



Little Athletics Victoria  
**Junior Development Squad**

**2013 – 2014**

# JDS Program 2013 -2014

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 13<sup>th</sup> 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 10<sup>th</sup> 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 24<sup>th</sup> 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 19<sup>th</sup> – Wednesday 22<sup>nd</sup> 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 9<sup>th</sup> 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 14<sup>th</sup>, Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> 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 12<sup>th</sup> – 16<sup>th</sup>.

## **JDS Day 6 – Sunday 23<sup>rd</sup> 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 18<sup>th</sup> 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 17<sup>th</sup> 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.

# Qualifying

- JDS is open to all qualified athletes who will be in the **Under 12 to Under 16** age groups.
- JDS registrations open in **June** and close in **February** each year as an online entry only.
- JDS qualifying standards are **updated** every year in February. Qualifying can only be made against the standards for season 2013-2014.
- 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 in the new season in October.
- **U11** athletes can only register following the Track & Field season from **June to September** of the same year, leading into their **U12** season.
- 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.
- All registrations using performances from season 2012 -2013 must be submitted by **1st October 2013**, following this date the athletes must qualify in their **new age group** in season 2013 – 2014.
- Supporting documentation (copy of results), must be supplied to verify the performance used on the registration for all results other than LAVic Region and State Championships, otherwise registration will not be accepted.
- 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 Region & 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 2013-2014 is \$65.00, this entitles you to:

- Attend all JDS sessions, 7 coaching days & AV Junior Championships ( Non Dual Athletes )
- 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.

# 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 Qualifying Standards for season 2013-2014 only.

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	14.05	13.40	12.70	12.40	12.40	14.95	14.30	13.90	13.60	13.60	13.60
200m	29.90	28.50	27.00	25.50	24.80	24.80	30.80	29.00	28.20	28.00	28.10	28.10
400m	69.00	65.50	62.50	60.00	58.50	58.50	71.50	67.50	65.00	65.00	65.00	65.00
800m	2:38	2:33	2:28	2:21	2:20	2:20	2:45	2:41	2:35	2:33	2:38	2:38
1500m	5:20	5:15	5:04	4:55	4:55	4:55	5:43	5:32	5:27	5:29	5:42	5:42
60m Hurdles	11.00	10.70					11.15	11.00				
80m Hurdles	14.50	14.30	14.30				14.90	14.70	14.50	14.30		
90m Hurdles				15.40							16.50	16.50
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	4.30	4.40	4.70	5.00	5.20	5.20	4.00	4.10	4.40	4.60	4.60	4.60
Triple Jump	8.95	9.40	10.00	10.70	11.10	11.10	8.60	8.90	9.60	9.80	9.60	9.60
High Jump	1.30	1.40	1.45	1.50	1.55	1.55	1.25	1.35	1.40	1.45	1.40	1.40
Shot Put	9.00	8.30	9.50	10.00	10.60	10.60	7.50	8.90	8.15	8.15	9.00	9.00
Discus	22.50	26.00	26.00	29.00	33.50	33.50	18.00	22.00	25.00	20.75	23.00	23.00
Javelin	21.50	26.50	28.00	30.50	32.50	30.00	16.50	20.00	23.00	23.50	23.00	23.00
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.