

August 2018

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From the President - Rhonda O'Sign

I welcome everyone to the 2018/2019 season of Little Athletics.

From the commencement of the 2018/2019 competition season, Little Athletics across Australia is changing the date on which it determines its age groups from the 30th September to the 31st December, accordingly athletes born during the period 1 October to 31 December will progress up an additional age group (i.e. two age groups) in the 2018/2019 season.

Tiny Tots: Children who are 3 or 4 years of age can participate in the Tiny Tots age group. Children who are only 2 years of age as at 1 October but turn 3 years of age between 1 October and 31 December will not be eligible to register until their third birthday.

Australian Little Athletics Championships: Eligibility criteria for the Australian Little Athletics Championships (ALACs) have been adjusted to include athletes affected by the age group change. Athletes born between 1st October 2005 through to the 31st December 2006 being eligible for the U13 team, and athletes born between 1st October 2003 through to the 31st December 2004 being eligible for the U15 Multi-Event team.

Much discussion and feedback has been received about this change, and I believe the majority of our members have now embraced this. For further information please contact Little Athletics Tasmania at office@taslittleathletics.com.au or on 1300 888 713.

Sponsorship: We have been fortunate to retain our valued sponsors, McDonald's, RACT, Nordic Sport, and Accolades & Awards. We also welcome new sponsor JustWaste who will be the sponsor for our State Relay Championships. JustWaste Company Director Justin is President of South Launceston Little Athletics Centre and is passionate about our sport. We also welcome Flying Colour Printers as our preferred printing and signage supplier. For all your printing needs, banners and signage, please contact Craig at Flying Colours, and be sure to mention Little Athletics.

McDonald's this year have extended their sponsorship to include the Regional Coaching Clinics and our Coaching Camp. RACT remain our sponsor for the athlete's name and age patch, and Accolades & Awards as our preferred supplier for all our medals and ribbons.

As always, our website is a great resource for all information relation to our upcoming events and state meetings, policies and by-laws.

I take this opportunity to welcome all members to Little Athletics this season, and to a successful track and field



Registrations Open 1st September



Registrations for the 2018-2019 season will open on Saturday the 1st of September. Details with links to register will be forwarded to all members once the portal opens. Note: All returning athletes are now required to register before competing. New athletes can compete twice before they are required to register but must be registered before their third competition.

LATas Bylaw CO22 1. b) All returning athletes must be registered for their first day of competition each season. New athletes are permitted to attend two trial meets prior to registration. New athletes must be registered prior to their third competition day.



2018-2019

Little Athletics Tasmania would like to welcome Stephen Ahern and Craig Mellor to the Board of Management for the 2018-2019 season.

Both Stephen and Craig bring with them knowledge, skills and a passion for Little Athletics that will be a great benefit to Little Athletics at all levels.

Craig previously held the position of Education Officer with East Derwent Little Athletics Centre where his son Jackson has competed for several years. Stephen also joins us from East Derwent and in addition to his knowledge in the finance sector. Stephen brings with him a passion for Race Walking, which he participates in himself along with his daughters.

Stephen and Craig join fellow Board members Rhonda O'Sign (President), Garry House (Finance), Brett Johnstone (Competition) and Brett Gillow (Development) on the Board of Management for the new season.

BE YOUR BEST®

Rule Changes 2018-2019 Season

The following rules and specification changes will come into effect in the 2018-2019 season;

Event Specification Changes: The following events have been modified at a National level:

- Under 11 (Boys and Girls) Discus – will now use 500g Discus (was 750g)
- Under 13 Boys Discus – will now use 750g Discus (was 1kg)
- Under 12 Boys Shot Put – will now use 2kg Shot Put (was 3kg)
- Under 10 (Boys and Girls) 1500m – this event can no longer be offered at any level of competition

Event Rule and Qualification Changes: The following rules will change following amendment at either IAAF or National level:

- **4 x 100m Relay** – Instead of a 10m acceleration zone and 20m changeover zone at each change, there will simply be a 30m changeover zone (baton can be exchanged anywhere inside that 30m zone).
- **Field Events** (where there are 3 or more athletes) – athletes will now have 30 seconds to complete their trial once given the “all clear” to start (was 60 seconds).
- **Under 14 Girls Javelin** – “Qualifier” has been extended from 18.50m to 22.00m (this is mainly due to the change mid-last season from 500g to 400g Javelin).

If you have any queries regarding the above changes please contact the Little Athletics Tasmania office on 1300 888 713



State Event Calendar 2018-2019

Northern Centre Challenge	Saturday 3rd November 2018	Northern Athletics Centre, Launceston
Southern Centre Challenge	Sunday 4th November 2018	Domain Athletics Centre, Hobart
Southern All State Meet	Saturday 1st December 2018	Domain Athletics Centre, Hobart
Northern All State Meet	Saturday 15th December 2018	Northern Athletics Centre, Launceston
State Multi-Event Championships <i>*Day 1 U13 - U15 only</i>	Day 1 - Saturday 19th January 2019 Day 2 - Sunday 20th January 2019	Dial Sports Complex, Penguin
State Relay Championships	Saturday 16th February 2019	Northern Athletics Centre, Launceston
State Individual Championships	Saturday 9th March to Sunday 10th March 2019	Domain Athletics Centre, Hobart



U12 - U13 Coaching Camp



The McDonalds Coaching Camp will be held at Camp Banksia, Port Sorell
from the 6 - 10 January 2019.

The Camp is available for athletes born between 1st October 2005 - 31st December 2007.

All registered athletes born in the above range are welcome to attend, regardless of ability.
Maximum number of participants is 72, made up of 36 girls-36 boys, allocated on a first in basis.

A bus will be provided to transport children to and from Camp. (Hobart via Perth).

Applications will close on the 10th November 2018 or when sold out.

Full payment required by this date to confirm the camp booking.

Click [HERE](#) to download the Application Form

For further information contact Camp Convenor Garry House

finance@taslittleathletics.com.au

0418 129 910



Little Athletics Tasmania will be holding three FREE pre-season Regional Coaching Clinics in September for all new and returning athletes.

Headlined by Tasmanian sprint star Jack Hale & dual Commonwealth Games medallist Hamish Peacock, the clinics will give members an opportunity work with some of Tasmania's leading athletes.

Click on the links below to register.

[Hobart](#)

Saturday 8 September
9:30am - 11:30am

[Penguin](#)

Sunday 9 September
9:30am - 11:30am

[Launceston](#)

Sunday 9 September
1:30pm - 3:30pm





Introduction to Coaching Courses

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The ITCC is designed to help participants become better placed to assist children to perform basic athletic skills.

The course is great for those who want to know more about the skills of Athletics, so that they may help to coach children and assist at Little Athletics Centres. Those attending the course will be shown how to introduce and teach the fundamentals of each Little Athletics event to beginners.

Little Athletics Tasmania will be offering three ITC Courses leading up to the new season. The costs of the course is just \$55.00, to book your place please use the links below.

North West Coast

Sunday 23rd September, 9:00am - 3:00pm
Dial Sports Complex, Penguin
Click [HERE](#) to book for the Penguin course.

Hobart

Sunday 30th September, 9:00am - 3:00pm
Domain Athletics Centre, Hobart
Click [HERE](#) to book for Hobart course.

Further information about the ITC Courses can be found [HERE](#).

Officials Courses

A man wearing a black cap with a white star, a high-visibility yellow vest over a black shirt, and grey shorts is standing on a green field. He is holding a white flag with a red border. In the background, there is a red running track and a blurred figure of a person in a yellow shirt.

Officials Information Seminar

As we approach the start of the season in October, there is an opportunity for our officials to have a couple of days refresher and training in Launceston.

Officials educator John Morris from Athletics NSW, who was a track referee for the recent Commonwealth Games, will be conducting a 2 day Officials Training Seminar in Launceston on Saturday 8 and Sunday 9 September.

At this stage the plan will be for Track to be one day and Field on the other, however this will be confirmed closer to the date. This will be open to all officials regardless of experience.

It is important to note that this is a seminar so it is information based only and no accreditation will come out of it but would be invaluable for both officials and those looking to become an official.

Online Officials Courses

Athletics Australia offer online officials courses for all track and field events. These courses take around an hour to complete and can be carried out at a time to suit you and in the convenience of your own home.

The Level 0 (Introduction) & Level 1 accreditation can be completed fully online by going to

athletics.com.au/Officials/Education

For further information on this course or details on how you can become an accredited official, contact the Little Athletics Tasmania office on 1300 888 713 or at office@taslittleathletics.com.au



OFFICIALS NEEDED

**2019 LITTLE
ATHLETICS
AUSTRALIAN
HOBART
27 & 28 APRIL 2019**

**JUNIORS &
SENIORS**

**WILL ONE OF
THEM BE YOU?**

WILL YOU BE AT THE 2019 ALACS IN HOBART?

LITTLE ATHLETICS TASMANIA WILL BE HOSTING THE 2019 AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS IN HOBART ON THE 27 AND 28 APRIL 2019. THIS IS POSSIBLY THE LAST TIME THAT THE CHAMPIONSHIPS WILL BE HELD IN HOBART.

WE ARE SEEKING A FULL COMPLIMENT OF BOTH JUNIOR AND SENIOR OFFICIALS FOR THE TWO DAYS OF COMPETITION.

INTERESTED? CONTACT MARTY DOYLE ON 0408351762 | PRESIDENT@HUONVALLEY.ORG

Click [HERE](#) to nominate as an Official for the 2019 ALACs

NOMINATIONS



State Team Nominations

Online nominations are now open for the 2019 State Teams for the Australian Little Athletics Championships to be held in Hobart from the 27th - 28th April 2019.

Age Eligibility: U13 Team - Athletes born between 1st October 2005 – 31st December 2006

U15 Multi-Event Team - Athletes born between 1st October 2003 - 31st December 2004

Additional information including selection criteria can be found [HERE](#)

Click the links below to nominate.

[2019 U13 State Team](#) - [2019 U15 Multi-Event Team](#)

International Children's Games

The International Children's Games (ICG) is the largest multi-sport youth games in the world and recognised and sanctioned by the International Olympic Committee. The 2019 Games are being held in Ufa, Russia and Little Athletics Tasmania is very pleased to advise that we will be sending a Launceston City Team, and a Hobart City Team to the games.

Nominations are sought from registered athletes born between *1st January 2004 and 31st December 2006*.

[Click HERE to nominate for the International Children's Games](#)

If you require any further information please contact Little Athletics President Rhonda O'Sign on 0409 179 087 or email president@taslittleathletics.com.au