



# ADAMSTOWN NEW LAMBTON ATHLETICS CLUB

Family, Fun And Fitness

**Be Your Best**



P.O. Box 143  
New Lambton  
NSW 2305

## ANLAC RELAY SELECTION POLICY

### Aim

To establish a protocol for the selection of athletes for relay teams to represent Adamstown New Lambton Athletics Club (ANLAC)

### Objectives

1. To select individual athletes to form a team which has both the best chance of success at relevant athletic competitions and demonstrates the values of the club.
2. To have a fair and open process for selecting representative competitors based on their performance, subject to satisfactory behavior and commitment to the club and the team.
3. To encourage healthy competition among club members for a place in representative teams.
4. To have selections completed and notifications made to successful and unsuccessful candidates before the day of competition.
5. To select backup team members, where possible, who can compete if a selected team member cannot compete on the day due to illness, injury or misadventure.

### Selection Process

1. Athletes and parents/carers/guardians are made aware of what relay events are coming up at carnivals, by the season calendar and by announcements at Friday night club meets.
2. Those who wish to nominate for team membership must make a commitment to fulfill their obligation to perform their best for the team. They should be available to attend training sessions and be available to proceed through all levels should the team be successful. In other words be available for Zone, Regional and State level, should the team progress.
3. The fastest runner from each respective age is picked to trial for the team
4. If the provided times for the next fastest runner is within 5% of the fastest runner, then the first two (2) fastest runners from each respective age group are picked.
5. The athletes are required to attend further training and selection based upon *how they train and how they perform over time trials such as:*
  - i. Intervals around the bend – 100m
  - ii. Intervals down the straight – 100m
  - iii. Intervals involving baton changes – 60m with the baton change (this is crucial to team success)
  - iv. Intervals out of block starts



# ADAMSTOWN NEW LAMBTON LITTLE ATHLETICS CENTRE

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6. The final team selection will be made by the Selection Committee.
7. The selection committee shall comprise of:
  - a. The relevant coach for that team (as approved by the ANLAC committee)
  - b. The ANLAC President or ANLAC Vice President
  - c. The ANLAC Club Statistician
  - d. A relevant age group supervisor (if one is available)
8. A minimum of two (2) from the selection committee are required to make a selection decision
9. Where a selection decision involves a relative of a Selection Committee member, that member must declare his/her interest and not take part in the decision.
10. The final teams will comprise of athlete age groups as consistent with NSW Little Athletics Championships policies for Junior, Senior and Age group relay competitions.
11. The decision of the selection committee shall be final.