



2006 Melbourne Commonwealth Games Future Athletes Program

TRACK AND FIELD CLINIC APPLICATION FORM

ABOUT THE PROGRAM

The 'Future Athletes Program' is an initiative of the Victorian Government designed to introduce secondary school age students competing in representative school events to a wider developmental pathway in their sport. During 2005 the Victorian Institute of Sport, in conjunction with the 16 Commonwealth Games sports associations, will conduct sport performance clinics providing:

- Technical tips from leading coaches
- Training advice from a State or National representative athlete
- Valuable information on Sports Nutrition, Training and Injury Prevention
- Skill practice and assessment
- Information on how to take the 'next step' in sporting development

Clinics are scheduled from 10:00am until 3:30pm, and are free of charge to participants.

ELIGIBILITY and SELECTION to ATTEND a TRACK AND FIELD CLINIC

All Victorian Secondary School students who meet the selection criteria may enrol in a Track and Field clinic. Selection criteria have been developed in consultation with Athletics Victoria to assist athletes in taking the 'next step' in their sporting development. Clinic places are limited and applications will be accepted only until each clinic is full. Applications can close early should sufficient applications be received.

To be eligible to attend a 'Future Athlete' Track and Field Clinic:

- Students must submit a signed application form to the VIS at least 5 working days prior to the scheduled clinic.
- Applicants must not be a member of the AVIS Development Squad
- The Future Athletes Program Qualification Standards attached are to be used as a 'guide only' for application into the program. Performance standards will not be used as the sole determinant for selection into the program.
- Please specify clearly on the application form your personal best performance for your chosen event as of 1st October 2004 onwards.
- If you do not meet the qualification standard, or are unable to provide a recorded result for a particular discipline, please attach a letter of recommendation from your physical education teacher highlighting your aptitude for this event.
- Students may attend only one 'Future Athletes Program' sports clinic.

SCHEDULED TRACK AND FIELD CLINICS

- **Melbourne (Jumps)** - Olympic Park – Sunday 2nd October 2005
- **Mildura (All disciplines)** - Aerodrome Ovals – Sunday 9th October 2005
- **Gippsland (All disciplines)** - Joe Carmody Athletics Track – Sunday 16th October 2005
- **Melbourne (Sprints)** - Olympic Park – Sunday 23rd October 2005
- **Essendon (Distance)** - Moonee Valley Athletic Track – Sunday 23rd October 2005
- **Doncaster (Throws)** - Doncaster Athletics Track – Sunday 6th November 2005
- **Wodonga (All disciplines)** - Wodonga Athletics Complex – Sunday 13th November 2005
- **Hamilton (All disciplines)** – Pedrina Park – Sunday 27th November 2005



Melbourne 2006 Commonwealth Games Future Athletes Program Qualification Standards 2005

FEMALE				EVENT	MALE			
Junior		Senior			Junior		Senior	
u/14	u/15	u/16	u/18		u/14	u/15	u/16	u/18
14.1	13.6	13.5	13.3	100m	13.2	12.6	12.1	11.8
28.8	27.8	27.3	27.0	200m	27.3	25.7	25.2	23.8
69.3	67.2	63.0	62.4	400m	61.9	60.9	56.2	53.4
2:42	2:40	2:31	2:27	800m	2:32	2:27	2:11	2:08
5:36	5:33	5:15	5:00	1500m	5:09	5:00	4:33	4:23
		11:17	11:12	3000m			10:09	9:40
14.2				80m Hurdles				
	17.3	15.0		90m Hurdles	15.3			
			16.8	100m Hurdles		16.7	15.3	
				110m Hurdles				16.4
		34.1		200m Hurdles	35.1		30.5	
54.6	53.5			300m Hurdles	49.8	46.7		
			73.5	400m Hurdles				60.9
1.35	1.40	1.47	1.54	High Jump	1.47	1.52	1.66	1.75
4.40	4.40	4.90	5.00	Long Jump	4.90	5.22	5.90	6.10
9.40	9.50	10.00	10.45	Triple Jump	10.35	10.90	11.90	12.60
8.45	8.40	9.80	10.35	Shot Put	10.10	10.45	13.80	13.30
22.80	23.75	29.45	34.2	Discus	30.40	33.25	40.85	41.80

FUTURE ATHLETES PROGRAM

TRACK AND FIELD CLINIC APPLICATION FORM

Complete and mail or fax this form to:
Future Athletes Program – Track and Field Clinic
Victorian Institute of Sport
P.O. Box 12608 A'Beckett Street
Melbourne VIC 8006
Fax 9425-0100

Enquiries, please e-mail future.athletes@vis.org.au or phone 9425-0030

Student's First Name:

Surname:

Gender: M / F Height (cm): Date of Birth

Name of Secondary School attending

Name of PE / Sport Contact at school

Are you an athlete with a disability? YES / NO

Clinic applied for (*please circle*)

Melbourne (Jumps)	Mildura	Gippsland	Melbourne (Sprints)
Essendon (Distance)	Doncaster (Throws)	Wodonga	Hamilton

Home Address:

Suburb: Post Code:

Phone Number: Emergency Number:

E-mail Contact: _____

Parent/Athlete consent to attend clinic:

*I (Name of Parent / Guardian) _____
hereby give permission for my son/daughter to undertake Track and Field instruction at the
Future Athletes Program clinic.*

Signature of Parent or Guardian

(Print Name)

Signature of Student

(Print Name)

All applicants will be notified by mail about the status of their application



FUTURE ATHLETES PROGRAM

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PERSONAL BEST PERFORMANCE DETAILS

First Name:

Surname:

Gender: Male / Female **Date of Birth**

Age Group: (please circle) Under 14 Under 15 Under 16 Under 18
(note must be under the age as at the 31st December 2005)

Discipline: (please circle) Throws Sprints Distance Jumps

Recent Personal Best Performances:

Please list your personal best performance for your chosen event as of **1st October 2004**.
For example if you are a throws athlete it would be appropriate to list your personal best performances in javelin, shot and/or discus.

Event	Result	Date achieved	Competition and Location	Hand or Electronic?	
e.g 100 m	12.5 s	12 June 2005	Eastern Zone VSSSA Finals (Doncaster)	Hand time	

If you do not meet the qualification standard, or are unable to provide a recorded result for a particular discipline, please attach a letter of recommendation from your physical education teacher highlighting your aptitude for this event.

Do you belong to an athletics club? YES / NO

If yes to above please specify club name: _____

Do you currently have a coach? YES / NO

Do you train regularly? (ie. on a weekly basis) YES / NO

Does your school have an athletics program? YES / NO

How many times would you have competed for your school in the past 12 months?

