



Little
Athletics
Victoria



Little Athletics Victoria
Junior **Development Squad**

2020 – 2021

Information Pack

Program details & Qualifying
criteria

September 2020

JDS Program 2020-2021

The Junior Development Squad (JDS) gives **U12 – U16** athletes an opportunity to develop additional 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 is to provide a friendly and supportive environment.

Due to the restrictions with COVID-19, JDS this season has been adjusted. As the calendar with training days cannot be scheduled, the JDS registration is now split into two parts.

1. **JDS Joining Fee** - the first part allows athletes who qualify, to register for JDS. The JDS Joining fee covers the administration of the registration process and the JDS t-shirt & postage.
2. **JDS Squad Fee** – the second part is the balance of the JDS fee that covers the cost of the training days, that will be determined once the calendar can be scheduled and the number of JDS days confirmed.

The JDS registration process will require athletes to complete the online registration, confirming their eligibility against the qualifying standards and paying the JDS Joining Fee - \$35 plus SportsTG admin fee.

Once the registration is checked for eligibility and confirmed, a confirmation of registration will be sent. This confirms that the athlete has joined JDS, they will be sent the JDS t-shirt to the address in the online database.

Once the calendar has been confirmed and the number of JDS training days scheduled, the balance of the JDS fee will be determined, this is the JDS Squad Fee. This fee will be a maximum of \$85, depending on the number of JDS training days scheduled.

The athletes that are confirmed as registered for JDS, will be sent details on how to log on and pay off the balance, being the JDS Squad Fee. Only athletes that have paid both Fees, will be eligible to attend any JDS activity once they commence. A reminder will be sent to all athletes on this.

Although the JDS training days are not scheduled yet, as part of the registration process, the athletes will still be required to select their coaching rotations, further details below on this.

As the LAVic State Track & Field Championships were eventually cancelled, the usual requirement that athletes achieve 2 qualifying performances has been altered to 1. The list of qualifying events is listed below.

Qualifying in Season 2020-2021

- JDS is open to eligible & qualified athletes in the **U12** to **U16** age groups only.
- JDS qualifying standards are **reviewed and adjusted** every year.
- An athlete must qualify in **1** event to be eligible.
- **Top 8 finish** at the LAVic State Combined Events is an automatic qualifier.
- Athletes qualify using results from last season, in the age group they were last season.
- The qualification period began on 1st September 2019.
- The qualification period will close on 31st October 2020 using last season's results.
- A copy of the results, other than LAVic results is to be supplied to verify the performance used on the registration portal.
- Athletes need to qualify and re-apply each year to become members.

The athletes can achieve the qualifying performances at any of the following.

1. Little Athletics Victoria Centre competition, Open days, Region & State events.
 2. 2019 SSV Region & State events (Primary or Secondary), 2019 SSA National Championships.
 3. AV Shield, 2020 AV Junior Championships, 2019 State & National All Schools Championships.
 4. APS / AGS / ACS / GSV Combined finals.
- Performances at Schools District and Division carnivals are **NOT** accepted.
 - **Multi-Class** athletes should contact the LAVic Office for qualification requirements.
 - Multi-Class athletes will be accessed on a percentage of the Baseline tables.
 - Performances on a grass track requires conversion prior to registration, if the performance is close to the qualifying standard, then please contact the LAVic Office prior to registration for approval.
 - Athletes will receive an email confirmation of their acceptance, or if further information is required.
 - Athletes that register without qualifying, will receive a refund minus a \$15 administration charge.

Joining Fee & Benefits

Joining Fee is \$35.00 + processing fee, this entitles you to:

- Official JDS T-Shirt, including postage. This needs to be worn at all JDS activities.
- Official JDS Shoe Bag (New Members only). Will be distributed at first JDS activity.
- Access to JDS Squad activities, through payment of the JDS Squad Fee when released.

Events offered & selection criteria

- Events offered on the JDS training days (when scheduled) will be from the following:
 - **Sprints A – 100 & 200mts (combined)**
 - **Sprints B – 400mts**
 - **Hurdles – Sprint and Long Hurdles**
 - **Middle Distance A – 800mts**
 - **Middle Distance B – 1500mts**
 - **Race Walking**
 - **Long Jump**
 - **Triple Jump**
 - **High Jump**
 - **Shot Put**
 - **Discus**
 - **Javelin**
 - **Multi-Class events**
 - **Pilates – core strength and stability sessions.**
- When registering, athletes are required to select **2** events for their training days. The order of these is not relevant as they are adjusted to balance out the coaching numbers in each rotation.
- Athletes are required to select the event or events that they **qualified** in as their coaching rotations. If they qualified in one event only, they must select another event that they are highly competent in.
- Athletes will **NOT** be able to choose an event that they do not demonstrate competency in. This is to ensure equal participation and fairness to all athletes in the event. JDS is for athletes to further develop their demonstrated skills and build upon and refine their technique.
- To demonstrate competency, the athlete's results will be used to determine if they are acceptable for all events selected for training. In some cases, further details will be requested, if there is doubt on the athlete's performances in those events.
- Athlete numbers might be limited in certain field events, due to coach-athlete ratios.
- Athletes qualifying against the Combined Events standard will have their event selection checked to ensure it satisfies the criteria as above.
- Middle Distance (MD) is split into **2** distances of 800mts and 1500mts. At times, the athletes will be training together.
- Athletes can only select **1 event** from **Sprints B-400mts, Middle Dist A-800mts & Middle Dist B -1500mts events**, due to the nature and intensity of the training session and recovery period between sessions.
- **Pilates** will be offered to these athletes, as well as athletes from other events if they wish to improve their core strength and stability. Pilates is not for injured athletes, as it requires muscle and core strength activation.
- If athletes only qualify for one event and they do not demonstrate competency in other events, then they will be added to the Pilates rotation.



Little Athletics Victoria
Junior Development Squad

Provided you have met the Qualifying Standards

Click on the register now button to join JDS for Season 2020/2021.



REGISTER NOW

2020-2021 JDS Qualifying Standards.

Qualifying period, Sept 1st 2019 - Oct 31st 2020 using previous age group.

EVENT	BOYS					GIRLS				
	U11	U12	U13	U14	U15	U11	U12	U13	U14	U15
100m	14.35	13.95	13.60	12.85	12.35	14.95	14.45	14.15	13.75	13.60
200m	29.90	28.90	27.50	26.00	25.50	31.40	29.80	29.15	28.15	28.15
400m	69.00	66.00	63.00	60.00	59.00	71.50	69.50	66.50	65.50	65.00
800m	2:38	2:31	2:27	2:22	2:15	2:48	2:42	2:38	2:36	2:40
1500m	5:30	5:15	5:10	5:05	5:05	5:50	5:38	5:30	5:35	5:40
80m Hurdles	14.50	14.30	14.15			15.10	14.45	14.60	14.50	
90m Hurdles				14.65						16.00
100m Hurdles					16.05					
200m Hurdles			31.50	30.50				33.50	33.00	
300m Hurdles					46.50					53.00
1100m Walk	7:15					7.30				
1500m Walk		10:00	9:25	9:25	9:25		10:15	9:40	9:50	9:50
Long Jump	4.20	4.50	4.75	5.20	5.40	3.98	4.20	4.40	4.60	4.75
Triple Jump	9.05	9.60	10.30	10.80	11.30	8.45	9.00	9.35	9.80	9.85
High Jump	1.34	1.42	1.48	1.55	1.60	1.26	1.36	1.40	1.40	1.45
Shot Put	8.80	9.80	9.50	10.70	10.00	7.65	8.80	8.70	9.20	9.45
Discus	25.75	25.75	31.00	31.00	32.00	22.00	22.00	27.50	23.50	23.50
Javelin	22.50	24.50	26.50	32.00	32.00	15.50	20.50	24.00	26.00	26.00
Combined Events	1st to 8th place at the 2020 State Combined Events Championships.									

- Athletes qualify in their age group using results of the previous 2019-2020 season, with the qualifying period beginning on Sept 1st, 2019 and ending on Oct 31st, 2020.
- JDS registrations will open in 2 parts, Joining Fee, and a Squad Fee.
- JDS training (squad fee part) will commence when restrictions allow it, for athletes who are in the U12 - U16 age group.
- Multi-Class athletes will be accessed on a percentage of the Baseline tables.
- If your best performance is at Centre level on a grass track; and it is close to the qualifying standard, then you must contact the LAVic Office to check if the performance can be accepted.
- Do not register unless the performance on a grass track has been approved first.