify the performance used on the application for all results other than LAVic Region and State Championships, otherwise application will not be accepted. These can be posted, faxed or emailed through, details below.
- Athletes must qualify and re-apply each year to become members.

Refer to Qualifying Standards for details.

The athlete must achieve the qualifying performances at any of the following.

1. Little Athletics Victoria Centre competition, Open days, Region & State Championships.
2. SSV State Championships (Primary or Secondary), SSA National Championships.
3. AV Shield, AV & AA Junior Championships, AV & AA All Schools competitions.
4. APS / AGS Combined finals.

- **Once submitted, payment needs to be received prior to the athlete being accepted.**
- **A return email will be sent out confirming acceptance or otherwise.**
- **Athletes with disabilities should contact the LAVic Office for qualification requirements.**

Squad Fee & Benefits

Squad fee for 2012-2013 is \$60.00, this entitles you to:

- Attend all JDS sessions.
- An Official JDS T-Shirt, which needs to be worn to all official JDS activities.
- JDS Shoe Bag (new members only).
- Chat sessions with elite athletes and coaches.
- Opportunity to attend the JDS 4 day coaching camp. This is an additional cost, approximately \$350.00 and is only open to 80 registered JDS athletes. Applications are released during November.
- Invites to special athletic meets, Open championships and training days held with National and International athletes.
- Recognition of being a member of the JDS training group.

Code of Conduct

Please read this information carefully, it is an important agreement between you and LAVic

The general standard of behaviour of all members reflects on the image of LAVic. JDS members will abide by the conditions set out and published in LAVic Code of Conduct.

Smoking

Smoking is not permitted and will not be tolerated at any sanctioned JDS activity or function.

Disciplinary Action

LAVic reserves the right to terminate the JDS membership status of any individual without refund of monies paid, for what it deems as serious breaches of the Code of Conduct.

JDS 2012-2013 Qualifying Standards

EVENT	BOYS						GIRLS					
	U11	U12	U13	U14	U15	U16	U11	U12	U13	U14	U15	U16
70m	10.50	10.10					10.70	10.30				
100m	14.70	14.10	13.40	12.70	12.40	12.40	15.00	14.40	13.90	13.60	13.60	13.60
200m	29.90	28.50	26.90	25.50	24.60	24.60	30.80	29.00	28.20	28.00	27.50	27.50
400m	69.00	66.00	62.50	60.00	58.00	58.00	71.50	67.50	65.50	65.50	64.50	64.50
800m	2:38	2:33	2:28	2:21	2:16	2:16	2:45	2:41	2:35	2:31	2:35	2:35
1500m	5:20	5:12	5:04	5:00	4:50	4:50	5:43	5:32	5:27	5:29	5:42	5:42
60m Hurdles	11.00	10.90					11.20	11.00				
80m Hurdles	14.60	14.50	14.30				14.90	14.90	14.50	14.30		
90m Hurdles				15.40							15.50	15.50
100m Hurdles					15.50	15.50						
300m Hurdles			49.00	46.50	46.00	46.00			53.00	53.00	51.50	51.50
1500m Walk	9:30	9:30	9:00	9:00	8:30	8:30	9:45	9:45	9:30	9:00	8:45	8:45
Long Jump	4.25	4.35	4.65	5.00	5.10	5.10	3.95	4.10	4.35	4.40	4.40	4.40
Triple Jump	8.85	9.25	10.00	10.65	11.00	11.00	8.50	8.90	9.50	9.75	9.50	9.50
High Jump	1.30	1.35	1.45	1.50	1.55	1.55	1.25	1.30	1.40	1.45	1.45	1.45
Shot Put	8.80	8.15	9.40	9.00	10.25	10.25	7.50	8.90	7.90	8.05	8.35	8.35
Discus	21.80	25.50	25.50	28.50	33.50	33.50	18.00	21.00	24.50	20.65	22.50	22.50
Javelin	21.00	26.00	27.00	29.00	32.00	32.00	15.00	19.00	22.50	22.00	22.00	22.00
Multi - Event	1st to 8th place inclusive at the State Championships in each age group											
Cross Country	1st to 8th place inclusive at the State Championships in each age group											

- For performances close to the qualifying standard run on a grass track, please email or ring the LAVic Office for consideration **prior** to registering.
- An adjustment is made for performances on a grass track; however please contact the office **first** to ensure the adjusted performance is within the qualifying standard.