Little Athletics Victoria E-News

Phone: (03) 8646 4510
Toll Free: 1800 689 112
Fax: (03) 8646 4540
E-mail: office@lavic.com.au
Website: www.lavic.com.au

Issue 5
28 June 2013

In this Issue:

- State Cross Country Championships
- Lost Property
- Competition Rule Changes
- JDS
- Introduction to Coaching Courses
- Officials Courses
- 50th Anniversary
- Upcoming Event Information
- Calendar of Events

Keep up to date with what's happening at LAVic by 'Liking' Little Athletics Victoria on Facebook and following us on Twitter

IGA State Cross Country Championships

The 2013 IGA State Cross Country Championships are just around the corner with early-bird entries closing at 12 noon on Wednesday, 24th July.

The Championships will once again be held at Lardner Park, Lardner (Warragul) on Saturday, 3 August.

Don't miss your chance to participate in the premier Cross Country event for the season.

Additional information and online entries can be accessed HERE

Lost Property- Final Reminder

There have been various items of lost property collected from State Championships including jackets, jumpers, hats, keys and several pairs of spikes. We have had these items in our office for an extended period of time and are planning on donating them to charity in July if the items remain unclaimed.

Please contact Matt Collister directly to enquire about lost property items.

Competition Rule Changes

Throughout the season, the LAVic Technical Committee has reviewed the Rules of Competition and has made several recommendations which have now been approved by the Region Advisory Committee. These changes have taken effect as of 11 June 2013.

The below rule changes are only a brief description so please ensure to review the updated Competition Rules available HERE.

Region Track & Field Eligibility

To be eligible to compete at Region Track & Field, athletes must have competed at a minimum of four weekly Centre competitions by the closing date of entries. Centre competition is classified as any competition inclusive of all members, excluding Region/State competitions (or any competition scheduled on these days) and Centre Open Days. There will be no exemptions permitted to the State Track & Field Championships.

High Jump Increments

There has been a change to the bar increments when there are six or fewer athletes remaining in High Jump. The bar will now be raised in 2cm increments when there are six or fewer athletes remaining. Previously there was an increase of 3cm for between four and six athletes and then 2cm for between one and three athletes. This has now been removed.

Horizontal Jumps – Distance Measuring

For U9 – U11 age groups, where an athlete takes off from behind the take-off mat they will now be measured to the back of the mat, perpendicular to where the athlete lands in the pit. Previously it was to the centre of the back of the mat.

Triple Jump Take-Off Boards

There will no longer be 10m or 12m take-off boards set for Triple Jump. The following take-off boards will be available during competition – 4m, 5m, 6m, 7m, 8m, 9m, 11m and 13m.

High Jump – Multi-Event

The height of 1.00m will be used as the benchmark height for High Jump at the Multi-Event (U14 – U16 age groups). The 3cm increments will be taken below and above this mark.

Progressions to State Championships

In the case where a re-run of an event has occurred (ie. when there is a tie for automatic qualifying positions to the State Championship), only the place of the re-run will be used and not the results of the original race.

Relay Teams – Mixed Sex Substitutes

For Mixed Sex events, any two athletes can be used as substitutes regardless of gender. Previously it was one boy and one girl, however the team must still have two boys and two girls competing in the race.

High Jump Starting Height – Region Qualifying Competition

All Region qualifying events will have the starting height for High Jump set at 10cm below the State starting height. Athletes will still need to clear the State starting height in order to be considered for progression. Please note, there is no Region qualifying height to enter High Jump, however the bar will not be lowered below the designated starting height to begin a competition.

JDS - Qualifying Standards and Registrations

As some of our members may be aware, 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.

To join JDS, athletes must achieve the qualifying standard in their current age group of this season, although JDS doesn't commence until next season, with the first activity in October.

The JDS qualifying standards (reviewed annually) for Season 2013-2014 have now been finalised and can be viewed HERE. Online registrations for the 2013 -2014 JDS are now available on our Website.

Little Athletics Victoria
Junior Development Squad

Introduction to Coaching Course

The Introduction to Coaching Course (ITCC) is a non-accredited practical coaching course designed for Little Athletics, aimed at giving individuals with little background knowledge in athletics, the ability and confidence to coach basic level athletics to children.

Comprising of 13 modules, covering both theory and practical components, the ITCC is a 1 day course (8 hours) great for parents or older brothers/sisters who want to increase their knowledge of the sport.

12 courses are scheduled to be conducted across the State, both in Metro and Country venues between September and November. Two courses will be conducted on each of the following dates: Sept 8, 15, 29, Oct 27, Nov 3, 17.

The minimum age for participation is 15 and the cost of the course is $105.00 inclusive of GST.

Registrations and additional information including course locations will be published on our Website shortly however, if you have any queries please contact LAVic's Education & Development Manager Shane Bertrand.

Australian Track & Field Coaches Association

Officials Courses

The following courses will take place in the coming months:

- **Cred – Up & Cash Up Level B Officials Course (Albert Park)- 15, 29 July, 5 August**

  View the Application Form for more information.

- **Cred – Up & Cash Up Level B Officials Course (Ballarat) – 20 July**

  View the Application Form for more information.

New courses are continually being introduced into the calendar so visit our Website for further details.

50th Anniversary

Season 2013/14 will see Little Athletics Victoria celebrate its 50th anniversary. There will be numerous activities and celebrations throughout the season with a few special events listed below:

- 5 October – Opening Day 'Centres' 50th Season
- 20 October – LAVic 50 Years Open Day (Geelong)
- 20 October – LAVic 50 Years Region Challenge (Geelong)
- 20 October – LAVic 50 Years U6/U7 'On Track' Gala Day/Workshop (Geelong)
- 2 May 2014 – Australian Little Athletics Championships (Albert Park)
- 4 October 2014 – LAVic 50th Anniversary Dinner (Melbourne)

Additional information will be provided closer to the events so stay tuned!

Upcoming Event Information

IAAF World Youth Championships

Ukraine: 10-14 July 2013

Little Athletics Victoria would like to wish the following ex Little Athletes all the best at the upcoming World Youth Championships:

- Eleanor Patterson (Leongatha) – High Jump
- Henry Smith (Caulfield) – Long Jump
- Nathan Brill (Box Hill) – 10,000m Walk
- Joel Baden (Geelong) – High Jump

Follow their progress HERE

Upcoming Calendar of Events

July

10-14 Jul	IAAF World Youth Championships- Donetsk (UKR)
13 Jul	WMR Cross Country Open Day
20 Jul	SMR Cross Country & Walks challenge
20 Jul	Essendon LAC Cross Country Open Day
26 Jul	State Centrefest & Annual General Meeting 2013 (July 26-28)
27 Jul	State Centrefest & Annual General Meeting 2013 (July 26-28)
28 Jul	State Centrefest & Annual General Meeting 2013 (July 26-28)

August

03 Aug	State Cross-Country Championships @ Lardner Park, Warragul
10 -18 Aug	14th World Athletics Championships - Moscow
17 Aug	Introduction to Officiating Course EMR/SMR - Glen Waverly
18 Aug	JDS Day 8 - Pre Season Training Day - Whittlesea City
22 Aug	Registration Pack Collection
24 Aug	Online Registrations (Live) for 2013/14 Season
25Aug -1 Sept	Introduction to Officiating Course NMR/WMR - Keilor

September

1 Sept	SSA & AA National Cross Country & Road Walks Tasmania
8 Sept	Introduction to Coaching Course (A)(B)
15 Sept	Introduction to Coaching Course (A) (B)
15 Sept	On Track Workshop - Whittlesea City
15 Sept	Introduction to Officiating Course
15 Sept	Starters Seminar - Whittlesea City
16 Sept	Online Registrations Open for 50 Years Open Day
22 Sept	U11 Skills Clinic - Nunawading / Albert Park
22 Sept	On Track Workshop - Albert Park
22 Sept	Starters Seminar - Albert Park
26 Sept	U7 - U10 Mc Donald's Clinic - Bendigo
29 Sept	Introduction to Coaching Course (A) (B)