

ST COCA'S ATHLETIC CLUB

POLICY ON RELAY SELECTIONS

- Relay teams will be selected by the coaches based on continuous assessment at training and the coaches decision is final.
- As many teams as possible will be put forward to the kildare competitions to give all athletes a chance to be part of a team competition and to gain experience.
- The strongest team/s will be entered into the Leinster/All-Ireland competitions with the aim to have 6 athletes per team so as to have subs if someone is injured or is unable to run on the day.
- It should be noted that if a child is on a team in a Kildare competition it is not a given that they will be on the same team for a Leinster competition and likewise for an All-Ireland competition. Teams will change from competition to competition and from year to year as young athletes develop differently as they get older.
- We would appreciate if you as parents could inform your child that teams will change as they develop and not to expect to always be on the same relay team as well as letting them know that being a sub on a team is very important as with any team sport.