



Little Athletics Victoria
Junior Development Squad

JDS Program 2013 -2014

- JDS Day 1 – Sunday 13th October 2013** **Time: 12.30pm – 4.30pm**
Venue – Lakeside Stadium, Aughtie Drive, Albert Park **Mel Ref: 2K F6**
- 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 10th November 2013** **Time: 12.30pm – 4.30pm**
Venue – Keilor Park Recreational Reserve, Stadium Drive, Keilor Park **Mel Ref: 15 B5**
- Coaching rotation day, training will consist of 2 x 75min rotations in your selected events.
- JDS Day 3 – Sunday 24th November 2013** **Time: 12.30pm – 4.30pm**
Venue – Lakeside Stadium, Aughtie Drive, Albert Park **Mel Ref: 2K E6**
- Coaching rotation day, training will consist of 2 x 75min rotations in your selected events.
- JDS Camp (additional cost) Sunday 19th – Wednesday 22nd January 2014**
Venue – Ormond College, Melbourne University, 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 4 – Sunday 9th February 2014** **Time: 12.30pm - 4.30pm**
Venue – Bill Sewart Athletics Track, Burwood Hwy, East Burwood **Mel Ref: 62 C8**
- Coaching rotation day, training will consist of 2 rotations in preparation for Region Track & Field.
- JDS Day 5 – Friday 14th, Saturday 15th & Sunday 16th February 2014**
Venue – Lakeside Stadium, Aughtie Drive, Albert Park **Mel Ref: 2K F6**
- Combined Athletics Victoria Junior Track & Field Championships / JDS. Athletes shift from training to competition mode. JDS athletes are invited into the AV Championships, competing in the U14, U15, U16, U17 & U18 age groups. Free entry for non Dual, 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 Sydney from March 12th – 16th.
- JDS Day 6 – Sunday 23rd March 2014** **Time: 12.30pm - 4.30pm**
Venue – Lakeside Stadium, Aughtie Drive, Albert Park **Mel Ref: 2K F6**
- Coaching rotation day, training will consist of 2 rotations in preparation for State Track & Field.
- JDS Day 7 – Sunday 18th May 2014** **Time: 12.30pm - 3.30pm**
Venue – Ruffey Lake Park, The Boulevard, 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 17th August 2014** **Time: 12.30pm – 3.30pm**
Venue – Willinda Park, Beatrix St, Greensborough **Mel Ref: 21 A4**
- Pre Season Strength & Conditioning training. Preparation for the new season including core strength, resistance training and conditioning training elements.