



TEMPLESTOWE ALL SAINTS LITTLE ATHLETICS INFORMATION SHEET



Season 2009/10

This Information Sheet is intended to be a guide to all parents and athletes of the multitude of athletics events, competitions and activities available throughout the season.

Templestowe All Saints (TAS) is one of six clubs that make up the Doncaster Little Athletics Centre. Athletes that become a member of TAS are automatically members of Doncaster Centre and the VLAA (Victorian Little Athletics Association).

Athletes compete for Templestowe All Saints in all Inter Club events. They also have the opportunity to represent Doncaster Centre in the Eastern Region Championships and the Victorian State Championships.

The following is a list of events, competitions and activities available to all athletes and/or parents:

Weekly Inter Club Competition at Doncaster

- U6 – U8 Weekly On Track programs.
- U6 – U8 Inter Club competitions held on several Friday nights during the season.
- U9 – U15 Weekly Inter Club competitions held on Friday nights or Saturday mornings. Inter Club competitions cover the full range of athletics events (running, jumping, throwing, hurdling,) and all athletes are encouraged to participate in all events. 4 or 5 events are held each week on a 3 week rotating cycle. TAS athletes wear the TAS blue and white uniform.
- All athletes earn points during the season for participation and personal bests (PB's) during the weekly inter club competitions. These points are aggregated and at season end TAS club awards trophies to TAS athletes in each age group. Additionally the combined points of all athletes in each age group are aggregated to determine the winning club at Doncaster Centre in each age group.
- U6 – U15 annual Centre Championships held over 3 meetings in February/March. Centre Medals are awarded to 1st, 2nd & 3rd in each event.
- 3 Special Inter Club Events are held during the season:
 - Centre Open Day – Held in December. This is a competition meet with certain events available at each age group open for all Doncaster Centre athletes and all other VLAA athletes. Centre Medals are awarded to 1st, 2nd & 3rd. Athletes need to register their entry prior to the day. This is a great way to test our athletes against athletes from other centres and make new friends! This event closes the season for the Christmas break and normally finishes with a huge bang!
 - Multi Event – Held in late January and available to all athletes at each age group. Athletes take part in 5 events (100m, hurdles, 800m, Long Jump, Discus). Their performances in each event are converted to points, based on the international standard, and aggregated. The athlete with the most points after all 5 events is the winner. Centre Medals are awarded for 1st, 2nd & 3rd.
 - Handicap Event – held in March and available to all TAS athletes at each age group. Each athlete is given a handicap to other athletes based on their own PB's during the season over the contested events. This provides a good opportunity for those athletes who may not have won a particular event during the year to have a real chance of winning. Centre Medals are awarded for 1st, 2nd & 3rd places. This is a great day and often full of surprise winners!
- Royal Children's Hospital Fundraiser event (held during one of the weekly on track and Inter Club competition meets, usually in October). Fun activities are held to raise moneys for the Royal Children's Hospital appeal.

Additional Available Competition

- Open Day Competitions held by other Centres. Several other Centres across Victoria hold an Open Day competition at various times during the season, eg Knox, Waverley, Chelsea, etc. All TAS athletes are able to enter and attend these meets. A small entry fee is normally payable per event. Medals are awarded to 1st, 2nd & 3rd by the host centre.
- Relays. This is an opportunity for U9 – U15 athletes to compete as a team with members of the other clubs representing the Doncaster Centre. A variety of running events are included from 100m to 400m and incorporating boys, girls, mixed sex and mixed age groups. Relay training usually takes place from Week 1 or 2 of the season on Wednesday nights and some Sundays. A trial meet at Box Hill Centre takes place in late October. The Eastern Region Championships takes place in mid November (this year at Doncaster), and the State Championships take place at Olympic Park in December. Whilst this is an extra commitment over the normal inter club schedule, this is a great opportunity to make friends, enhance athletes' performances and proudly wear the green and gold uniform of Doncaster Centre. State Medals are awarded for 1st, 2nd & 3rd
- Individual Eastern Region Championships. This takes place in mid February and is available to all U9 – U15 athletes. Athletes can nominate to enter up to 4 events. The championships are held over a Saturday and Sunday at either Knox or Nunawading Centres. Region Medals are awarded for 1st, 2nd & 3rd. A good result at Regional's can qualify the athlete for the State Championships. The Doncaster green and gold uniform is required to be worn
- Individual State Championships. Takes place in March at Olympic Park. Available to all U9 – U15 athletes who qualified via the Regional Championships. State Medals are awarded for 1st, 2nd & 3rd
- Individual State Multi Event Championships. Similar to the Centre Multi Event, this takes place in early March at a country Centre location on a rotational basis. This is available for all U9 – U15 athletes. Athletes take part in 5 events (100m, hurdles, 800m, Long Jump, Discus). Their performances in each event are converted to points, based on the international standard, and aggregated. The athlete with the most points after all 5 events is the winner. State Medals are awarded for 1st, 2nd & 3rd. NB there is no qualification criteria to enter the State Multi Event Championship
- Dual registration for the older age groups (U12 – U15) is available with the senior Doncaster Athletics Club. This enables an athlete to participate in events at senior athletics meets and ensures a smooth transition into senior athletics.
- All athletes are also eligible to compete in the Cross Country competition. The cross country season runs from May to July.

Training and Coaching

- Weekly Wednesday night training available for all athletes at Doncaster Centre, with coaches in attendance. This year specialised coaching sessions for squads will also be run.
- Crystal Creek Coaching Camps. A weekend coaching camp for U10 – U15 athletes run by the Eastern Region, usually held in November. A separate fee applies to this event.
- Junior Development Squad (operated by VLAA). A fee is payable to VLAA.
 - Several special coaching and training sessions held during the season for JDS members only.
 - January coaching and training camp.Membership of the JDS is available to U12 – U15 athletes who meet the required performance qualification standards.
- Special Coaching clinics for athletes. Sometimes free coaching clinics are held during the season at Doncaster Centre. These are usually held on a Sunday and are available to all athletes. They provide access to top level coaches across a wide range of events.

For Parents

- Coaching clinics for parents. Several coaching courses are available for parents who wish to take on coaching roles for their children or a group of athletes.
- Officials training clinics for parents. Conducted by the VLAA, sessions are held at various Eastern Region Centres, teaching parents the rules and official duty requirements of running, jumps, throwing and relay events. Parents are then able to earn Level 1 and Level 2 accreditation with VLAA.

For further information on any of these events, please see Michael O'Connell (TAS Team Manager), Jack Talia (TAS President) or any of the other friendly TAS committee members or go to www.doncasterlac.org.au.