



JUNIOR DEVELOPMENT SQUAD

INFORMATION PACK

SEASON 2024-25

What is JDS?

The Junior Development Squad (JDS) program is a development opportunity offered to competitors in the U12-U17 age groups, who show aptitude in one or more track and field disciplines. The program is run over five physical training days, while delivering additional online content.

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 Victoria. In 2024-25, JDS will be staged in accordance with the following schedule.

JDS 1	Sunday 13 th October 2024 (12.30pm-3:45pm)	Yarra Ranges
First coaching day. 2 x 60min rotations in member's chosen/approved events.		
JDS 2	Sunday 10 th November 2024 (12.30pm-3:45pm)	Williamstown
Second coaching day. 2 x 60min rotations in chosen/approved events.		
JDS 3	Sunday 24 th November 2024 (12.30pm-3:45pm)	Whittlesea City
Third coaching day. 2 x 60min rotations in chosen/approved events.		
JDS 4	Sunday 9 th February 2025 (12.30pm-3:45pm)	Springvale
Fourth coaching day. 2 x 60min rotations in chosen/approved events.		
JDS 5	Sunday 11 th May 2025 (12.30pm-3.45pm)	Corio/Pakenham/Shepp
Fifth coaching day. 2 x 60min rotations of your choice. Off-season/winter focus, including run, jump, and throws rotations.		

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



What does JDS cost and what is included?

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

- JDS T-Shirt (To be collected at your first training day) - To be worn at all JDS activities.
- Opportunity for involvement in five JDS training activities, as previously detailed.
- For the first time, in 2024-25, JDS membership will also include access to a JDS Online Library of curated/specialized video resources, to be released alongside each training day and intermittently throughout the season.

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.

Nominations to attend JDS Day 1, using 2023-24 performances, will close at **midnight on Sunday the 6th of October 2024**. No late entries will be accepted.

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.

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 member of Little Athletics Victoria.

Using results from the 2023-24 season (In the U11-16 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.

A tool to assist families with JDS eligibility checks, based on LAVic results only, is available [HERE](#). Please note that you will need to download this before you can edit.

The qualification period began on 1st Sept 2023 and finishes on the **6th of Oct 2024**.



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 member of Little Athletics Victoria.

Additionally, using results from the 2023-24 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 2023-24 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) however, 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 adjust rotations.

Short Sprints (100m/200m)	Long Sprints (400m)	Relays*	Hurdles	Middle Distance
Race Walking	Long Jump	Triple Jump	High Jump	Shot Put
Discus	Javelin	Strength & Balance	Pilates	Recovery Techniques
Multi Class**				

To mitigate injury risk due to training load, JDS members may only select **one** of the green and/or **one** of the blue highlighted disciplines. Those who do not meet the threshold for a second event, or those who select a restricted event combination, may be choose, or be placed into one of the orange highlighted disciplines.

* The relays rotation will focus primarily on running through the changeover zone.

** 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 1 – Yarra Ranges	JDS 2 - Williamstown	JDS 3 – Whittlesea City	JDS 4 - Springvale
Short Sprints (100m/200m)	Nana Owusu-Afriyie Thomas Wilson	Duane Girton Nana Owusu-Afriyie	Duane Girton Thomas Wilson	Justin Piccolo Mike Donato
Long Sprints (400m)	Duane Girton Paul Bray	Mike Donato Paul Bray	Paul Bray Srini Mandava	Damayanthi Dharsha ³ Paige Elvey Paul Bray
Relays	Nana Owusu-Afriyie Paul Bray Thomas Wilson	Duane Girton Nana Owusu-Afriyie Mike Donato	Duane Girton Paul Bray Thomas Wilson	Damayanthi Dharsha ³ Justin Piccolo Paige Elvey Paul Bray
Hurdles	Alana Chapman Craig Chapman	Allan Poynton Craig Chapman	Allan Poynton Dean McCaughan	Craig Chapman Rhianna Clemow
Middle Distance	Mark Carey Srini Mandava	Mark Carey Srini Mandava	Justin Piccolo Mark Carey	Mark Carey Srini Mandava
Racewalking	Fran Attard Hayley Woolfe	Fran Attard Melissa Perry	Mark Donahoo Melissa Perry	Fran Attard Hayley Woolfe
Long Jump	Rhianna Clemow Steve Cain	Alana Chapman Steve Cain	Craig Chapman Teagan Zurawel	Alana Chapman Duane Girton
Triple Jump	Justin Piccolo Liam Glew	Justin Piccolo Liam Glew	Liam Glew Rhianna Clemow	Liam Glew TBA
High Jump	Teagan Zurawel Wayne Dyball	Maddy McBrien Teagan Zurawel	Maddy McBrien Wayne Dyball	Teagan Zurawel Wayne Dyball
Shot Put	Ben Spiteri Claudia Cazaux	Claudia Cazaux Emma Werner	Alana Chapman Emma Werner	Claudia Cazaux Melissa Perry
Discus	Leanne Hume Melissa Perry	Ben Spiteri Leanne Hume	Leanne Hume Steve Cain	Ben Spiteri Steve Cain
Javelin	Mackenzie Mielczarek Maddy McBrien	Mackenzie Mielczarek Rhianna Clemow	Claudia Cazaux Mackenzie Mielczarek	Mackenzie Mielczarek Maddy McBrien
Strength & Balance	Mike Donato	Wayne Dyball	Mike Donato	Leanne Hume
Pilates	Emma Addison	Emma Addison	Emma Addison	Emma Addison
Recovery Techniques	Duane Girton	Paul Bray	Srini Mandava	Mike Donato
Multi Class	Emma Werner ¹ Richard Colman ²	Lauren Marron ³ Richard Colman ¹ Tyler Costin ²	Ben Spiteri ¹ Lauren Marron ³ Richard Colman ²	Emma Werner ² Richard Colman ¹
Administration	Debbie Voogd Erina Cunningham	Debbie Voogd Erina Cunningham	Debbie Voogd Erina Cunningham	Debbie Voogd Erina Cunningham

	JDS 5 - Corio	JDS 5 - Pakenham	JDS 5 - Shepparton
Cross Country	Tyler Costin	Maddy McBrien	Mark Carey
Sprints	Mike Donato	Rhianna Clemow	Paul Bray
Throws	Mackenzie Mielczarek	Claudia Cazaux	Ben Spiteri
Jumps	Teagan Zurawel	Wayne Dyball	Doug Cobbledick

¹ Coach will be responsible for leading a standalone multi-class group training session.

² Coach will be responsible for moving between mainstream event sites to assist multiclass participants/coaches.

³ Coach will be shadowing



What are the qualifying standards?

The qualification period began on 1st Sept 2023 and finishes on **6th Oct 2024**.

Using performances from the 2023-24 season (In the U11-U16 age groups), standards for JDS are as follows.

EVENT	BOYS						GIRLS					
	U11	U12	U13	U14	U15	U16	U11	U12	U13	U14	U15	U16
100m	14.45	14.10	13.50	12.85	12.50	12.10	14.75	14.30	14.05	13.75	13.75	13.65
200m	30.25	29.00	27.70	26.40	25.70	24.70	30.95	29.75	29.20	28.50	28.50	28.40
400m	69.50	66.00	63.50	61.50	59.50	58.50	71.50	69.50	67.00	66.50	66.50	66.50
800m	2:39	2:34	2:28	2:23	2:19	2:18	2:49	2:43	2:39	2:39	2:39	2:41
1500m	5:33	5:23	5:13	5:08	5:03	5:03	5:53	5:43	5:38	5:38	5:43	5:48
80mH	14.35	13.90	14.00				15.10	14.60	14.65	14.30		
90mH				14.65							15.80	15.60
100mH					16.00	15.50						
200mH			30.50	30.00					32.50	32.30		
300mH					46.50	45.00					53.00	53.00
1100 Walk	7:10						7:30					
1500 Walk		10:00	9:45	9:45	9:25	9:25		10:05	10:00	10:00	10:00	10:00
Long Jump	4.25	4.45	4.65	5.15	5.35	5.50	3.95	4.15	4.45	4.65	4.70	4.70
Triple Jump	9.00	9.55	10.30	10.60	11.15	11.50	8.60	9.20	9.60	9.70	9.85	9.85
High Jump	1.35	1.40	1.50	1.55	1.60	1.70	1.30	1.35	1.40	1.40	1.45	1.45
Shot Put	8.80	10.50	10.10	10.70	10.70	11.50	7.70	9.00	9.00	9.10	9.35	9.50
Discus	27.50	25.75	30.50	31.50	35.00	40.00	22.00	22.00	27.00	24.00	25.00	26.00
Javelin	22.50	24.00	26.00	31.50	35.00	37.00	16.20	20.50	24.00	25.00	25.00	29.00
Combined Events	1 st to 8 th place at the 2023-24 State Combined Events Championships (Overall Championship).											
Cross Country	1 st to 8 th place at the 2023-24 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 performances.

Please note: Odd event distances, such as those run at Centre and/or the Winter Track and Field Series, cannot be used to qualify for JDS. Performances must be attained in the relevant discipline.



What is the JDS Online Library?

The JDS Online Library is a new concept collection of video resources, specially curated to assist participants in their journeys through athletics. These videos will be released throughout the season, and/or alongside event information, and will include sessions on goal setting, injury risk reduction and load management, choosing appropriate footwear/feet injuries alongside a host of other athlete stories and educational/interactive sessions.

Can I still join if I haven't qualified and nominated by the 6th of Oct?

Nominations to JDS may be made in one of two time periods, pre-season and in-season. The nomination process will relaunch following JDS Day 1, allowing new competitors to apply. Applicants can no longer use previous season results in support of their JDS nomination, and instead must qualify using performances from season 2024-25 (7th of October, onwards). Revised standards will be shared online in the days following JDS Day 1. Please note the nomination portal will be closed at midnight on the Wednesday preceding each respective JDS session, to enable the preparation of training materials, reopening in the days after each session.

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 do not nominate unless you have met the selection criteria.

If you have any questions about the process, please contact jds@lavic.com.au **BEFORE** submitting a nomination.



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. Important information for each session will be distributed via email at 5pm on the Thursday prior to each training day, and your shirt will be available for collection at your first JDS training day.



