



"Educating young women in the Franciscan tradition"

# Athletics Season 2021

Students and Parents/Carers,

Welcome to the 2021 school athletics season. Please find below the details for the training and competition.

To prepare for the school athletics carnivals we will be conducting athletics training at school and at Aspley Athletics, Bowden Park, Geebung. Below is an outline of the training schedule, Interhouse competition and the lead up meets prior to the CaSSSA Carnival. These sessions are an excellent way to come and try the events and gain valuable experience for the day.

**How to sign up** – Students must download and return the sign up form to be eligible to attend. This form is located on the 2<sup>nd</sup> page of this letter and must be returned to the sports office at least 24hrs prior to any training or event. You can return multiple forms throughout the season if required.

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## Training Details

**Running/Track Training** – Our Run club will be changing focus from cross country to athletics from June. We offer two running sessions each week. Mondays focus is distance and fitness coaching on sprint work and relays, while the Wednesday is on sprint work and relays. Hurdles will be set up at selected training sessions also.

**Field Events Training** – We train our field events once per week on a Thursday afternoon. Held at Aspley Little Athletics Club, we have qualified coaches working with Long, Triple and High Jumps, and throws coaches for Shotput, Discus and Javelin. For all offsite training and meets, students will travel by bus to and from the venue.

Term 2 Thursday Training Dates	Term 3 Thursday Training Dates
June 10 - 3:45pm – 4:45pm	July 15 - 3:45pm – 4:45pm
June 17 - 3:45pm – 4:45pm	July 22 - 3:45pm – 4:45pm
	July 29 - 3:45pm – 4:45pm
	August 5 - 3:45pm – 4:45pm
	August 12 - 3:45pm – 4:45pm

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## Interhouse Athletics Carnival 14 June

The 2021 Interhouse competition will be held at UQ Sport Athletics Centre, St Lucia on Monday 14 June. Buses will leave the college at 7:00am and 8:30am and return by 3pm

**800m and 1500m and High Jump Events** – These three events will be held before the main carnival starts on the 14 June. Students wishing to compete in these will need to nominate and catch the 7:00am bus to arrive in time to complete these before 9am.

**Age Champion** – To be considered for Age Champion students must compete in at least 5 out of the 11 events of which 2 must be track and two must be field. (Not including the relay events). Please tick the box on the next page for age champion nomination. You may compete in as many events as you wish. Track events will be: 100m/200m/400m/800m and 1500m. Field events will be High Jump, Long Jump, Triple Jump, Discus, Javelin and Shot put.

**Hurdles** – There will not be a hurdles event at Interhouse Athletics, Students who wish to be selected for Hurdles for CaSSSA will need to post qualifying times at the UQ Lead up meets.

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### CaSSSA Inter School Carnival Monday 16 August

Mount Alvernia College selects a team to attend the annual inter school carnival each year. This team of approx. 70 students is selected off results recorded in the Inter house carnival, UQ lead up meets and known performance at trainings. We encourage the girls to try for selection and strive for excellence representing the college. This team will be announced after the 2<sup>nd</sup> UQ lead up meet to allow the team to compete together in the 3<sup>rd</sup> and 4<sup>th</sup> UQ Meet.

**UQ Lead Up Meets** – UQ Sport will host lead up athletics meets prior to the CaSSSA Athletics Carnival. These will be held after school from 4.15pm. You are more than welcome to attend these meets to show support. We do require help with these events, please contact the sport office if you can help up on the night. Students will be bused to and from the venue. You may also collect your daughter from UQ afterwards at 6:45pm. The dates are as follows.

23 July	30 July	6 August	9 August
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**Met North Athletics Trials** – These will be held at UQ Sport Athletics Centre on Wednesday 25<sup>th</sup> August. Students must meet the minimum requirements to be eligible to trial. If any student is unsure if they are eligible they must contact the Sports Office. Please check student notices for nomination date deadlines once confirmed.

### 2021 Athletics Permission Form

I give permission for .....in year ..... to attend the following Athletics Events.

Parent/Guardian Name..... Signature.....

#### Thursday Training – Bowden Park Geebung

- Thursday June 10
- Thursday July 15
- Thursday July 29
- Thursday August 12
- Thursday June 17
- Thursday July 22
- Thursday August 5

#### Interhouse Athletics Early Event Bus – 7am Departure 19 July

- 800m Event
- 1500m Event
- High Jump Event

#### Interhouse Athletics Age Champion Nomination

(Compete in 5 of 11 events on the Carnival day)

- Yes
- Age on 31 Dec 2021 = .....

#### UQ Lead Up CaSSSA Meets

Return bus transport is provided, students may be collected from UQ Track by 6:45 also.

- Friday 23 July
- Friday 30 July
- Friday 06 August
- Monday 9 August
- My Parent/Caregiver can help on the night 4-7pm (we will email you details)

**PLEASE RETURN THIS FORM TO THE SPORT OFFICE AT LEAST 24 HOURS PRIOR TO ANY OFF SITE ACTIVITY**