



KNOX RELAY SQUAD -23/24

Relays are the only team sport associated with track and field athletics and can be the most exciting competition. Entry is open to all registered U9 - 17 athletes of the Knox Centre, regardless of ability. All athletes that join a squad will be selected in teams to compete at practice and region events, and hopefully make it through to the State Championships at Lakeside Stadium, Albert Park.

A \$15 fee applies to all athletes participating in Relays. They will be required to wear the Black & Yellow Knox Centre uniform whilst competing. Parents will also be required to do duty at Region and/or State events. This can be paid by Bank Transfer (see below bank details) or in Cash, if paying by bank transfer please refer to the below instructions in particular the reference. Please also forward a copy of the payment receipt to your age group coach and the Centre Treasurer (treasurer@klac23.org.au):

Bank Account Name: Knox Little Athletics Centre INC

BSB: 633 000

Account No: 186578852

Reference: Childs Name + Age Group + 'Relay', ie JohnSmithu10Relay

Athletes are expected to attend training and the practice day as part of the selection process. Once teams are selected for Region, the squad requires a commitment from parents and athletes to be available for both Region and State as it is expected that if your team makes State the same team members will compete. Team Selections can change between Region and State but it is highly uncommon.

Competition Dates: Knox Internal Relay Practice Day - Sunday 12th November 2023
Region Relay Carnival Day – Yarra Ranges - Saturday 18th November 2023
State Relay Championships - Lakeside - Saturday 16th December 2023

RELAY TEAM SELECTION CRITERIA

Relay Teams are selection is primarily based on performance at weekly Knox competition with the final decision on Team Selection by the Age Group Coach. Relay squads/teams are selected based on their potential to progress from Region to State, with ultimately the ability to secure a State final position. In so doing every effort is made to progress as many athletes as possible.

Other Factors that are used to determine athletes selection include:

- Athletes' performance over relay distances
- Attitude and attendance at training
- Athletes' proficiency in relay race technique – baton changing etc.
- General Attitude and being a 'team' member

Regardless of the above criteria, every athlete that nominates for relays will be included in a relay squad and will be given every opportunity to perform to the best of their ability.

✂ -----
Complete and return this portion **with your payment** to your age-group Coach or Team Manager (Philly Boyle)

It is important that we have ALL of your contact information — including an e-mail address — as this is the most efficient way to notify the entire squad of changes to training and and/or event times, etc.

ATHLETE NAME

CLUB:(eg Wantirna)

AGE GROUP

PARENT/GUARDIAN DETAILS

1. NAME

DAD / MUM

PHONE (Home)

MOBILE:

E-MAIL:

DAD / MUM

2. NAME

PHONE (Home)

MOBILE:

E-MAIL:

PARENTAL AUTHORITY

I/We authorise my/our child to participate in the Knox Relay program, confirm that they will be available on both Region and State competition dates, and acknowledge that I will be required to do duty as rostered at Region and/ or State.

Signed: _____