

Education Outlook for 2023/24

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Little Athletics Victoria

Coming Up

- Pathway Programs
- Coach Education, Resources, and Pathways
- Volunteering/Officiating Education and Resources



Pathway Programs



Development Program Dates

Date	Event	Venue
Sunday 8 th October	JDS Day 1	Doncaster (TBC)
Sunday 22 nd October	JDS Day 2	Yarra Ranges
Sunday 12 th November	JDS Day 3	Williamstown (TBC)
Sunday 4 th February	JDS Day 4	Ringwood
Sunday 24 th March	ALAC Training Day 1	Ringwood
Sunday 21 st April	ALAC Training Day 3	Williamstown (TBC)
Friday 26 th – Sunday 28 th April	ALAC	Adelaide
Sunday 5 th May	JDS Day 5	Berwick

Junior Development Squad





Australian Little Athletics Championships

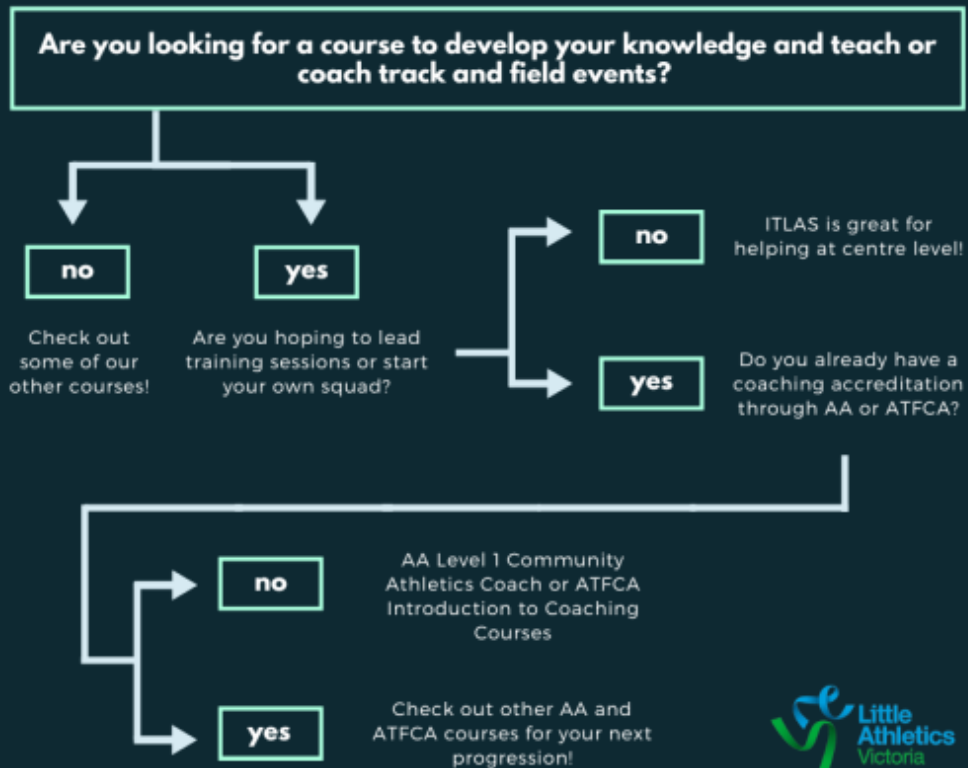


Coach Education, Resources, and Pathways



Coach Education

WHAT COURSE SHOULD I TAKE?



FINDING YOUR BEST COACH

There isn't a best coach; there's a best coach for you

- AnnMaria De Mars,
1984 World Champion, Judo

It can be challenging knowing what to look for when choosing a coach. To help you navigate this process, we've compiled a list of questions for you to consider.

- 1 What sort of help are you looking for?**
Think about the level of skill development you require, how much time you want to commit, and when. Coaches will all have different schedules, and it will help to find one who fits yours.
- 2 In what sort of environment do you get your best results?**
Coaches all have different personalities, and will communicate differently. Think about those people you like to be around - are they energetic and loud? More softly spoken? Finding a place that you enjoy, and where you are comfortable is important!
- 3 What qualifications and experience should my coach have?**
Your coach should have a current, nationally recognised accreditation. In addition, where appropriate, coaches should hold a Working with Children Check and/or may be asked to agree to LAVic's Child Safe Code of Conduct.
- 4 Put it all together!**
Do your research, have conversations, and don't forget to be honest about your expectations. Both Athletics Australia and the Australian Track & Field Coaches Association have tools to help find your best coach.

More information about each of these points can be found below!

Key Education Course Dates

Date	Event	Venue
Sunday 10 th September	ITLAS Option 1	TBA
Sunday 17 th September	ITLAS Option 2	TBA
Sunday 1 st October	ITLAS Option 3	TBA
Sunday 15 th October	ITLAS Option 4	TBA
Sunday 26 th November	ITLAS Option 5	TBA

Coach Development



Volunteering/Officiating Education and Resources

Volunteer and Officials' Education




Volunteer and Officials' Resources

Officials

Home – Education – Officials

Officials and volunteer helpers are vital to the effective functioning of weekly Centre competition. To ensure that individuals feel adequately prepared when taking on a role at Centre level, or if they wish to progress to region and/or state competitions, several development pathways exist.


State based education, in the form of workshops and courses, are provided by LAVic and give participants a foundational understanding of officiating and its application at Centre competition. Completion of an LAVic state-based education program is strongly recommended to commence your official or helper's journey.



EDUCATION

Volunteers looking for education and officiating pathways at Centre, Region, and State level.

CLICK HERE



RESOURCES

Volunteers looking for resources to assist in helping and officiating at Centre level.

CLICK HERE

A VOLUNTEERS GUIDE TO THE HIGH JUMP

HIGH JUMP

The aim of the high jump is to clear the tallest height without dislodging the crossbar. Taking off from one foot, competitors attempt clear the bar, and have up to three attempts per height. Three consecutive failures at the same height, or combination of heights, leads to elimination.

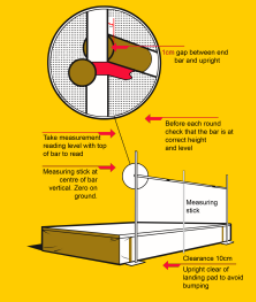
ORGANISING THE EVENT

- 1 Check surroundings and equipment are safe for all children and volunteers.
- 2 Set up so that the uprights are 10cm out from the landing bag. Ensure that the brackets that support the cross bar are facing the opposite upright.
- 3 Arrange the children in the order they are to jump and set the starting height for the crossbar.
- 4 Write the children's names and starting heights on the recording sheet to record the results.
- 5 Give each child practice jumps before the event begins.
- 6 Children are allowed 3 chances to clear each height.
- 7 Ensure children are jumping off one foot, and using the relevant clearance technique (Scissors for U8-10).
- 8 The bar is raised in 5cm increments, and measured each round.
- 9 When recording, please use:
O = Clearance, X = Failure, - = Pass

EQUIPMENT

- Uprights x 2, with adjustable bracket for holding crossbar.
- Crossbar.
- Measuring stick.
- Landing bag/scissor bag.
- Broom (Clearing runway).
- Runway markers.
- Recording sheet.

SET UP



Take measurement of landing level with top of bar to read.

Measuring stick at centre of bar vertical. Zero on ground.

Clearance 10cm. Upright clear of landing pit to avoid bumping.

Before each round check that the bar is at correct height and level.

Use gap between end bar and upright.

Thanks for watching!
Feel free to join us for a live Q & A on Zoom
via the link below this video.