



**Orange Little
Athletics Club**
Season Handbook
2019-2020

www.orangela.org.au



CONTENTS

Welcome	2
Aims of Orange Little Athletics Club	3
Committee Contact Details	4
Venue & Season Dates	6
Wet Weather Cancellations	7
The Beginner's Guide to Little Athletics	7
Parent Attendance and Assistance Requirements	8
Tiny Tots	10
Roster	11
Map	11
Program of Events	12
Results	12
Uniform	12
Footwear	14
Warm Clothing.	14
Lost Property	14
Trialling Little Athletics	14
Dual Athlete Membership	14
Discipline.	15
First Aid	15
Canteen and BBQ	15
Representative Championships	16
Other Carnivals	17

WELCOME

The Orange Little Athletics Club Committee welcomes you to the 2019-2020 season of Little Athletics.

The motto of Little Athletics is *Family, Fun and Fitness*. At Orange, we live up to this motto by making our Friday night competitions an enjoyable time for both children and their parents.

As always, the weekly program requires assistance from many volunteers to ensure that it can run smoothly. With your help, we hope that this season will be an enjoyable and healthy time for both athletes and parents.

Have a fantastic season everyone!

Orange Little Athletics Club Committee



Orange Little Athletics Club 2017-2018 State Representatives



AIMS OF ORANGE LITTLE ATHLETICS CLUB

Whilst our primary aim is to provide friendly competition for athletes, everything we are working towards is best expressed as follows:

























- ▶ To encourage athletes to develop their athletic potential.
- ▶ To provide a healthy basis for enjoyment and participation in the sport of athletics.
- ▶ To build a healthier, stronger body.
- ▶ To foster a sportsmanlike attitude towards both winning and losing.
- ▶ To provide parents with every opportunity to be actively involved with their children and other adults in conducting our track and field program.
- ▶ To encourage an understanding of athletics and to foster a long term interest in the sport.
- ▶ To provide a meeting place for children and parents, thereby enabling them to make friends through their participation in athletics.

The Little Athletics motto encompasses all of these points:

Family, Fun and Fitness

COMMITTEE CONTACT DETAILS

If you have any questions relating to the Club's activities, any member of the committee will be happy to assist. Their contact details are as follows:

Position	Contact Details
President	 Jess Willis  scottjessicawillis@bigpond.com  0419 606 636
Vice President	 Ross Corner  rossco37@gmail.com  0419 454 155
Secretary	 Carrie Keegan  sckeegan@optusnet.com.au  0411 670 482
Registrar	 Emma Davis  nreldavis@hotmail.com  0403 409 704
Treasurer	 Luke Elliott  luke.elliott@aristocrat.com  0428 851 848
Uniform	 Simone Thompson  thel3@bigpond.com  0402 135 063
Equipment	 Brett Thompson  thel3@bigpond.com  0413 359 505
Publicity	 Marianne Bangert  mar@mizpah.net  0415 839 028



Position	Contact Details
Grants	<p> Katy Dunlop</p> <p> katycdunlop@gmail.com</p> <p> 0417 177 714</p>
General	<p> Lisa Darley</p> <p> lisa@cheapselfstorage.com.au</p> <p> 0424 163 086</p>
General	<p> Erin Marr</p> <p> erinkmarr@me.com</p> <p> 0422 998 088</p>

Please note that you can also find this information on the Orange Little Athletics Club website:

www.orangela.org.au

You may also find what you need on the Orange Little Athletics Club Facebook page.

VENUE & SEASON DATES

Competition is held on Friday nights during term 4 and term 1 at Waratah Sports Complex, Telopea Way Orange, commencing at 5.30pm for important announcements and warm up. For events to commence on time, it is important for the age group on setup to arrive at 5.00pm.

Changes will be notified on the Orange Little Athletics Facebook page.

Important dates to note are:

Date	Details
October 2019	
11	Registration collection 4pm–6pm
18	Friday night competitions commence 5.30pm
November 2019	
22	No competition night due to Zone Carnival
23–24	Western Plains Zone Carnival–Dubbo
December 2019	
13	Last competition night 2019
January 2020	
31	No competition night due to Region Carnival
February 2020	
1–2	Region 3 Carnival–Barden Park, Dubbo
29	State Combined Event Championships, Tamworth
March 2020	
13	No competition night due to State Championships
14–15	State Track and Field Championships–Sydney Olympic Park
27	Last competition night 2019-2020 Season
April 2020	
TBA	Presentation & AGM–Waratah Sports Club Orange

More information on various championship events may be found on the Little Athletics NSW website: www.lansw.com.au

WET WEATHER CANCELLATIONS

If it has been raining during the week or on Friday afternoon, Friday night competition nights may be cancelled after the ground has been inspected. We will attempt to have the information on the Facebook page by 5pm.

THE BEGINNER'S GUIDE TO LITTLE ATHLETICS

What is Little Athletics?

Little Athletics is a social sport where emphasis is placed on personal improvement. Children are able to develop the skills of running, throwing, jumping and walking in a fun and social environment.

Each evening, an age group will participate in four events. These are selected so as to provide a variety of sprint, distance, hurdle, walk, jump and throw events. The selected events rotate through a four week cycle.

Does a child have to compete every competition night?

An individual only competes whenever they choose to. However, given the Little Athletics emphasis on personal improvement, we would encourage everyone to participate on a regular basis. Regular participation in a variety of events develops children's coordination and motor skills. Also, by competing regularly, children earn points towards awards which are presented at our annual Presentation Day.

Who runs Little Athletics?

Little Athletics Clubs are voluntary organisations run by parents for the enjoyment and sporting education of their children. Every night, a large number of parents are needed to manage the age groups and perform essential roles such as starting, timekeeping, place judging and recording.

How do parents help out?

Parents are required to assist age managers with tasks such as recording, measuring and spiking or to assist with timekeeping /place judging. The age manager or chief timekeeper will be able to show you what to do. Any parents who are watching the field events are encouraged to assist in this way.

How competitive is Little Athletics?

The emphasis on the regular Friday nights is on participation, personal accomplishment and having fun.

Hence, the emphasis in the Club's awards is on the recognition of attendance and personal improvement.

For those who choose to take their athletics seriously, the season culminates with Zone, Regional, State and finally Australian Championships. Further information is provided on the website as each carnival approaches.

The subject of competitiveness can helpfully be considered by reminding parents that most children, especially younger children, rarely approach whatever sport they play with the competitive instincts of an adult. This is reflected in the Club's aims and the Little Athletics motto of Family, Fun and Fitness.

How are points earned towards end of season awards?

On each competition night, a point is awarded for every event in which a child participates. Bonus points are awarded for personal bests.

PARENT ATTENDANCE AND ASSISTANCE REQUIREMENTS

Parents, guardians and friends play an integral role in the success and enjoyment of Little Athletics.

The Friday night competition program requires a large number of officials and parent volunteers every week to run it properly, and for this reason, parent involvement is essential.

All athletes MUST be in the care of an adult who is present at the ground the whole time the child is there.

We are not a child minding service—a parent is required to be present because:

- ▶ The evening's events can finish early.
- ▶ Their child may become sick or receive an injury.

- ▶ They provide assistance with the running of competition nights.
- ▶ Events may be cancelled due to unforeseen circumstances.

As a major objective of Little Athletics is to encourage personal improvement, the performance of every athlete is measured in every event. We need a large number of parents each competition night to help with jobs such as timekeeping, measuring, recording and assisting age managers. Please get involved and help whenever you can. You'll find out that it is very fulfilling and lots of fun!

The contribution of parents is required and essential to successfully running competition nights. To ensure the workload is spread evenly, it is a condition of registration that at least one parent from each family be available to assist.

- ▶ Parents of Tiny Tots are required to assist with that group's activities whenever their child is in attendance.
- ▶ Parents who wish to be an integral part of Friday night competition can nominate to be an age manager, starter, timekeeper or place judge.
- ▶ Other parents are asked to avail themselves every competition night as an assistant to an age manager, the chief timekeeper or chief place judge.
- ▶ A roster has been formulated for the entire season's set up, BBQ help and pack away duties, so that these duties are not always left to the same people. Please ensure you are at the ground by 5.00pm on the day your child's age group has been allocated to assist. See page 11.

Adults can help out in the following ways:

Age managing

Every week there is a need for adults to accompany each age group of girls and boys to each event and to record the children's performances. This is called being an 'age manager'.

Age managers need approximately one assistant for every five athletes. If sufficient helpers cannot be found because parents are absent, the age manager can request that the group be reduced in size. In these circumstances, the children without parents in attendance cannot compete further that evening: parents will be contacted to collect their children. To avoid this situation, we ask parents to consider these responsibilities before registration.

Assisting at events

Numerous assistants are required to successfully run each event.

Assistants are required for:

- ▶ Place judging
- ▶ Timekeeping
- ▶ Raking and measuring at long jump pits
- ▶ Spiking and retrieving at discus, shot put and javelin
- ▶ Adjusting high jump bars
- ▶ Adjusting hurdles and repositioning
- ▶ BBQ and more...

Assisting at carnivals

It is a condition of entering your child into carnivals (zone, region, state etc.) that you will be available to assist with the various duties that are assigned to our Club.

TINY TOTS

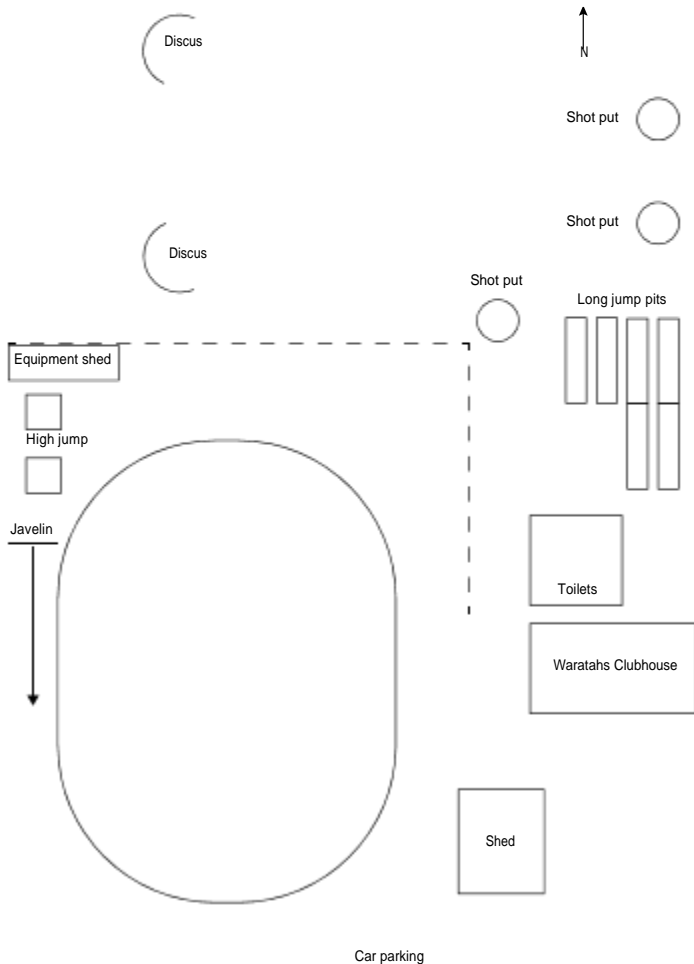
Tiny tots complete various activities such as: running, jumping and throwing, taking into consideration the developmental stage and requirements of such young children. This prepares tiny tots for their introduction to athletics in the Under 6 age group.

ROSTER

Please check the roster on Facebook for the dates that parents of each age group are allocated to help with set-up, BBQ, place-judging and pack-up. Ensure that on your date, you are available to help with any/all duties.

Set-up commences at 5pm and involves getting equipment out and moving it to the various event areas. Competition nights cannot commence until set-up is complete.

MAP



PROGRAM OF EVENTS

Each age group participates in up to 4 different events each week, usually 2 track events and 2 field events.

The weekly programs will be posted on the Facebook page.

RESULTS

Results are available on Results HQ: www.resultshq.com.au

Details for logging in to this website will be given out at the commencement of competition.

UNIFORM

All Orange Little Athletics Club athletes must wear the correct uniform. The wearing of a uniform is compulsory at Friday night competition, and children may not participate if out of uniform.

Uniforms are available for sale from the equipment shed prior to competition commencing on Friday nights. Singlets cost \$35 and crop-tops cost \$30.

The uniform consists of an orange and black singlet or crop-top, plus black shorts. Bike pants or compression pants may be worn underneath the shorts but must not extend below the knee. They must be black in colour and have no visible logos or distinctive stitching showing.

When purchasing a uniform, please sew the registration number onto the front of the singlet or crop-top in accordance with the instructions below. This will avoid the replacement fee of \$15 and inconvenience of replacing lost numbers.

Athletes must have their registration number visible during an event (particularly track events). Athletes who fail to comply may not have their performance recorded, nor points awarded. Please assist our hardworking officials by observing this simple rule.

Please refer to the following requirements when sewing numbers to the uniform.

- ▶ Registration number - McDonald's registration number must have the full red border showing and be placed in the centre of the uniform top. If you have more than one child please ensure that the correct number is attached to the correct uniform. (Please note that different rules apply to dual athletes. See the information on page 14/15.)
- ▶ Age patch - this must be placed on the left hand side of the uniform. This can be on the chest, below the shoulder or on the shorts.
- ▶ Coles patch - this must be placed on the right hand side of the uniform.



FOOTWEAR

Enclosed shoes must be worn at Little Athletics. Special footwear is not required, comfortable running shoes are best. Athletes in the U11 age group and up may choose to wear spiked shoes. These however, may only be used in laned events for U11 - 100m, 200m, 400m as well as long jump, high jump, triple jump and javelin. U12 and up may wear spikes in all running events, jumps and javelin.

Spikes must be put on just before each event and taken off immediately after the event, before leaving the track or event area.

WARM CLOTHING

Even on the mildest evenings it may be cold and windy at Waratah Sports Complex. It is therefore a good idea to bring extra clothing such as a warm jacket and/or track pants.

LOST PROPERTY

It is advisable for parents to make sure that all children's clothing is clearly labelled. Any lost property should be handed in at the canteen. If your child has lost an item of clothing please inquire at the canteen on any competition night.

TRIALLING LITTLE ATHLETICS

Athletes are always welcome to trial. However, there are a few procedures to observe to satisfy Little Athletics insurance requirements:

- ▶ athletes are not able to trial for more than 1 night ;
- ▶ a sign on form must be completed before trialling (no registration fee is paid);
- ▶ no points are accrued by athletes on their trial night.

DUAL ATHLETE MEMBERSHIP

In partnership with Little Athletics NSW, and as part of a commitment to seeing athletics as 'one sport in one's lifetime', Athletics NSW is able

to offer a 'dual' membership to any registered Little Athletics member U12-U17 for free. That essentially means that an athlete can compete in both Little Athletics NSW and Athletics NSW events, and engage in all that is offered by both sporting bodies.

- ▶ Dual aged Athletes will take out their Little Athletics Subscription through the Little Athletics Portal.
- ▶ During their registration on the LANSW portal, athletes will be prompted to select an Athletics NSW Club (senior club).
- ▶ All athletes will receive their bibs from their LANSW centre which will be the same one they will wear at Athletics NSW events. Dual athletes will need to attach one number to the front of their singlet/crop-top and one to the back.

DISCIPLINE

Athletes must follow the instructions of the age managers and assistants in control of the group. The authority of the age manager must be respected and a good standard of behaviour maintained throughout the evening. Please remind your children of their responsibilities in this regard.

Poor behaviour may mean that children can be removed from the competition night by a committee member.

FIRST AID

In case of an accident, assistance and a first aid kit is available at the canteen.

CANTEEN & BBQ

Our canteen and BBQ are open most competition nights, providing cold drinks, ice blocks and sausage sandwiches. Please support our canteen as the proceeds are used to purchase equipment and other items for the Club.

REPRESENTATIVE CHAMPIONSHIPS

Throughout the season athletes have the opportunity to compete in the Club's representative team in the following carnivals organised by Little Athletics NSW:

Zone Championships

Zone Championships are conducted throughout the State. Athletes in the age groups U7 through to U17 are eligible for this event. Orange Little Athletics Club is part of the Western Plains zone. The zone carnival will be held in Dubbo on November 23 and 24. Athletes will need to nominate to participate in this carnival. A small entry fee will be charged per athlete and parents must be willing and able to help with various club duties over the weekend.

Regional Championships

The Regional Championships are held in late January or February each year. Athletes in the age groups U8 through to U17 are eligible for this event, based on their performance at zone championships.

Orange Little Athletics Club is in Region 3. The regional carnival will be held in Dubbo on February 1 and 2. Athletes in the first 6 places at zone will be eligible to participate in this carnival. A small entry fee will be charged per athlete and parents must be willing and able to help with various club duties over the weekend.

State Track & Field Championships

The State Track & Field Championships are the culmination of the track & field competition season. The Championships are held in March each year at the Sydney Olympic Park Athletic Centre. Para Events are also held each year at the State Championships.

This season, the state championships will be held on March 14 and 15, 2020. Athletes who place in the first two at region will be eligible to attend state. Parents must be willing to help with various club duties over the weekend.

State Combined Carnival

The State Combined Carnival is held on the first full weekend in March each year. Little Athletics NSW State Combined Events Championship has had a name change to Little Athletics NSW State Combined Carnival, with athletes in the younger age groups U7 to U11 being given instruction/coaching during the event. Athletes in the U11 and younger will have the opportunity to learn 'how to' throw, jump etc during the event. A more relaxed attitude to the age groups will occur with time for instruction/coaching from the officials.

Medals are awarded to the top 3 placegetters in all age groups. Athletes in the U15 age group will be vying for selection into the LANSW State Team to compete at the Australian Little Athletics Championships, which will be held in Canberra in April 2020.

This season, the State Combined Events Carnival will be held at the brand new synthetic track at the Tamworth Regional Athletics Centre, on Saturday and Sunday, 29 February and 1 March 2020.

Details on each of these carnivals will be posted on the Orange Little Athletics website closer to the dates of competition, with details of programs, starting times, venues and entry forms.

OTHER CARNIVALS

From time to time, other athletics clubs may decide to host a carnival. Athletes from Orange Little Athletics Club may be invited to join. Each year, Dubbo Athletics club holds the Dubbo New Years Carnival. Please see www.dubboathletics.org.au for more information.

Important Note

Orange Little Athletics Club have made every effort to ensure that the information in this booklet was correct when printed. Please be advised that current information relating to Little Athletics generally may be found on the Little Athletics NSW website. Information relating specifically to Orange Little Athletics Club is subject to change. Changes will be notified on the Facebook page and/or the club website.

