



AIC TRACK & FIELD - 2022

COMMITMENT, HARD WORK & DETERMINATION – THE VILLANOVA WAY

All interested students are invited to participate in the pre-season training program with the Villanova Track and Field Squad in 2022.

In preparation for the AIC Track and Field Championships, training will commence the week beginning Monday 15 August. Training sessions will be held every Tuesday and Thursday afternoon throughout the entire season leading up to the AIC Track and Field Championships which are held in Week 1 of Term 4, Thursday 6 and Friday 7 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 Villanova Park to use our newly constructed Track & Field facility. 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 2022 Track and Field coaches.

VILLANOVA TRAINING SCHEDULE

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

When -	Tuesday and Thursday afternoons
Where -	Villanova Park
Time -	Bus departs Villanova at 3.10pm and returns at 5.40pm

Middle distance athletes will train at Little Langland's (Year 5&6) or Coorparoo AFC (Year 7-12) on the days listed below.

- **Year 5 and Year 6** - Monday and Wednesday afternoon at Little Langland's 3.15-4.45pm. Coach - Miss Amy Roberts
- **Year 7 - 12** - Monday and Wednesday mornings 6.45 – 8.00 am. Please meet in front of Goold Hall at 6.45am. Coach - Mr. Brian Pascoe

VILLANOVA COLLEGE TRACK & FIELD COACHING STAFF - 2022

- **Sprints (400m) and Hurdles** – Mr. Chris Everding, Mr Ben Valentine and Mr. Michael Garske (plus external qualified coach – Bill McKenny)
- **Middle Distance (800m/1500m and 3000m)** – Mr. Brian Pascoe and Miss Amy Roberts
- **High Jump** – Mr. Craig Stariha (plus external qualified coach, Karolina Rosloniec)
- **Long Jump and Triple Jump** – Mrs. Terri Dillon, Mrs Margaret Carabetta (plus external qualified coach, Yevgeniy Tkachenko)
- **Shot Put** – Mr Anthony Kemp
- **Discus** – Mr. Paul Schiavo (plus external qualified coach, Michael Criticos)
- **Javelin** – Mr. Tony Rolls (plus external qualified coach, Matt Hesse)

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 annual Inter-House Track and Field Carnival, an





official train-on squad will be announced. We are hopeful all boys listed will accept the offer and train weekly with the squad.

We do understand that many of our athletes will have other co-curricular commitments including AIC Rugby League, AIC Tennis or AIC 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.

We recommend that the Year 5 students hold off buying any clothing until their place in the squad is confirmed by their coach. In the meantime, these boys can wear their PE uniform until further notice.

VILLANOVA COLLEGE TRACK & FIELD UNIFORM

- NEW Villanova squad shirt (same shirt worn by the AIC swimmers/cross country runners)
- NEW Villanova T&F singlet (used for Cross and Country and Track and Field)
- NEW Villanova T&F shorts or rugby shorts (green)
- Villanova sports cap (green)
- NEW Villanova black sports socks

*Some families may want to wait until the squad is announced until purchasing T&F singlet.

AIC TRACK & FIELD TRAINING DATES & VENUES - 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	16 August		18 August AIC T&F Meet @SAF	
	23 August		25 August	
	30 August		1 September	
	6 September		8 September AIC T&F Meet @SAF	
	13 September	14 September AIC T&F Meet @SAF	15 September	
	27 September 8:00am-9:30am @ Villa Park			
	4 October		6 October Day 1 AIC T&F Champs @ QSAC	7 October Day 2 AIC T&F Champs @ QSAC





AIC TRACK & FIELD MEET - 2022

Date	Host	Venue
Thursday 18 August	Invitational Carnival	S.A.F Kessels Rd, Nathan
Thursday 8 September	Invitational Carnival	S.A.F Kessels Rd, Nathan
Wednesday 14 September	Invitational Carnival	S.A.F Kessels Rd, Nathan
Thursday 6 October	Day 1 - AIC Track and Field Championships	QSAC, Kessels Rd, Nathan
Friday 7 October	Day 2 - AIC Track and Field Championships	QSAC, Kessels Rd, Nathan

YEAR 5-12 TRACK & FIELD TRAINING TIMETABLE - 2022

Year 5 - 12 Track & Field Training Timetable - 2022				
Tuesday & Thursday Afternoons				
Time	Discipline	Age Groups	Villa Staff	External Qualified Coaches
3.40PM	Arrive			
3.45PM - 4.30PM	Sprints	Year 5 - 8	Chris Everding Ben Valentine	Bill McKenny
	Hurdles	Year 5 - 8	Mick Garske	
	High Jump	Year 9 - 12	Craig Stariha	Karolina Rosloniec
Tuesday	Triple Jump Long Jump	Year 11- 12 Year 9- 10	Terri Dillon Margaret Carabetta	Yevgeniy Tkachenko
Thursday	Triple Jump Long Jump	Year 9- 10 Year 11- 12		
	Shot Put	Year 5-8	Yr5&6, 12&13 Years Anthony Kemp	Michael Criticos
Tuesday	Shot Put	Year 7-9		
Thursday	Shot Put	Year 10- 12		
Tuesday	Discus	Year 10 - 12	Paul Schiavo	Michael Criticos
Thursday	Discus	Year 7- 9		
	Javelin	Year 7 - 9	Tony Rolls	Matt Hesse
4.30PM - 5.15PM	Sprints	Year 9 - 12	Chris Everding Ben Valentine	Bill McKenny
	Hurdles	Year 9 - 12	Mick Garske	
	High Jump	Year 5 - 8	Craig Stariha	Karolina Rosloniec
	Shot Put	Year 5 - 12	Anthony Kemp	Michael Criticos
Tuesday	Triple Jump Long Jump	Year 7- 8 Year 5- 6	Terri Dillon Margaret Carabetta	Yevgeniy Tkachenko
Thursday	Long Jump	Year 5- 8		





	Discus	Year 7 - 9	Paul Schiavo	Michael Criticos
	Javelin	Year 10 - 12	Tony Rolls	Matt Hesse
5.20PM	Depart			

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 Thursday 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



Craig Stariha
Director of Sport

