

Kew Little Athletics Centre



Regional/State Events

There are three main regional/state events in our summer calendar – relays, state multi event and track & field. To ensure these days run as smoothly as possible, each centre is required to provide a number of officials for simple duties (e.g. setting up, packing up, writing out results, etc). If your child is participating, expect to be rostered for part of a day on a duty.



Athletes must compete in Kew Little Athletics official club uniform. The Centre uniform is maroon with gold trim. A singlet and shorts or crop top and shorts can be worn.



If you do not have a uniform, please contact Manuela Dalla Costa, the Uniform Co-ordinator on 9859 8838

Relays

Children in the U9 - U15 age groups are eligible to compete at the Eastern Metropolitan Region (EMR) relays. Teams are selected by the Relay selection committee made up of Age Manager, Age Relay Manager, Team Manager and Head Relay Coach. Selection is based on sprinting ability and availability for the EMR Relay Championships and State Relay Championships.

This year time trials for relay selection start first Saturday in September through to third Saturday in October.

As a team event, it is imperative that children only sign up for a team if they are committed to training with the aim of competing at region and potentially state championships. A training time will be organized for each age group by the Relay Age Manager

Kew Little Athletics Centre pays the registration fee for the teams.

<u>IMPORTANT DATES</u>	Region (EMR):	12th December, 2010 – Ringwood
	State:	5th February, 2011 – Olympic Park

Regional and State Track & Field

All children aged U9-U15 can enter in up to four events at the regional track and field competition. The region event serves as a qualifier for the state event. This year we are encouraging all athletes who are considering competing at Regions to attend mid week training. Our training sessions are designed to have the athletes at their peak for these events so it is a highly beneficial addition to the weekly schedule. It also gives the coaches a chance to further assess the athletes and support them in choosing their best events to enter into. The fee is \$5 per event. Kew pays for first event.

<u>IMPORTANT DATES</u>	Region (EMR):	19/20th February, 2011 – Nunawading
	State:	19/20th March, 2011 – Olympic Park

REGISTRATION FOR REGIONAL/STATE EVENTS AND MID WEEK COACHING : U9 – U15

State Multi Event / Pentathlon

All children aged U9-U15 can enter State Multi Event. Multi-event is comprised of 5 events; Hurdles, 100m, Long Jump, Discus and 800m. The next event will be held in Bendigo. It is always a fun and social event. Many families choose to stay on the Saturday night which is a great social occasion for children and adults. Please indicate your intention to attend State Multi when registering as we may look at accommodation packages as a club.

IMPORTANT DATE **20th & 21st Nov, 2010 - Shepparton**

Coaching U9-U15 years

Kew Little Athletics Centre is committed to the development of our Little Athletes and has further developed our coaching program. If your child/ren are interested in further developing their fitness and athletic skills we encourage them to attend our training sessions.

This year we have a number of training sessions.

<u>Mondays</u>	5:00-6.00pm	High Jump/Hurdles	<u>Doncaster Aths Track</u>
<u>Wednesdays</u>	5.00-6.15pm	Sprinting	<u>Stradbroke Park</u>
(on Rotation)		Distance Running	
		Long & Triple Jump	
		Throws	
		General Fitness	

As aforementioned, if athletes are considering participating in Regional/State events then midweek training is highly recommended. If they are selected in a relay team then it is essential that they attend the training sessions for that team.

The training fee for the year is \$60. Those only attending relay training are not required to pay the training fee.

Please fill in and return with registration form.

Athlete Name: _____

Parent Name : _____ Mobile Phone: _____

Parent Email Address: _____

Parent Working with Children Check #: _____ Expiry: __/__/____

Registering for mid week coaching (*Fee of \$60 to be paid with registration*) **Yes/No**

Available for Regional Relays Dec 12th **Yes/No/TBC**

Available for State Relays Feb 5th **Yes/No/TBC**

Registering for State Multi Event Nov 20th/21st **Yes/No/TBC**

Registering for Regional Track & Field Feb 19/20th **Yes/No/TBC**

Any Questions please phone Kylie Italiano 0438 938 300 or Manuela Dalla Costa 9859 8838