



Villanova College

A Catholic College for Boys in the Augustinian Tradition

9 August 2019

Dear Parent/Guardian

AIC Track and Field Season Program – 2019

Commitment, Dedication and Effort – The ‘Villanova Way’

All interested students are invited to participate in the pre-season training program with the Villanova Track and Field Squad in 2019.

In preparation for the AIC Track and Field Championships, training will commence the week beginning Monday 19 August. Training sessions will be held every Tuesday and Thursday afternoon throughout the entire season leading up to the AIC Track and Field Championships due to be held in Week 3 of Term 4, Thursday 24 and Friday 25 October.

This year we intend on training our entire AIC Track and Field squad from Year 5 - 12 in all disciplines/events on the same two afternoons each week, excluding the middle-distance athletes. The entire squad will be transported by bus to and from QSAC (Queensland Sport and Athletic Centre) or S.A.F (State Athletic Facility) which are both located next to each other at Nathan (formerly named the QEII stadium). The boys will train from 3.45pm to 5.15pm. The bus will then return all athletes back to the College for collection by approx. 5.40pm. Please find listed below a complete list of our 2019 Track and Field coaches.

Villanova Training Schedule

(Includes all students from Year 5 - 12 in all disciplines excluding middle distance)

When – Tuesday and Thursday afternoon

Where – S.A.F or QSAC

Time – Bus departs Villanova at 3.10pm and returns at 5.40pm

Middle distance athletes will train at Little Langland's on the days listed below.

- Year 5 and Year 6 - Monday and Wednesday afternoon at Little Langland's 3.15-4.30pm.
Coach – Mr. Tom Lonergan
- Year 7 - 12 - Monday and Wednesday mornings 6.30 – 7.30 am at Coorparoo AFC, 33 Birubi Street, Coorparoo (the oval behind Coorparoo SHS – marked with an athletics track).
Students to find their own way to the venue, boys will be bused back to Villanova at the completion of training - Coach - Mr. Brian Pascoe

Villanova College Track and Field Coaching Staff - 2019

- **Sprints and Hurdles** – Mr. Chris Everding, Mr. Matt Levander, Mr. Ben Valentine and Mr. Michael Garske (plus external qualified coach – Bill McKenny)
- **Middle Distance (800m/1500m and 3000m)** – Mr. Brian Pascoe and Mr. Tom Lonergan
- **High Jump** – Mr. Craig Stariha (plus external qualified coach, Stephen Karger)
- **Long Jump and Triple Jump** – Ms. Michelle Smith-Rowan, Mrs. Terri Dillon, Mrs. Nichole Rouhliadoff and Ms. Liana Baillie
- **Shot Put** – Mr. Blake McLauchlan and Ms. Barbara Dewis
- **Discus** – Mr. Paul Schiavo (plus external qualified coach, Matthew Denny – Represented Australia at Rio Olympics in Discus and the Gold Coast Comm Games in Discus/Hammer)
- **Javelin** – Mr. Tony Rolls (plus external qualified coach, Ben Thompson – Olympic and Comm Games Throw coach)

If for any reason a student is unable to attend his allocated training session, he must contact his coach and notify them as a matter of courtesy. The Track and Field coaching staff is comprised of experienced members of staff from Villanova, as well as several external professionally qualified coaches.

I encourage all students who are keen to represent Villanova College in Track and Field this season to take advantage of all training sessions offered. Following the Inter-House Track and Field Carnival an official train-on squad for the AIC lead-up carnivals will be announced and all Track and Field training will then be **compulsory**.

We do understand that many of our athletes will have other co-curricular commitments including AIC tennis, rugby league and basketball. The Sports Office at Villanova College is keen to negotiate an individual training schedule with these students for them to participate and represent the College in Track and Field. This is important to our program as it ensures our best athletes are representing Villanova on the day of the Championships.

All Track and Field athletes are required to purchase the items below from the College Uniform Shop and wear them to all AIC Track and Field meets as well as on the day of the Championships. Please note, these items are not for loan or hire, each student must purchase their own items.

Villanova College Track and Field Uniform

- Villanova squad shirt (same shirt worn by the AIC swimmers/cross country runners/tennis players)
- Villanova athletic singlet (used for Cross and Country and Track and Field)
- Villanova athletic shorts (white)
- Villanova sports cap (green)
- Villanova sports jacket (not compulsory but recommended)

AIC Track and Field Training Dates and Venues – 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	20th August		22nd August	
	27th August		29th August T & F Meet @ UQ	
	3rd September		5th September	6th September T & F Meet @ SAF
	10th September		12th September	13th September T&F Meet @ SAF
	17th September		19th September	
	School Holidays		School Holidays	
	School Holidays		School Holidays	
	8th October		10th October	11th October T & F Meet @ UQ
	15th October		17th October T & F Meet @ UQ	
	22nd October		24th October T & F Championship Day 1 @ UQ	25th October T & F Championship Day 2 @ UQ

AIC Track and Field Meets - 2019

Date	Host	Venue
Thursday 29 August	Invitational Carnival	UQ, St. Lucia
Friday 6 September	Invitational Carnival	S.A.F. Kessels Rd, Nathan
Friday 13 September	Invitational Carnival	S.A.F Kessels Rd, Nathan
Friday 11 October	Invitational Carnival	UQ, St. Lucia
Thursday 17 October	Invitational Carnival	UQ, St. Lucia
Thursday 24 October	Day 1 - AIC Track and Field Championships	UQ, St. Lucia
Friday 25 October	Day 2 - AIC Track and Field Championships	UQ, St. Lucia

Year 5 - 12 Track & Field Training Schedule – 2019 Tuesday and Thursday afternoons				
Time	Discipline	Age Groups	Villa Staff	External Qualified Coaches
3.40PM	Arrive			
3.45PM - 4.30PM	Sprints	Year 5 - 8	Chris Everding Matt Levander Ben Valentine	Bill McKenny
	Hurdles	Year 5 - 8	Mick Garske	
	High Jump	Year 9 - 12	Craig Stariha	Stephen Karger
	Long/Triple Jump	Year 9 - 12	Michelle Smith-Rowan Terri Dillon Nichole Rouhliadoff Liana Baillie	
	Shot Put	Year 5 - 12	Barbara Dewis Blake McLauchlan	
	Discus	Year 10 - 12	Paul Schiavo	Matthew Denny
	Javelin	Year 7 - 9	Tony Rolls	Ben Thompson
4.30PM - 5.15PM	Sprints	Year 9 - 12	Chris Everding Matt Levander Ben Valentine	Bill McKenny
	Hurdles	Year 9 - 12	Mick Garske	
	High Jump	Year 5 - 8	Craig Stariha	Stephen Karger
	Shot Put	Year 5 - 12	Barbara Dewis Blake McLauchlan	
	Long/Triple Jump	Year 5 - 8	Michelle Smith-Rowan Terri Dillon Nichole Rouhliadoff Liana Baillie	
	Discus	Year 7 - 9	Paul Schiavo	Matthew Denny
	Javelin	Year 10 - 12	Tony Rolls	Ben Thompson
5.20PM	Depart			

Middle Distance Training Schedule

- Year 5 and Year 6 - Monday and Wednesday afternoon at Little Langland's 3.15-4.30pm. Coach – Mr. Tom Lonergan
- Year 7 - 12 - Monday and Wednesday mornings 6.30 – 7.30 am at Coorparoo AFC, 33 Birubi Street, Coorparoo (the oval behind Coorparoo SHS – marked with an athletics track). Students to find their own way to the venue, boys will be bused back to Villanova at the completion of training - Coach - Mr. Brian Pascoe


Please assist the coaches by ensuring your son is available to attend all meets. A bus will transport all athletes to and from these meets. A complete event schedule for these meets will be posted on the College's website in the week's leading up to the event.

Assistance with timekeeping and officiating at the Friday night carnivals would be greatly appreciated. Please contact a member of the Sports Office or the coaches if you can help at any of the lead-up carnivals.

I look forward to an enjoyable and successful season. If you have any queries, please do not hesitate to contact me on ph. 3394 5611 or cstariha@vnc.qld.edu.au particularly if your son has other co-curricular commitments and a negotiated training schedule needs to be organized.

Commitment, dedication and effort are needed by all to produce strong results on the days of the AIC Championship. I thank you in advance for your support and wish the boys all the best in their preparations for the AIC Track and Field season.

Yours sincerely

A handwritten signature in blue ink that reads "Craig Stariha". The signature is written in a cursive style and is enclosed within a thin blue rectangular border.

Craig Stariha
Director of Sport