

## AIC TRACK & FIELD – 2023

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### VILLANOVA TRAINING SCHEDULE- YEARS 5-OPEN

Training will commence according to the schedule below from Monday 31<sup>st</sup> July. Middle distance runners will train at Little Langlands on Monday and Wednesday mornings and all other disciplines will train at Villanova Park on either Tuesday, Wednesday and/or Thursday afternoons. The boys will be bussed to Villa Park after school and a bus will be provided to bring them back, arriving at Villa at approximately 5.45pm. Parents can pick up their sons at Villanova Park at the conclusion of training. If they are not collected by 5.10pm they will be put on the return bus back to the College.

#### **Sprints/ hurdles**

When – Wednesday and Thursday afternoons

Where – Villanova Park

Time – Bus departs Villanova at 3.10pm and returns at 5.45pm

#### **Throws (Javelin, shot and discus)**

When – Tuesday and Thursday afternoons

Where – Villanova Park

Time – Bus departs Villanova at 3.10pm and returns at 5.45pm

#### **Jumps (high jump, long jump and triple jump)**

When – Wednesday and Thursday afternoons

Where – Villanova Park

Time – Bus departs Villanova at 3.10pm and returns at 5.45pm

#### **Middle distance**

When- Monday and Wednesday mornings 6.45 – 8.00 am.

Where- Please meet in front of Gould Hall at 6.45am. Coaches - Mr. Brian Pascoe and Miss Amy Roberts

Time- 6.45am

### VILLANOVA COLLEGE TRACK & FIELD COACHING STAFF - 2023

- **Sprints, including 400m and Hurdles** – Mr. Chris Everding, Mr. Ben Valentine and Mr. Michael Garske (plus external qualified coaches – Ms. Sharon Dale and Mr. Matt Scott)
- **Middle Distance (800m/1500m and 3000m)** – Mr. Brian Pascoe and Miss Amy Roberts
- **High Jump** – Miss Tegan James and Mr. Brad Jones
- **Long Jump and Triple Jump** – Mrs. Terri Dillon and Mrs. Margaret Carabetta (plus external qualified coach, Mr. Yevgeniy Tkachenko and Ms. Marian O'Neill)
- **Shot Put** – Mr. Anthony Kemp and qualified coach, Mr. Michael Criticos
- **Discus** – Mr. Chris Everding and qualified coach, Mr. Michael Criticos
- **Javelin** – Mr. Tony Rolls (plus external qualified coach Mr. Neil Janse)

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.

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

- Villanova squad shirt (same shirt worn by the AIC swimmers/cross country runners)
- Villanova T&F singlet (used for Cross and Country and Track and Field)
- Villanova T&F shorts or rugby shorts (green)
- Villanova sports cap (green)
- 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 - 2023

Monday	Tuesday	Wednesday	Thursday	Friday
31 July Middle Distance		2 August sprints, hurdles and jumps @ VP Middle Distance @ Langlands	3 August @VP throws	
7 August Middle Distance		9 August sprints, hurdles and jumps @ VP Middle Distance @ Langlands	10 August @ VP throws	
14 August Middle Distance		16 August Public Holiday No Training	17th August Interhouse Carnival @ VP 9.30am- 2pm	
21 August Middle Distance	22 August throws, @ VP	23 August Sprints, hurdles and jumps @ VP Middle Distance @ Langlands	24 August AIC T&F Meet @SAF 3.30pm-8pm	
28 August Middle Distance	29 August throws, @ VP	30 August AIC T&F Meet @SAF 3.30pm- 8pm	31 August Sprints, hurdles, jumps and throws @ SAF	
4 September Middle Distance	5 September throws @ VP	6 September Sprints, hurdles and jumps@ VP Middle Distance @ Langlands	7 September AIC T&F Meet @SAF 3.30pm- 8pm	
11 September Middle Distance	12 September throws @ VP	13 September AIC T&F Meet @SAF 3.30pm- 8pm	14 September Sprints, hurdles, jumps and throws @ VP	
HOLIDAYS		20 September @ VP 3.45pm- 5pm		
HOLIDAYS		27 September @ VP 3.45pm- 5pm		
2 October Public Holiday	3 October Sprints, hurdles, jumps and throws @ VP	4 October Full squad @ SAF Middle Distance @ Langlands	5 October Day 1 AIC T&F Champs @ QSAC	6 October Day 2 AIC T&F Champs @ QSAC



## AIC TRACK & FIELD MEETS - 2023

Date	Host	Venue
Thursday 24 August	Invitational Carnival	S.A.F Kessels Rd, Nathan
Wednesday 30 August	Invitational Carnival	S.A.F Kessels Rd, Nathan
Thursday 7 September	Invitational Carnival	S.A.F Kessels Rd, Nathan
Wednesday 13 September	Invitational Carnival	S.A.F Kessels Rd, Nathan
Thursday 5 October	Day 1 - AIC Track and Field Championships	QSAC, Kessels Rd, Nathan
Friday 6 October	Day 2 - AIC Track and Field Championships	QSAC, Kessels Rd, Nathan

Please assist the coaches by ensuring your son is available to attend all 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 Wednesday or 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 our Track & Field Coordinator Mr Chris Everding on 3394 5505 or [ceverding@vnc.qld.edu.au](mailto:ceverding@vnc.qld.edu.au), particularly if your son has other co-curricular commitments and a negotiated training schedule needs to be organized.

Yours sincerely



Shaun McLean  
Director of Sport