

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 2019/2020

Committee Members 2019/2020 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	Sam Cox	samdonmcb@bigpond.com	0467347510
Vice President / Grievance office & WWCC	Kristine Sharkey	Kristine.sharkey@det.nsw.edu.au	
Secretary	Melissa O'Connell	tlac.tamworth@outlook.com	
Treasurer	Margi Frazer	margi.frazer@hotmail.com	
Registrar	Leo Press	leojpress@hotmail.com	
Publicity Officer	Bel Clegg		
Canteen Coordinator	Sally Osland		
Championship Officer	Maree Warren	maree@countryaccounting.com.au	
Uniform Officer	Margi Frazer		
Point score Official	Janine Wilkie	jbwilkie@bigpond.com	
School Liaison	Adam Jolliffe	ajolliffe@lansw.com.au	0408737377
Public Officer	Sam Cox	samdonmcb@bigpond.com	
General Committee	Rod Morrison		
First Aid officer	Anne Gordon		

A Note from the President

Dear Athletic Families,

Welcome to the 2019/2020 season of Tamworth Little Athletics Club. We are looking forward to another great season after a rewarding 2018/19 season which saw outstanding results, countless PB's and personal achievements. Little A's is about fun, family, and fitness.

In partnership with the Tamworth Regional Council we now have a state of the art facility in the Tamworth Athletics Centre where we will enjoy of 2019/2020 Season.

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

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 our families volunteer to help run our competition afternoons raking a sandpit, or assisting one of our age divisions.

Thank you to the continued support from the Tamworth Little Athletics committee, who work tirelessly behind the scenes the club would not survive without their efforts and dedication. If you have any queries or need further information about Little Athletics please see any of the committee members.

Best of luck for all the Athletes, for the up and coming season,

Sam Cox President Tamworth Little Athletics 2019/20

Operational Procedure for Friday Nights

Season commences Friday 18th October 2019 at 5:30pm.

Athletes must bring a drink

On arrival, parents and guardians are to bring their athletes to their age tub where they will be able to sign their children in for the night with their age manager (if a parent or guardian fails to sign their child/ren in they are not covered by insurance and therefore not permitted on the field) and parents and guardians are encouraged to offer their assistance within the age group or in another role on the night. Drink bottles are to go in the tub and the athletes are to be ready for warm up which commences at 5:30pm sharp.

Please Note: Athletes can only take the field if they have their current year registration number attached to their uniform.

All volunteers inside the fence must wear a yellow hi-vis vest. Age Managers will wear orange vests.

Depending on which week rotation we are up to, the athletes complete their set events in order to assist in the night running smoother.

Please Note: During our Friday nights parents and 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.

Volunteer Roles

Because Little Athletics is a totally voluntary organisation, centres cannot operate without the assistance of parents each week in fulfilling the many and varied duties required. These include officiating at an event; managing an age group; recording results; working in the canteen; to name just a few. Additional assistance is always required on the centre committees and all parents are encouraged to become involved. Little Athletics is one of the few sports where parents can become fully involved in their child's sporting interests.

At Little Athletics NSW we understand that just like our athletes, our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Little Athletics and there are a number of ways that you can become involved. You may have skills that the centre doesn't even know they need. So if you think you can help with something, let the committee know.

Whatever your experience, don't feel scared about putting your hand up and 'giving it a go'. After all, isn't that what we ask our kids to do?

Parental Role

Regardless of whether or not this is your first involvement as a Little Athletics parent, it is always worthwhile, at the start of each season, to consider what your role will be over the next six months or so.

Your child is in a sport that provides an opportunity for immediate and long term benefits. The benefits include: higher levels of fitness; better health; a pleasurable social environment and the satisfaction derived from skilled performances. Little Athletics can provide a launching pad for a life-long involvement in sport, whether it be elite or purely recreational.

Just as important as any of the above benefits is that Little Athletics provides children with the chance to have fun - TO PLAY. Please do not ever lose sight of this!

Unfortunately, all of the potential benefits of involving a child in a sport can be quickly lost due to one very important factor - ADULTS.

Do not underestimate the effect that you can have on your child's long term participation in and

enjoyment of sport.

By taking a considered, understanding approach, a parent can be their child's most valuable asset. On the other hand, parents who bribe, threaten punishment, push their children, or hang over the fence screaming, have totally lost a true understanding of Little Athletics. Fortunately, these 'clowns' as Denis Baker in his book, 'Winning is Kids' Stuff' terms them, are few and far between. You must realise, however, that you don't have to be a 'screamer' to have a subtle negative effect on your child in sport.

All too often, adults attempt to impose their own values on children's sport. Do not assume that children play sport for the same reason that adults do. For example, when surveyed, a large number of children list 'beating opponents' and 'receiving medals and trophies' as last on a ranking of ten enjoyment factors in sport. Children are not little adults and their sport should be free from adult pressures and demands.

Denis Baker has some valuable advice about putting children's sport into perspective:-

Remember, when kids play sport - they are not a team of professionals - don't deprive them of the opportunity to be kids. When you start getting too serious about a kid's game, for heaven's sake walk away. You will inevitably be more worried about what is happening than the kids.

Age Managers

Each 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. So that the Age Manager can provide athletes with their attention to assist them it is essential for other volunteers to help run each event.

Canteen – BBQ

Please take advantage of these facilities. Funds from canteen and BBQ sales go towards the purchase of new equipment.

New Season Info 2019/2020

Things that won't be changing this season:

- The season will run in Term 4 and Term 1 on Friday nights
- The number of events and timing of the night will remain the same (a 'comp night manager' will be allocated to ensure the night runs smoothly).
- Little Athletics Friday nights will commence at 5:30pm

Changes to the 2019/2020 season:

- U6 will participate in the 'On Track' program, therefore U6 will receive participation medals and certificates only – no Age Champion. The 'On Track' program focuses on active participation, learning and fun while teaching younger athletes the fundamental motor skills of running, jumping, hopping and throwing in a non-competitive environment.
- The first 3 weeks of the season (U7-U17) will focus on education and technique. Parent helpers will also be offered technical coaching education in this time. The first 3 weeks will not involve pointscore or count towards PB's (athletes can measure their field events if they like but they will not be recorded/ track events will be recorded but won't be put towards PBs or pointscore - this will also allow us to show some willing parents how to record their results).
- A club member will be a designated 'comp night manager' who will ensure the night runs as smoothly as possible, timeframes are kept tight, and/or deal with any problems or complaints as they arise.
- There will no longer be awards for 100% attendance.
- A 3km event and walk will be added to the program (This will most likely be completed early in the night before comp starts or after the main comp has finished for the night and only once every 3 weeks - more details to come)

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

Annual Awards & Point Score

Point score and attendance calculations commence on the 1st competition night Friday 18th October 2019. Should you join after the 1st competition night your point score and attendance calculations will not be pro-rata.

Fridays is Point Score Competition day for our centre. This is when the children compete in their own age group in selected athletic events. Points are awarded for placement and improvement of PB's. At the end of the season trophies will be awarded to the Age Champion and runner up in each age groups U7 – U17 both Male and Female, 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 performance and athletic improvement over the season.

Points are awarded as follows:

- 1st place – 3 points
- 2nd place – 2 points
- 3rd place – 1 point
- New PB – 2 points
- Equal PB – 1 point

To be eligible for a Point Score Trophy, State jackets/ vouchers, an Athlete must participate in a minimum of 60% of competition nights.

Tamworth Little Athletics has a range of perpetual trophies presented each year.

Award Criteria

Core Criteria to be eligible for a Pointscore trophy, award or for State Jacket/voucher:

- An athlete must participate in a minimum of 60% of the Attendance Point Score nights from date of the 1st competition night with at least 50% of nights must be after the Christmas break. There will be no prorata for those who join after the start of the season.
- % attendance is calculated from the seasons 1st club night ie 2019/20 season - 18/10/19
- An athlete must wear full and correct Club uniform on all Friday nights of the season, at all Gala days and Championships (ie Zone, Regionals & State)

Ben Easter Memorial Award - Throws

This award is presented to an athlete who has shown dedication towards his or her throwing events throughout the year. This award is given to encourage the athlete to always try hard and show good sportsmanship.

This award is dedicated to the memory of Ben Easter who was a member of the Tamworth Little Athletic Club (TLAC) for 8 years. Ben was a wonderful young man both on and off the field. He was a great role model for the young members of the club and was always known for his sense of humor and great sportsmanship. Unfortunately Ben's young life was cut short in December 2002 and this award is presented in his honour.

TLAC - John Moore Cup – Outstanding Hurdler of the Year

The cup is awarded to the most outstanding and dedicated hurdler of the past season. The recipient's performance in Little Athletics hurdle competition over the season will be taken into account, including place gained at Zone, Regional & State Championships.

The award shall only be presented in years where it is justified by the committee that an athlete has made a true commitment and has achieved a “most outstanding” result in the event.

Pianta Family Award – Jumps

This trophy is awarded to the most outstanding and dedicated jumper of the past season. The recipient’s performance in Little Athletics competitions over the season will be taken into account, including place gained at Zone, Regional and State Championships.

TLAC – Long Distance Runner of the Year

This trophy is awarded to the most outstanding and dedicated long distance runner of the past season. The recipient’s performance in Little Athletics competitions over the season will be taken into account, including place gained at Zone, Regional and State Championships.

TLAC – Abby Schmiedel Award - Sprinter of the Year

This trophy is awarded to the most outstanding and dedicated sprinter of the past season. The recipient’s performance in Little Athletics competitions over the season will be taken into account, including place gained at Zone, Regional and State Championships.

TLAC – Most PB’s Achieved for the Year – Donated by Kerrie Fensbo

This trophy is awarded to the athlete that has achieved the highest number of PB’s throughout the Little Athletics season

TLAC – Male Athlete of the Year

A nominee’s sportsmanship must be a credit to himself and the club on and off the track. Their performance must satisfy the committee that he has the spirit of The Tamworth Little Athletics Club at heart including high attendance at club nights.

The recipient’s performance in Little Athletics championship competition over the season will be taken into account, including place gained at Regional & State Championships.

TLAC – Female Athlete of the Year

A nominee’s sportsmanship must be a credit to herself and the club on and off the track. Their performance must satisfy the committee that she has the spirit of The Tamworth Little Athletics Club at heart including high attendance at club nights.

The recipient’s performance in Little Athletics championship competition over the season will be taken into account, including place gained at Regional & State Championships.

Dual Registration

For the upcoming 2019/20 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 @ 5.30pm 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
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

The Club has uniform stock on hand available for purchase at the Sign on days (Cash, chq or direct deposit only- no EFTPOS) .

Tots are provided with a T-shirt (included with Registration), these athletes will need to provide their own black shorts or bike pants.

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 singlets - \$40
- navy & white crop top for girls - \$30
- navy & white athletics bike pants - \$40
- navy & white soccer shorts - \$40
- navy & white running shorts (6 – 16) - \$35
- navy & white running shorts (XS – XXL) - \$40

Plain black pants/ compression tights are allowed to be worn under shorts (no logos).

Registration numbers must be attached to singlets or tops so as to be seen at all times. Younger athletes are issued with a single number which is to be attached to the front of the singlet or top. Older athletes are issued with two numbers which must be attached front and back.

The age patch must be attached to the top left side of shirt or top (just below the shoulder).

Championships - Zone / Regional / State & State Multi

- Zone – Gunnedah (Maitland St) Saturday 30th November and Sunday 1st December 2019
- Regional – Tamworth (run by Mid-North Coast) Saturday 8th February and Sunday 9th February 2020
- State - Olympic Park, Sydney – Saturday 14th March and Sunday 15th March 2020

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. Athletes must compete in full Club uniform at all championships.

Zone Nomination Form, List of events and Event details & Specification (will be attached below when the carnival gets closer)

Nominations to the Club Secretary will close on date TBC - No late entries will be accepted

Zone Nomination Form 2019 – please print, complete and bring to the Clubhouse with payment

Job Description Zone If you are unsure what a duty involves this may assist you.

Programmes must be pre-ordered with nomination @ TBC each – No Zone polo shirts will be available this year. Entry cost TBA per athlete.

Information about 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.

Zone is the 1st individual championship event on the Little Athletics Calendar. Athletes from U7 – U17 are able to compete. First call is normally 8.30am time to be confirmed and will be held at Gunnedah Athletics track. To compete at Zone entry is by nomination, you do not need to be selected. A Club nomination form needs to be completed and submitted with Payment by TBA Friday night at the Clubhouse. Zone nomination is not compulsory it is personal preference, it is OK just to attend Friday nights and not compete at Zone. All athletes must wear the correct full Tamworth Centre uniform and have numbers/patches fastened correctly. All athletes and parents must abide by the LANSW Rules of Completion (these rules are available on www.lansw.com.au this includes spikes and starting blocks apply to U11 and above and wearing shorts over compression pants) Parents can not enter the marshalling area or competition area unless they are a rostered volunteer Zone is run by qualified officials. Athletes can not be coached from the sideline. Parents that take the field to complete a duty must have fully enclosed shoes. Once Club nominations have closed they will be collated and to you will be advised of events and duty roster.

U7 are awarded placings at Zone and do not progress to Regionals. First 4 placings in U8-U17 at Zone progress to Regionals.

U8 are awarded placings at Regionals and do not progress to State. U9 to U17 medalists will then compete at State in Sydney OPAC. Travel & Accommodation to Zone, Regionals & State is own care and cost. You will need to complete duties at Regionals and State should the athlete progress to these rounds.

- U7 – U12 may compete in 4 events + Relay only,
- U13-U17's may compete in up to 6 events + Relay.

Tamworth can only nominate a max of 6 athletes per event/per age group, if more than 6 athletes nominate, the higher ranked athlete will take precedence. Please nominate reserve events, we will do our best to accommodate everyone's request and ensure each athlete competes in as many events as possible. Each club must complete duties to assist with events, therefore a parent for each athlete must complete a

duty & sign to acknowledgement that a rostered duty will be undertaken. Duties are allocated relative to experience. Duty is not optional. Failure to complete your rostered duty will result in not being able to progress to the next level or your Zone nomination not being accepted for next 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 2 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>

STATE MULTI EVENT CHAMPIONSHIPS

The State Multi-Event Championships are held on the first full weekend in March each year. Athletes participate in ALL of the events on offer for their particular age group. Performances for all events are allocated points, based on the LAANSW Multi-Event pointscore system. The points are then added together to determine final results. 2020 State Multi-Event Championships – Saturday 29th February and Sunday 1st March 2019 at Tamworth Athletics Centre, Tamworth.

More information regarding the State Multi Event can be found on the website.

<http://www.lansw.com.au/Competition/Championships/State-Multi-Event-Championships>

GALA DAYS

During the season Centres throughout the state hold their own carnivals. Entry is usually done on the day of the carnival.

Tamworth will not be having a gala day this 2019/2020 season.

2019/20 Weekly Event Program

Week 1

U6	U7	U8	U9	U10	U11	U12	U13/14	U15/17
100m	100m	100m	400m	400m	Javelin 400g	High Jump	Discus 13-750g 14-1kg (1)	Triple Jump (1)
Discus (2) 350g	Shot Put (1) 1kg	Shot Put (2) 1kg	Scissor High Jump	Long Jump (1)	100m	100m	100m	100m
50m	50m	400m	100m	100m	Long Jump (1)	Discus (1) 750g	High Jump	Javelin G-500g B-700g
				Discus (2) 500g	800m		800m	800m

Week 2

U6	U7	U8	U9	U10	U11	U12	U13/14	U15/17
200m	200m	200m	Long Jump (1)	200m	Shot Put 2kg (2)	Javelin 400g	200m	High Jump
Shot Put 500g (1)	Discus 350g (2)	Long Jump (2)	200m	Scissor High Jump	200m	200m	Triple Jump (1)	200m
70m	70m	70m	Shot Put 2kg (2)	70m	High Jump	Long Jump (1)	Javelin G-400g B-600g	Discus 15-1kg 17G-1kg 17B-1.5kg (1)
			70m		1500m	1500m	1500m	1500m

Week 3

U6	U7	U8	U9	U10	U11	U12	U13/14	U15/17
300m	500m	60m Hurdles (45cm)	60m Hurdles (45cm)	60m Hurdles (60cm)	Triple Jump (1)	Triple Jump (LJ2)	Shot Put 3kg (1)	Shot Put G-3kg 15B-4kg 17B-5kg (2)
Long Jump (1)	Long Jump (3)	Discus 500g (1)	Discus 500g (2)	Shot Put 2kg (2)	60m Hurdles (60cm)	60m Hurdles (68cm)	13/14G- 80m Hurdles (76cm) 14B-90m Hurdles (76cm)	15/17G 90m Hurdles (76cm) 15/17B 100m Hurdles (76cm)
		700m	800m	800m	Discus 500g (1) 400m	Shot Put 2kg (1) 400m	400m	400m
							Long Jump (1)	Long Jump (2)

Calendar for 2019-20 Season

Friday 18/10/19 Training Night *(No Pointscore)*

Friday 25/10/19 Training Night *(No Pointscore)*

Friday 1/11/19 Training Night *(No Pointscore)*

Friday 8/11/19 Competition Night

Friday 15/11/19 Competition Night

Friday 22/11/19 Competition Night

Friday 29/11/19 Competition Night

Saturday 30/11/19 Zone – Gunnedah

Sunday 1/12/19 Zone - Gunnedah

Friday 6/12/19 Competition Night

Friday 13/12/19 Competition Night

Competition Break for school Holidays

Friday 31/01/20 Competition Night

Friday 7/2/20 Competition Night *(even though Regionals is the following day)*

Saturday 8/2/20 Regionals Tamworth – Hosted by Mid-North Coast

Sunday 9/2/20 Regionals Tamworth – Hosted by Mid-North Coast

Friday 14/02/20 Competition Night

Friday 21/02/20 Competition Night

Friday 28/02/20 No Competition due to State Multi in Tamworth

Saturday 29/2/20 State Multi in Tamworth

Sunday 1/3/20 State Multi in Tamworth

Friday 6/03/20 Competition Night

Friday 13/03/20 Competition Night

Saturday 14/3/20 State – Sydney

Sunday 15/3/20 State - Sydney

Friday 20/3/20 Competition Night

Friday 27/3/20 End of Season **“FUN NIGHT”** *(No Pointscore)*

Friday 3/4/20 Possible Presentation Night

Competition nights are subject to change due to wet weather, hot weather and other safety concerns. Please keep an eye on our facebook page “Tamworth Little Athletics” for regular updates. If you have any concerns please contact us on our email tlac.tamworth@outlook.com