



Little  
Athletics  
Victoria



## **JUNIOR DEVELOPMENT SQUAD**

Information Pack 2023/24

## What is JDS?

The Junior Development Squad (JDS) program is a series of clinics open to competitors in the U12-U17 age groups, who show aptitude in one or more track and field disciplines.

Under the guidance of experienced coaches, JDS gives competitors an opportunity to interact and socialise with their peers, while further developing their track and field skillset.

## When and where is it held?

JDS training days are conducted on a Sunday afternoon at a rotation of different tracks across Melbourne. In 2023/24, JDS will be staged in accordance with the following schedule.

<b>JDS 1</b>	Sunday 8 <sup>th</sup> October 2023 (12noon-4pm)	Doncaster
First coaching day. 2 x 75min rotations in member's chosen/approved events.		
<b>JDS 2</b>	Sunday 22 <sup>nd</sup> October 2023 (12noon-4pm)	Yarra Ranges
Second coaching day. 2 x 75min rotations in chosen/approved events.		
<b>JDS 3</b>	Sunday 12 <sup>th</sup> November 2023 (12noon-4pm)	Williamstown
Third coaching day. 2 x 75min rotations in chosen/approved events.		
<b>JDS 4</b>	Sunday 4 <sup>th</sup> February 2024 (12noon-4pm)	Ringwood
Fourth coaching day. 2 x 75min rotations in chosen/approved events.		
<b>JDS 5</b>	Sunday 5 <sup>th</sup> May 2024 (12noon-3.30pm)	Berwick
Fifth coaching day. 3 x 45min rotations based upon age and preferred event groups. Off-season/winter focus, including cross country and other activities.		

*Please note that additional information, including event rotations will be emailed to members at 5pm on the Thursday immediately preceding the session.*

## What does JDS cost and what is included?

Membership to JDS costs \$150 plus GameDay transaction fee. As part of a successful nomination to JDS, members will be provided with the following.

- JDS T-Shirt (Including postage) - To be worn at all JDS activities.
- Opportunity to attend five JDS training activities, as previously detailed.

## How do I become a member?

Membership to JDS is by application and requires competitors to meet selection criteria. If criteria are met, competitors should visit the link at the end of this document and complete the nomination form.

**New JDS members may nominate at any point in the season. Nominations can be made until midday on the Wednesday, immediately prior to each session.**

Please note that during nomination, applicants will be required to provide basic personal information, qualification details (Including supporting links, where requested), and select their discipline rotation preferences.

In previous years, due to the covid pandemic, JDS nominations were split into a two-part process. The 2023/24 season will see a return to a single nomination form.

## What are the selection criteria?

Performance standards and criteria must be met to apply for JDS. Selection criteria are reviewed annually.

To be eligible, applicants must be a financial member of Little Athletics Victoria in season 2023/24.

Using results from the 2023/24 season (In the U12-17 age groups) applicants must:

- Have attained two qualifying performances, as listed later in this document. Qualifying performance can be achieved in **one** discipline **twice**, or in two different disciplines, **once** each.
- Alternatively, those who place in the **overall top eight** at the LAVic State Combined Events, or **top eight** at the LAVic State Cross-Country Championships are automatically qualified.

The qualification period began on the 29<sup>th</sup> Sept 2023.

## Are the standards the same for multiclass competitors?

Slightly different qualifying criteria exist for those looking to join JDS as a multiclass competitor.

To be eligible, applicants must be a financial member of Little Athletics Victoria in season 2023/24.

Additionally, using results from the 2022/23 season (In the U11-16 age groups) applicants must meet **one** of the following criteria.

- Have attained a baseline performance result of 40% or higher (For permitted competitions, please see notes in section *What are the qualifying standards?*).
- Have contested the 2022/23 State Cross Country, Track and Field, or Combined Event Championships.

## What event rotations can I choose?

When nominating, competitors will be asked to select **two** disciplines to participate in on training days. Competitors must select the discipline(s) in which they are **qualified**. If qualified in one discipline only, competitors can select a rotation for a discipline in which they display aptitude (Generally, within 5% of standard). Preferences for these competitors cannot be guaranteed, due to limited capacity at field sites.

Rotations offered at JDS are as follows. From time to time, depending on facilities and conditions, LAVic may also introduce additional rotations.

Sprints A (100m & 200m)	Sprints B (400m)	Hurdles	Middle Distance	Race Walking
Long Jump	Triple Jump	High Jump	Shot Put	Discus
Javelin	Strength & Balance	Pilates	Multi Class*	

To mitigate injury risk due to training load, JDS members may only select **one** of the following disciplines in their rotations.

- Sprints B-400mts
- Middle Distance B -1500mts
- Middle Distance A-800mts
- Race Walking

Those who do not meet the threshold for a second event, or those who select more than one of the restricted events, may be placed into a strength/pilates rotation.

*\* Multi Class applicants can choose to participate in a generalized training session for multi class competitors (In one or both rotations), join in a mainstream event rotation, or a combination of both. Rotation preferences can be selected during nomination.*

## Who are the coaches?

JDS is supported by a strong contingent of coaches, with a raft of experience in coaching, competing, and officiating. Many of the team have a lifetime's experience in the sport at Centre, state, national, and international level.

Included below is an indicative roster of the coaches appointed to this year's JDS team. Please note that this roster is subject to change.

	JDS Day 1	JDS Day 2	JDS Day 3	JDS Day 4
Sprints A (100m & 200m)	Nana Owusu-Afriyie Rhianna Clemow	Duane Girton Nana Owusu-Afriyie	Chloe George Mike Donato	Nina Lawson Paul Bray
Sprints B (400m)	Duane Girton Paul Bray	Mark Carey Paul Bray	Paul Bray Srini Mandava	Duane Girton Nana Owusu-Afriyie
Hurdles	Allan Poynton Craig Chapman	Allan Poynton Dean McCaughan	Allan Poynton Duane Girton	Allan Poynton Maddy McBrien
Middle Distance	Mark Carey Srini Mandava	Srini Mandava	Mark Carey	Mark Carey Srini Mandava
Racewalking	Fran Attard	Fran Attard	Fran Attard	Fran Attard
Long Jump	Khoeby Holohan Liam Glew	Claudia Cazaux Steve Cain	Craig Chapman Maddy McBrien	Craig Chapman Khoeby Holohan
Triple Jump	Ben Spiteri Zoe Cunningham	Khoeby Holohan Liam Glew	Liam Glew Zoe Cunningham	Liam Glew Zoe Cunningham
High Jump	Teagan Zurawel Wayne Dyball	Craig Chapman Zoe Cunningham	Teagan Zurawel Wayne Dyball	Teagan Zurawel Wayne Dyball
Shot Put	Joshua Plante Leanne Hume	Joe Kampf Maddy McBrien	Claudia Cazaux Emma Werner	Ben Spiteri Emma Werner
Discus	Steve Cain	Leanne Hume Mike Donato	Joe Kampf Joshua Plante	Joshua Plante Mike Donato
Javelin	Claudia Cazaux Mackenzie Mielczarek	Ben Spiteri Mackenzie Mielczarek	Ben Spiteri Mackenzie Mielczarek	Joe Kampf Mackenzie Mielczarek
Strength	Mike Donato	Wayne Dyball	Leanne Hume	Steve Cain
Pilates	Emma Addison	Emma Addison	Emma Addison	Emma Addison
Multi Class	Emma Werner* Richard Colman^	Emma Werner^ Richard Colman*	Richard Colman* Tyler Costin^	Leanne Hume* Richard Colman^

\* Coach will be leading a standalone multi class group training session.

^ Coach will be moving between mainstream event sites to assist multiclass participants/coaches.

JDS Day 5 will see participants join rotations designed to assist them in their winter/off season training. Coaches for these sessions will include Duane Girton, Emma Addison, Emma Werner, Leanne Hume, Mark Carey, Mike Donato, Srini Mandava, Steve Cain, Wayne Dyball, and Zoe Cunningham. More information to follow.

Our team is also supported by Erina Cunningham and Debbie Voogd in administration.

## What are the qualifying standards?

The qualification period began on 29<sup>th</sup> Sept 2023.

Using performances from the 2023/24 season, standards for JDS are as follows.

EVENT	BOYS						GIRLS					
	U12	U13	U14	U15	U16	U17	U12	U13	U14	U15	U16	U17
100m	13.90	13.40	12.75	12.40	12.00	12.00	14.20	13.95	13.65	13.65	13.55	13.55
200m	28.80	27.50	26.20	25.50	24.50	24.50	29.55	29.00	28.30	28.30	28.20	28.20
400m	65.50	63.00	61.00	59.00	58.00	58.00	69.00	66.50	66.00	66.00	66.00	66.00
800m	2:33	2:27	2:22	2:18	2:17	2:17	2:42	2:38	2:38	2:38	2:40	2:40
1500m	5:20	5:10	5:05	5:00	5:00	5:00	5:40	5:35	5:35	5:40	5:45	5:45
80mH	13.90	14.00					14.60	14.65	14.30			
90mH			14.65							15.80	15.60	
100mH				16.00	15.50	15.00						16.40
110mH						17.30						
200mH		30.50	30.00					32.50	32.30			
300mH				46.50	45.00	45.00				53.00	53.00	53.00
1100 Walk												
1500 Walk	10:00	9:45	9:45	9:25	9:25	9:25	10:05	10:00	10:00	10:00	10:00	10:00
Long Jump	4.45	4.65	5.15	5.35	5.50	5.50	4.15	4.45	4.65	4.70	4.70	4.70
Triple Jump	9.55	10.30	10.60	11.15	11.50	11.50	9.20	9.60	9.70	9.85	9.85	9.85
High Jump	1.40	1.50	1.55	1.60	1.70	1.70	1.35	1.40	1.40	1.45	1.45	1.45
Shot Put	10.50	10.10	10.70	10.70	11.50	11.50	9.00	9.00	9.10	9.35	9.50	9.50
Discus	25.75	30.50	31.50	35.00	40.00	40.00	22.00	27.00	24.00	25.00	26.00	26.00
Javelin	24.00	26.00	31.50	35.00	37.00	37.00	20.50	24.00	25.00	25.00	29.00	29.00
Combined Events	1 <sup>st</sup> to 8 <sup>th</sup> place at the 2022/23 State Combined Events Championships (Overall Championship).											
Cross Country	1 <sup>st</sup> to 8 <sup>th</sup> place at the 2022/23 State Cross Country Championships.											

Competitors can achieve qualifying performances at

- Little Athletics Victoria Events (Centre, Open Days, Region, State Championships, and ALAC).
- Athletics Victoria Events (AVSL, Specialist Groups, State and National Championships).
- School Championships (State and Region events only - SSV/APS/GSV). Performances attained at School, District and/or Division carnivals are **NOT** accepted.

Please note that applicants may be required to provide additional information to confirm performance(s).

## I'm qualified and ready to nominate.

If you have met the selection criteria, please click the button below and follow the prompts, ensuring that you provide all requested information, and make payment. Please enter, and check that your address in GameDay is correct prior to nominating as it is to this address that squad shirts will be mailed.

Please do not nominate unless you have met the selection criteria. Competitors who nominate but have not met the criteria will have their nomination rejected. Refunds will be issued, minus a \$15 administration fee.

If you have any questions about the process, please contact [jds@lavic.com.au](mailto:jds@lavic.com.au) **BEFORE** submitting a nomination.



REGISTER NOW

## I've submitted my nomination, what happens now?

Once received, nominations are checked for eligibility against a pool of results, please note that this may take up to a week. If insufficient information is supplied, you may be asked to provide links to results that contain qualifying performances.

Once confirmed, you will receive a welcome email, and squad shirt in the mail. Important information for each session will be distributed via email at 5pm on the Thursday prior to each training day.