



ACT U13 SQUAD

Season 2013 / 2014

In season 2013/2014, Little Athletics ACT will again invite nominations from all registered LAACT U13 athletes to participate in an U13 training squad. This squad will provide U13 athletes with the opportunity to participate in a squad environment and to provide specialist coaching. The purpose of this squad is to assist U13 athletes to reach their potential and to give them the best possible chance of selection to the ACT team for the Australian Little Athletics Championships in Melbourne in May 2014. Selection in the training squad does not guarantee selection in the ACT team for ALAC and it is not compulsory for U13 athletes who want to nominate for the ACT ALAC team but it is strongly recommended because their involvement in the squad will benefit the athletes by preparing them for the teams event and will also allow them to get to know team management and their potential team mates. The squad also provides team management and selectors an insight into the athletes who have nominated, enables a focus on specific events and promotes more personal knowledge of the athletes prior to competition day which will assist in improvement. Last year, ACT had our best ever results from an ALAC team after we established an U13 squad.

The **estimated cost** for the ACT U13 squad program is \$220.00. This includes transport, accommodation, meals and the ACT U13 squad polo shirt. If an athlete is selected for the ACT ALAC team, there is a separate cost.

ACT U13 Squad Program

Meeting and first training session:

Venue: Amaroo Athletics Oval, Horse Park Drive, Gungahlin

Time: 10.00am – 12.00pm

Date: Sunday 8th December 2013

The program of the Narooma Camp:

Narooma Camp and South Coast Carnival: Friday 17th – Sunday 19th January 2014. The team will stay at the Island View Beach Resort in Narooma.



Friday 17th January 2014

10.00am - Squad departs from the AIS
3.00pm - Recovery session at the Resort beach or pool
6.00pm - Dinner at Club Narooma

Saturday 18th January 2014

10.00am - South Coast Athletics Carnival in Narooma
4.00pm - Leisure time at the Resort beach or pool
6.00pm - Dinner: BBQ at the resort

Sunday 19th January 2014

8.00am - Early morning swim
10.00am - Barefoot bowls at Club Narooma
5.00pm - Squad arrives back in Canberra

How can you be part of the ACT U13 Squad for 2013 / 2014!

* Firstly, get permission from your parents and coach.

* Secondly, email your details to the ACT U13 squad Team Manager at deon.norval@cg.catholic.edu.au

* Details you need to include - your name and surname, your parents' names with their contact details (mobile and email), Centre, events, PBs, contact details of your coach and shirt size.

* After receiving your email you will receive further information concerning the ACT U13 squad.

