

Tamworth Little Athletics



MISSION STATEMENT

“Little Athletics NSW aspires to provide the community with recreational athletics activities that contribute to the healthy development of our children. Such activities will promote: - Fun, Fitness, the development of skills, the building of character and self esteem, the fostering of good sportsmanship, in a safe, positive, family-friendly and inclusive environment.”

Handbook 2016/2017

Committee Members 2016/2017 Season

The committee members, whose names are below, meet on the first Monday of each month throughout the year at Tamworth Athletic Track Clubhouse. All members are welcome to contribute items for our committee meetings.

Our website will keep up to date with information regarding these meetings.

President	Niel Barry	niel.barry@gmail.com	0427665040
Vice President / Grievance office & WWCC	Kristine Sharkey	Kristine.sharkey@det.nsw.edu.au	0402136143
Secretary	Sharon Martin	sharonpmartin@bigpond.com.au	0428618814
Treasurer	Margie Frazer	margi.frazer@hotmail.com	0428680236
Registrar	Katie Panton	katie.panton@essentialenergy.com.au	
Coaching & Development	Adam Jolliffe	ajolliffe@lansw.com.au	0408737377
Publicity Officer	Janine Wilkie	jbwilkie@bigpond.com	0403206869
Canteen Coordinator	Yvonne Bryant		
Championship Officer	Maree Warren	maree@countryaccounting.com.au	
Uniform Officer	Theresa Knee	theresa.knee@aon.com	
Point score Officials	Janine Wilkie	jbwilkie@bigpond.com	0403206869
School Liaison	Darryl Moore	ddmoore1@westnet.com.au	0400 489 890
Public Officer	Niel Barry	niel.barry@gmail.com	0427665040
General Committee	Sandra Pianta		
First Aid officer	Jane Butters		

A Note from the President

Dear Athletes and Parents

Welcome to season 2016/2017 of Tamworth Little Athletics. We are looking forward to another great season after a rewarding 2015/16 which saw some outstanding results, countless PB's and personal achievements.

Tamworth Little Athletics is one club under the Little Athletics Association of NSW Inc (LAANSW). Throughout NSW there are around 40,000 registered athletes registered with LAANSW and around 100,000 nationally.

Welcome to the parents, carers and athletes involved for the first time and of course welcome back to the parents and athletes who have previously been members of the Tamworth club. Thank you for your support by joining Tamworth Little Athletics this season, I hope all expectations will be filled during a busy and enjoyable year.

We are continually making efforts to make Athletics a more rewarding and enjoyable sport for our members and this year we hope a few more weeks to our schedule achieve just that. Competition will resume after the Christmas break in mid January. This will allow us to run more competition nights, and give our Regional representatives a better preparation.

Tamworth Little Athletics is operated on a non-profit basis and is entirely run by volunteers who have their children competing. It is important that all parents / carers be involved in the running of our competition afternoons even if that means raking a sandpit, holding a stop watch, or helping run one of our many age divisions. The club also needs support during the season with our Zone Championships this year in Gunnedah (3rd & 4th December), Regionals at Lismore (28th & 29th January) and State at SOPAC Homebush (17th, 18th & 19th March) events with volunteers needed throughout each of these events.

Little A's is about fun, family and fitness. This year, Adam Jolliffe has been employed by Little Athletics NSW as a Regional Support Office and also assists the Club as a coach. We are excited about the prospect of seeing his experience impact on our athletes and the opportunity this role brings to the region. Please join me on in thanking all those who have volunteered to take up a position on the committee for this year. Tamworth Little Athletics would not survive without their efforts and dedication.

I hope that we have a fabulous season and if you have any queries or need further information about Little Athletics please see any of the committee. We are all here for the same reason; our children.

Niel Barry President Tamworth Little Athletics 2016/17

Operational procedure for Friday nights

Season commences Friday 21st October 2016 - at 5.15pm with a warm up for start 5.30.

Athletes must bring a drink – should an athlete not be provided with a drink this matter will be addressed with the parent or guardian. We also recommend sunscreen and a hat.

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Friday nights in safety. All athletes must be registered with LANSW before they participate.

On arrival athletes are to line up behind age tub, placing drink bottle in the tub, ready for the warm up.

Athletes **must not** climb on or play with equipment that has been set up in preparation for the evenings events (especially High Jump mats & Hurdles) and there is to be no climbing or swinging on bars, fences or climbing up poles/nets. Athletes are not to climb on and/or sit at the top of the timekeeper stands either side of the finish line. Spikes must be removed at the end of each event and not worn between events.

NOTE : Athletes can only take the field if they have their current year registration number attached to their uniform. (This is a risk management procedure in the event of an emergency all athletes must be accounted for)

Whilst athletes are participating in warm up, volunteers will be called for to assist the age manager with the behaviour, retrieving equipment, raking pits, pencilling and co-ordination of the group etc. Each volunteer must sign the volunteer sign on sheet. Groups will not take the field if there are insufficient volunteers to assist the Age Manager (must be 3 or more). It is expected that all parents/carers volunteer throughout the year. If there is a lack of volunteers, a roster system will be put in place. Depending on the size of the group, each group will require between 3 & 6 volunteers. **All volunteers inside the fence must wear a yellow Hi-visibility vest.** Age Managers and area supervisors will wear orange vests. All spectators and smaller children must remain behind the fence. No prams are allowed onto the field. This procedure has been implemented to ensure the safety of both the athlete and the spectator. Volunteers will also be called for each week to be timekeepers and assist in the canteen.

Insurance

All registered athletes and parent volunteers who sign on at the canteen are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and not permitted on the field.

Age Managers

Each age group will be appointed an Age Manager. Age Managers are parents like yourself and play a vital role in the smooth running of our centre nights. However it is still necessary to have other volunteers help the Age Managers to run each event. So that the Age Managers can provide the athletes with their attention and knowledge it is essential for at least three other volunteers to help run each event. Age Managers will be required to hold a Working with Children Check with the Club or have lodged an exemption.

Parent or Guardian attendance

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable. During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

Where to meet: With the exception of parents help set-up duty, all other parents are required to meet at 5.15pm at the front of the Clubhouse, to get a brief run down on the night ahead.

Parent Uniform: You will be given a bright yellow vest to wear, so you are easily identifiable to athletes. Please wear closed in shoes.

Working with Children Checks

All Coaches, Committee Members and Age Managers must have a Working with Children Check registered with the Club. Any volunteer that holds a WWCC number is encouraged to have this registered with the Club as well. To have your WWCC No registered with the Club, please complete a Declaration form which can be obtained from the secretary or from the LANSW website, present to the Clubhouse with a copy of your drivers licence. If you are a parent attending a Little A's event you may be exempt from requiring a WWCC, by completing the exemption form you will acknowledge and record your exemption to the Club.

No Smoking & Alcohol Policy

The Little Athletics Association of NSW has a strict No Smoking policy and Council regulations state that TRC Athletic Centre is a smoke and alcohol free zone. If you smoke please do so in the carpark and not on the grounds

Code of Conduct

Behaviour of the children at our centre is paramount to the committee. Every person, adult and child comes to Little A's to enjoy themselves. If a child is deemed to be behaving in an unsafe or unsportsmanlike manner, the age manager should be approached in the first instance. If the age manager is unable to resolve the situation, the age manager should report the problem to a committee member who will advise the child's guardian of the problem. The guardian is responsible for correcting the child's behaviour. Should the child continue to exhibit unwelcome behaviour, they will be excluded from further participation that night, and may be excluded from further competition nights. After resuming activities, further misbehaviour can result in suspension for the rest of the season.

Extreme offences can result in instant expulsion on the night.

Equipment

Everyone is reminded that athletic equipment is expensive. Please treat it with care. The equipment is not to be used **without** Team Manager or Official supervision.

Canteen - BBQ

Please take advantage of these facilities. Funds from canteen and bbq sales go towards the purchase of new equipment. Each week we will call for Canteen assistants, parents who are not involved in the running of events, please assist with counter service and the running of the bbq.

Lost Property

Our lost property collection can be found at the clubhouse. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Tamworth LAC will endeavor to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Grievance policy & procedures

Kristine Sharkey Kristine.Sharkey@det.nsw.edu.au is the Club grievance officer, please discuss any issues or submit in writing to be actioned by the Committee at the next Meeting.

The Club uses the LANSW procedures for complaint handling

[https://assets.imgstg.com/assets/console/document/documents/Regulation_11 -
Complaint Handling & Grievance Procedures.pdf](https://assets.imgstg.com/assets/console/document/documents/Regulation_11_-_Complaint_Handling_&_Grievance_Procedures.pdf)

Awards & Pointscores

Pointscore and attendance calculations commence on the 1st competition night Friday 21st October 2016. Should you join after the 1st competition night your pointscore and attendance calculations will not be prorata.

Friday is Point Score Competition day for our Centre. This is when children compete in their own age group in selected athletic events. Points are awarded for participation, placing and improvement of PBs. At the end of the

season trophies will be awarded to the three athletes, in each age group, with the highest point score. Each athlete should aim to improve their "Personal Best" (PB) on each competition night. This system is designed to reward an individual's attendance, participation and athletic improvement over the season.

To be eligible for a Point Score Trophy, State jackets/vouchers, an Athlete must participate in a minimum of 60% of the Point Score nights from date of the 1st competition night. And at least 50% of nights must be after the Christmas break.

Tamworth Little Athletics has a range of perpetual trophies presented each year. Criteria for each trophy can be found on the Tamworth Little Athletics website. <http://tamworthlac.org.au/centre-information/?p=15>

Dual Registration

For the upcoming 2016/17 season, the LANSW/ANSW Dual Athlete Membership will encompass a new, easier and most importantly, single registration process. Changes to the Dual Athlete Membership are proposed for the coming season which will see a single registration process for dual aged athletes (under 12-Under 17) and the same registration number for use at both LANSW and ANSW events. Essentially this means that all dual aged LANSW members will now automatically become ANSW members in summary it will be:

- Dual aged athletes will register only once and this will be through the LANSW website.
- During their registration on the LANSW website, all athletes will now also pick their senior club. A club finder and other information will be available to help athletes search their club of choice (or they can remain independent). **TAMWORTH has a senior Club**
- All athletes registered in these age groups will receive a unique 'One Sport' registration number (bib) from their LANSW centre and they will use this when competing at both LANSW and ANSW events. LANSW centres will be issued with these bibs/numbers prior to their Registration Days. The bibs/numbers will commence at 6000 (TBC) and increase upwards, with a unique set of numbers issued to each centre. Centres will be provided with a set of 3 bibs/numbers for every athlete (1 for their LA uniform and 2 for their senior uniform; where this is the same uniform they will obviously only need to use 2 of these numbers)


Communication with members

Announcements	During warm up @ 5.15pm parents are asked to listen to the Club announcements so not to miss out on important information
Notice Board	Information is posted weekly on the notice board
Website	Regular updates and detailed information about the Club is available on the website
Facebook	Regular updates are on our facebook page Tamworth Little Athletics – this is a closed page, for the safety of minors and you will need to request access.
Cancellations	In the event of rain, excessive heat or Council closure of the fields - cancellation will be advised via Facebook, the website & 92.9FM radio
Team App	https://tamworthlittleas.teamapp.com/ Team App smartphone app available from the App Store or Google Play. Download Team App now and search for "Tamworth Little A's"
Bulk Emailing	Once all regos have been finalised and entered into the system the Club will be able to issue bulk emails to registered athletes


Uniforms

Uniforms can be obtained from the club. **Full uniform must be worn on Friday competition nights or no points will be awarded to the offending athlete.** The uniform consists of

- navy & white singlet for both boys & girls
- navy & white crop top for girls
- navy & white athletic briefs or bike pants for girls.
- navy & white shorts for boys & girls
- above the knee compression pants may be worn under shorts
- Hats are optional but we advise that you wear one in the sun and also remember a suitable sun block.




TAMWORTH LITTLE ATHLETICS UNIFORMS




GIRLS


CROP TOPS




BRIEFS



BIKE PANTS



SINGLETS



What to wear – Girls

Navy & White Singlet or Navy & White crop top
 Navy & White athletic Briefs or Navy & White bike pants
 Hats are optional but we advise that you wear a hat in the sun and a suitable sunscreen.

Placement of patches & No's

Athlete's registration Number securely affixed to the front of uniform top – note must have the printed red border showing
 Centre Number (67) securely affixed to the back of the uniform top
 Age patch securely affixed to the front left hand side of uniform either top or bottom
 IGA Sponsors patch securely affixed on the right-hand chest

Uniforms must be worn on Friday night competition or no point score will awarded to the offending athlete. Full uniform is compulsory for Zone/Regional/state & interclub competition. TLA's does not make a profit from the sale of uniforms and does not keep stock on hand. Uniforms orders take approx 4 weeks for delivery. Uniforms are to be paid for when ordered (if possible) and must be paid in full before collection. If uniforms have not been paid for 3 weeks after delivery and no arrangement has been made for payment, the Club can sell unpaid orders to those seeking to purchase uniforms. We suggest uniforms are ordered on the registration day to allow for delivery time. Payment by Cheq or cash only.

	SIZES	PRICE
CROP TOPS	4-20	\$27
BRIEFS	4-20	\$27
BIKE PANTS	4-L	\$36
SINGLETS	6-16	\$36
SINGLETS	XS-XXL	\$40



TAMWORTH LITTLE ATHLETICS UNIFORMS



BOYS

RUNNING SHORTS



SOCCER SHORTS



SINGLETS



What to wear – Boys

Navy & White singlet
 Navy & White shorts – running shorts or soccer shorts
 Above the knee compression pants may be worn under shorts
 Hats are optional but we advise that you wear a hat in the sun and a suitable sunscreen.

Placement of patches & No's

Athlete's registration Number securely affixed to the front of uniform top – note must have the printed red border showing
 Centre Number (67) securely affixed to the back of the uniform top
 Age patch securely affixed to the front left hand side of uniform either top or bottom
 IGA Sponsors patch securely affixed on the right-hand chest

Uniforms must be worn on Friday night competition or no point score will awarded to the offending athlete. Full uniform is compulsory for Zone/Regional/state & interclub competition. TLA's does not make a profit from the sale of uniforms and does not keep stock on hand. Uniforms orders take approx 4 weeks for delivery. Uniforms are to be paid for when ordered (if possible) and must be paid in full before collection. If uniforms have not been paid for 3 weeks after delivery and no arrangement has been made for payment, the Club can sell unpaid orders to those seeking to purchase uniforms. We suggest uniforms are ordered on the registration day to allow for delivery time. Payment by Cheq or cash only.

	SIZES	PRICE
RUNNING SHORTS	6-16	\$33
RUNNING SHORTS	XS-XXL	\$36
SOCCER SHORTS	6-14	\$36
SOCCER SHORTS	S-XXL	\$40
SINGLETS	6-16	\$36
SINGLETS	XS-XXL	\$40

A guide to the placement of numbers and patches can be found on the Club website

New England Zone Super Clinic – Coaching for Athletes

Saturday 24th & Sunday 25th September

A summary of what we are offering is:

Juniors (U9-11) – NEW TWO-DAY PROGRAM!

- Saturday, 24 September 2016 (10.00am - 3.00pm) & Sunday, 25 September 2016 (10.00am - 3.00pm)
- One or two-day registration options.
- Athletes will complete a set program rotation of four events each day.
- Day 1: sprints, high jump, shot put/turbojav, middle distance.
- Day 2: hurdles, racewalking, discus & long jump/triple jump
- Each event coaching session will last 45 minutes.
- COST: \$45 per day

Seniors (U12-17) – NEW TWO-DAY PROGRAM!

- Saturday, 24 September 2016 (10.00am - 3.00pm) & Sunday, 25 September 2016 (10.00am - 3.00pm)
- 2 x 2-hour event-specific coaching clinics held each day. Choose to attend 1,2,3 or all 4 sessions.
- Morning & afternoon sessions (10.15am – 12.15pm & 1.00pm – 3.00pm)
- Day 1, Session 1 - Choose from: Discus, Sprints (200m-400m) and Walks
- Day 1, Session 2 - Choose from: Shot Put, Hurdles and Middle Distance
- Day 2, Session 1- Choose from: High Jump, Long Jump and Javelin
- Day 2, Session 2 = Choose from: Sprints (100m-200m) and Triple Jump
- COST \$25 per session

NOTE: Senior athletes can register for either or both sessions on either or both days and only need to stay for their timeslots.

For more information and to register go to: <http://www.lansw.com.au/Education-Training/Athletes/Coaching-Camps-Clinics> All clinics are open to members and non-members.

Gala Days & Carnivals

During the season Centres throughout the state hold their own carnivals. (There is detailed information on our website about how a “gala day” operates). Entry is usually done on the day of the carnival. Please refer to the 2016/2017 calendar of events on the LANSW & Tamworth LAC websites for the full list of carnivals held throughout the season or our website for carnivals within the region.

DATES FOR LOCAL INTER CLUB CARNIVALS

- Inverell – Sunday 13th November 2016 Glen Innes – TBA
- Tamworth – Sunday 27th November 2016 Armidale – TBA
- Dubbo – 6, 7 & 8 January 2017

Please note that we require volunteer help for our Gala Day to run smoothly and be a success. Further information will be posted on the notice board, facebook and the website.

Championships – State Multi Event

The State Multi-Event Championships is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day.

Championships are being held at Glendale on March 4 & 5, 2017. More information regarding the State Multi Event can be found on the website. <http://www.lansw.com.au/Competition/Championships/State-Multi-Event-Championships>

Championships – Zone, Regional & State

- Zone – Gunnedah, 3rd & 4th December 2016
- Regional – Lismore, 28th & 29th January 2017
- State - Olympic Park, Sydney – 17th, 18th & 19th March 2017.

All Little Athletics centres in NSW are divided into zones and regions. Tamworth LAC is in the New England Zone. The other centres in the Zone are Quirindi, Gunnedah, Inverell, Glen Innes, Armidale, Moree & Narrabri. The New England Zone is part of Region 1. There is an 8 region structure. 4 metropolitan and 4 country.

For an athlete to compete in the Championships a parent or family member must be prepared to volunteer their time at the Championships. If you are unable or not prepared to do this then you may need to reconsider the athletes nomination. More information regarding age group entry, nominations, fees etc can be found on our website. Athletes must compete in full Club uniform at all championships.

Zone Championships

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the New England Zone. The venue will change from year to year.

Regional Championships

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 3 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

State Championships

The State Championships are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship.

Rules of Competition are accessible @ <http://lansw.com.au/Competition/Rules-of-Competition>

More information relating to Championships is available at <http://lansw.com.au/Competition/Championships>

SCHEDULED WEEKLY PROGRAM 2016/17

WEEK ONE

6	7	8	9	10	11	12	13	14	15, 16-17
100m	100m	Shot Put	Scissor High Jump	400m	400m	Discus	Triple Jump	Triple Jump	Triple Jump
Long Jump	Shot Put	100m	100m	100m	Javelin	400m	400m	400m	400m
50m	50m	Long Jump	400m	Turbo Javelin	Long Jump	High Jump	Javelin	Javelin	Javelin
Discus	Long Jump	400m	Discus	70m	100m	100m	100m	100m	100m

WEEK TWO

6	7	8	9	10	11	12	13	14	15, 16-17
200m	200m	Discus	200m	Scissor High Jump	Shot Put	Long Jump	200m	200m	200m
Long Jump	Shot Put	200m	Shot Put	200m	200m	200m	High Jump	High Jump	High Jump
70m	70m	70m	Long Jump	Discus	1500m	Shot Put	Discus	Discus	Discus
Shot Put	Long Jump	Turbo Javelin	70m	1500m	Triple Jump	1500m	1500m	1500m	1500m

WEEK THREE

6	7	8	9	10	11	12	13	14	15, 16-17
Vortex	Vortex	60mH	60mH	Long Jump	Discus	Javelin	Shot Put	Shot Put	Shot Put
300m	500m	Long jump	Turbo Javelin	Shot Put	60mH	60mH	800m	800m	800m
100m	Discus	Shot Put	800m	60mH	High Jump	Triple Jump	80mH	80 / 90mH	90 / 100mH
Discus	100m	700m	Long Jump	800m	800m	800m	Long Jump	Long Jump	Long Jump

Rules changes for 2016/17 season

Changes to events & standard rules are as follows:

- 200m hurdles for U15 & U17 will now be replaced by 300m hurdles (76cm, 7 flights)
- U11& above will use 0.2 x 1.22 board for long jump and triple jump, U10 age group and below will still use the 50cm take off area.

Reminder

- No spikes or starting blocks for U9 & U10
- U9 & U10 highjump can only do scissor jump on scissor mats – Centres & zones without the appropriate mats can not offer high jump to these age groups (Tamworth does have scissor mats)

Little Athletics NSW has put together a series of Basic Event Fact Sheets, aimed at providing centre volunteers with the essential knowledge for helping at an event at the local centre.

The fact sheets are a suitable resource for people with little or no knowledge of the sport and cover such things as:

- ages and correct specifications for the various age groups
- basic instruction on how to do the event
- basic rules
- basic officiating procedures
- safety considerations
- handy tips for conducting the event at centre level

You can download copies of the Fact Sheets, from <http://lansw.com.au/Education-Training/Centre-Helpers/Event-Fact-Sheets> events include

Starters / Starting
Relays
Javelin

Timekeeping
Walks
Long Jump

Place Judging
Shot Put
Triple Jump

Hurdles
Discus
High Jump

Whilst participating in Little Athletics, athletes should work towards the improvement of their technique in the various events. This will not only help improve their performance in Little Athletics, but the correct movement patterns will carry across to other sports and activities.

You can download copies of the basic technical model for some of the Little Athletics events from <http://lansw.com.au/Education-Training/Athletes/Basic-Technique> . Events include

Standing Start	Crouch Start	Sprinting	Middle Distance
Hurdles	Shuttle Relay	Circular Relay	Shot Put
Discus	Long Jump	<u>High Jump</u> (scissors technique)	

EVENT DETAILS

Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50m	X	X									
70m	X	X	X	X	X						
100m	X	X	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X	X	X
400m			X	X	X	X	X	X	X	X	X
500m (pack start)		X									
700m (pack start)			X								
800m (pack start)			X	x	X	X	X	X	X	X	X
1500m					X	X	X	X	X	X	X
3000m								X	X	X	X
700m Walk				X							
1100m Walk					X	X					
1500m Walk							X	X	X	X	X
60m Hurdle			X	X	X	X	X				
80m Hurdle								X	Girls		
90m Hurdle									Boys	Girls	
100m Hurdle										Boys	Girls
110m Hurdle											Boys
200m Hurdle								X	X		
300m Hurdle										X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X
High Jump					X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X
Shot Put	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)
Discus	350g	350g	500g	500g	500g	750g	750g	750g (G) 1kg (B)	1kg	1kg	1kg (G) 1.5kg (B)
Javelin						400g	400g	400g (G) 600g (B)	400g (G) 600g (B)	500g (G) 700g (B)	500g (G) 700g (B)

Tiny Tots - Play training activities and modified games

Frequently asked questions

- **Do we need special shoes?**

Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally only 10-15% of athletes at our centre use them.

- **What happens if it rains or is very hot ?**

A Club committee person will communicate the cancellation on our website tamworthlac.org.au or Facebook page , 92.9fm radio and TeamApp

- **Will my child be taught the correct technique or have access to coaching?**

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Tamworth Little Athletics also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Friday evenings.

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at Tamworth LAC , Tamworth website tamworthlac.org.au or contact Little Athletics NSW via their website littleathletics.com.au

Programme of Events for 2016-17

Friday	14/10/16	Sign On Day & uniform purchases from 5pm
Friday	21/10/16	1st week of Competition – No Come & Try
Friday	28/10/16	Competition night
Friday	4/11/16	Competition night
Friday	11/11/16	Competition night
Friday	18/11/16	Competition night
Friday	25/11/16	Competition night
Friday	2/12/16	No Competition due to Zone Championships
Saturday	3/12/16	Zone Championships - Gunnedah
Sunday	4/12/16	Zone Championships - Gunnedah
Friday	9/12/16	Competition night
Friday	16/12/16	Christmas Party (To be confirmed)
		Competition Break for school Holidays
Friday	13/1/17	Competition Night
Friday	20/1/17	Competition Night
Friday	27/1/17	No Competition due to Regional Championships
Friday	28/1/17	Regional Championships - Lismore
Friday	3/2/17	Regional Championships - Lismore
Friday	10/2/17	Competition Night
Friday	17/2/17	Competition Night
Friday	24/2/17	Competition Night
Friday	3/3/17	Competition Night
Friday	10/3/17	Competition Night
Friday	17/3/17	No Competition due to State Championships
Saturday	18/3/17	State Championships - SOPAC Homebush
Sunday	19/3/17	State Championships - SOPAC Homebush
Friday	24/3/17	Competition Night (to be confirmed)
Friday	31/3/17	Competition Night or Presentation Night (to be confirmed)
Friday	7/4/17	Presentation Night (To be confirmed)