



# Knox Relays 2009



The first and one of the most exciting events in the Track & Field season is Relays. Relays present a unique opportunity for athletes to compete as part of a team. The Knox Little Athletics Centre has a proud and successful history of competition in Relays and will again be offering Knox athletes the opportunity to join a relay squad in the 2009/2010 Track & Field season.

Training is provided - ability is not important.

If you are interested in being part of the traditionally strong Knox Relay Team please contact your age coach.

Coach contact details, starting dates & training times are on the 2nd page.

The cost of Relays is \$10. This covers you for all 4 relay competitions :

- |                                  |              |                    |
|----------------------------------|--------------|--------------------|
| 1) <b>Practice</b> at Box Hill   | Sun 25th Oct | Melways Map 47 C7  |
| 2) <b>Region</b> at Doncaster    | Sun 15th Nov | Melways Map 33 J11 |
| 3) Knox <b>Handicap</b> Day      | Sun 29th Nov |                    |
| 4) <b>State*</b> at Olympic Park | Sun 13th Dec |                    |

This year we are running a new fun Handicap Relay Day at Knox half way between Region and State Relays. Here the various age groups and teams run against each other with handicap times calculated using Region Relay results.

The Knox uniform must be worn at all major events - Relays, Multi-Event and Track & Field. The T-Shirt is \$22 and the shorts are \$12.50 and is available from our uniform shop.

We are asking parents to help out as a team Manager in each age group to assist in the admin side to free up the coaches to concentrate on the actual coaching this year.

*\*Participation at State championships is dependant on qualification at Region*

## Knox LA Relay Coach Contact and Training Information - Season 2009

Relay Coordinator	Mike Donato	0414 888 563
Team Manager	Julie Harvey	0414 816 107
Asst. Team Manager	Rob Holdway	



### Relay Events 2009

1) <b>Practice</b> at Box Hill	Sun 25th Oct	Melways Map 47 C7
2) <b>Region</b> at Doncaster	Sun 15th Nov	Melways Map 33 J11
3) <b>Handicap</b> at Knox	Sun 29th Nov	
4) <b>State*</b> at Olympic Park	Sun 13th Dec	

### Detailed Coaching Details & Training Days/Times

Boys	Coach	Contact No	Start	Training Dates & Times	
U9	Sarah Rasti	0417 129 961	Sun 27/9	Sun 9:30-10:45	Wed 5:30-6:30
U10	Bryce Davis	0419 547 630	Sun 27/9	Sun 9:15-10:30	Wed 5:30-6:30
U11	Steve Morris	0425 750 125	Sun 27/9	Sun 9:00-10:00	Wed 5:15-6:15
U12	Matt Davies	03 9764 4307	Mon 28/9	Mon 5:30-6:30	
U13	Scott McKissack	0439 927 995	Sun 20/9	Sun 10:00-11:00	Wed 5:00-6:00
U14	Craig Goldsack	0418 387 163	Sun 4/10	Sun 10:00-11:00	Wed 5:30-6:30
U15	Mike Donato	0414 888 563	Mon 21/9	Mon 4:30-5:30	Wed 5:30-6:30
Girls	Coach	Contact No	Start	Training Dates & Times	
U9	Sue Manks	03 9801 2741	Tue 22/9	Tue 4:00-5:00	Thu 4:00-5:00
U10	Steve Cowburn	0419 301 412	Sun 27/9	Sun 10:30-11:30	Wed 5:30-6:30
U11	Mike Kerr	0433 281 212	Tue 22/9	Tue 4:00-5:00	Thu 4:00-5:00
U12	Dave Sommers	0425 730 886	Sun 6/9	Mon 5:15-6:15	Wed 5:15-6:15
U13	Keith Harvey	0412 948 712	Sun 4/10	Sun 9:30-10:45	Wed 4:30-5:30
U14	Leigh Rasti	0419 500 048	Sun 27/9	Sun 9:30-10:45	Wed 5:30-6:30
U15	Brett Smith	0428 880 521	Sun 20/9	Sun 10:00-11:00	Wed 5:30-6:30

Training times for some groups might change slightly after Sat morning pre-season block training finishes (particularly for U12's). The coaches will advise as training progresses.

U15's - The boys and girls will be training together. There is one joint training session on Wed and all athletes can come to one or both of the other 2 sessions on Mon afternoon or Sun morning as convenient for the athletes.

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