



Ver : 8 Oct 2018

Knox Relays 2018



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 2018 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.

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

- note that U8 girls & boys only competing at Box Hill practice event are free

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|--------------------------------|--------------------------|---------------------------------|
| 1) Practice at Box Hill | Sun 28 th Oct | Hagenauer Res. Melway Map 47 C7 |
| 2) Region at Doncaster | Sat 17 th Nov | |
| 3) Handicap at Knox | TBA | |
| 4) State* at Lakeside | Sat 15 th Dec | |

The Knox uniform must be worn at all major events - Relays, Multi-Event and Track & Field. The competition shirt and the shorts are available from our uniform shop.

Another parent typically helps out as team Manager in each age group to assist in the administrative side to free up the coaches to concentrate on coaching.

Contact : Mike Donato / coach@klac23.org.au / 0414 888 563

**Participation at State championships is dependent on qualification at Region*

<http://lavic.com.au/Competition/Events/2018-subway-region-relay-carnivals>

Knox LA Relay Coach Contact and Training Information - Season 2018

Relay Coordinator Mike Donato 0414 888 563
 Team Manager Mirella Louey manager@klac23.org.au



Relay Events 2018

- | | | | |
|--------------------|-----------|--------------------------|-------------------|
| 1) Practice | Box Hill | Sun 28 th Oct | Melways Map 47 C7 |
| 2) Region | Doncaster | Sat 17 th Nov | |
| 3) Handicap | Knox | | |
| 4) State* | Lakeside | Sat 15 th Dec | |

Detailed Coaching Details & Training Days/Times

Boys	Coach	Contact	Email	Training Days & Times
*U8	Karyn Le Grove	0410 583 369	karynlegrove@gmail.com	Wed 4:30-5:30pm
U9	Chris Karaiskos	0438 419 105	christos_ck@hotmail.com	Wed 4:30-5:15pm
U10	Sonia Lewis	0431 440 020	sonia@bjcakes.com	Mon 5:00-6:00pm start 15/10
U11	Stephen Hough	0418 511 166	stephen.hough@klac23.org.au	Wed 5:00-6:00pm Sun 5:00-6:00pm
U12	Nick Reynolds	0407 318 776	nick@twisted8.com.au	
U13	Andy Bisset	0412 815 161	qualityelec@optusnet.com.au	Wed 5:00-6:00pm
U14	Darren Stapleton	0406 381 377	lisadazza@hotmail.com	Tue 4:30-5:30pm
U15/16	John Smith	0411 335 345	john.smith.2@bigpond.com	Wed 4:30-5:30pm
Girls	Coach	Contact	Email	Training Days & Times
*U8	Paul Turner	0433 483 222	paul74turner@gmail.com	Tue 5-6pm Starting 16/10
U9	Mike Donato	0414 888 563	coach@klac23.org.au	Wed 4:30-5:15pm
U10	Mike Kerr	0433 281 212	coppermouse1@hotmail.com	Wed 4:30-5:30pm
U11	Stephen Hough	0418 511 166	stephen.hough@klac23.org.au	Wed 5:00-6:00pm Sun 5:00-6:00pm
U12	Emily Drescher Ihara Blaauw	0409 536 153 0419 423 131	ndrescher@bigpond.com iharab@live.com	Sun 10:00:1100am
U13	Nicole Pennings	0466 441 840	nicolepennings9@gmail.com	Mon 6:00-7:00pm Wed 5:00-6:00pm
U14	Kahlia Sommers Ciara Reid	0430 309 545 0437 599 761	kahliajade_4@hotmail.com Ciarareid@hotmail.com	Mon 4:30-6:00pm
U15/16	Paul Turner	0433 483 222	paul74turner@gmail.com	Wed 5-6pm start 17/10

#U8's compete at Box Hill only in 4x 100m. There is no fee for U8 athletes.

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