

Girraween Little Athletics Centre



2020-2021 Season

A Note from the President

Welcome to the 2020 - 2021 Little Athletics season at Girraween LAC (Little Athletics Centre). On behalf of Girraween LAC, we wish you all an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers. We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes, will have the opportunity to assist in various ways. I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics centre.

This year more than ever we need your help due to a range of protocols we have put in place to be COVID safe. It is a requirement that all athletes have a parent or nominated guardian at the grounds at all times. Parents will be required to help at events in the situation where limited support is available. Age groups without appropriate help will unfortunately not be able to compete.

We have a centre website, www.glac.org.au. Our website will be the main source of information for our members. It contains all the information you need to know about our centre. We also have a Facebook page—make sure you check this regularly. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

Don't forget we have a canteen and BBQ available each week. Please support our centre so we can fundraise to upgrade facilities for our athletes.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee, we will be more than happy to assist you.

Yours in sport,

Graham O'Brien

Graham O'Brien
President
Girraween LAC

Committee Members for 2020-2021 Season

Girraween LAC committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The committee members, whose names are below, meet on the last Monday of each month throughout the year at CV Kelly Park. All members are welcome to contribute items for our committee meetings. Our website will be kept up to date with information regarding these meetings -

www.glac.org.au

Position	Name	Contact Email	Contact Phone
Executive Committee			
PRESIDENT	Graham O'Brien	grahamjobrien@gmail.com	0438649911
VICE-PRESIDENT	Karen Farrugia	kjfarrugia@optusnet.com.au	0425375745
SECRETARY	Alison O'Brien	agobrien71@gmail.com	0431018159
TREASURER	Jason Jobson	Jjobson2@bigpond.com	0438754074
REGISTRAR	Ryan Reckerman	rreckerman18@gmail.com	0435998643
General Committee			
REGISTRAR ASSISTANT	Kirsten Knights		
MINUTE SECRETARY	Alissa Byatt		
CHAMPIONSHIPS	Paulina Wiecek		
PUBLICITY/WEB/ FUNDRAISING	Kirsten Knights		
CANTEEN	Graham O'Brien		
COACHING	Joey Farrugia		
COACHING ASSISTANT	Luke Jobson		
EQUIPMENT	Damon Byatt		
EQUIPMENT ASSISTANT	Peter Williams		
AGE MANAGERS	Ruth Nelson		
OFFICIALS	Tayla Jobson		
RATINGS	John Dixon		
RATINGS	Kirsten Knights/Karen Farrugia		
PROGRAM	Ryan Reckerman		
UNIFORM	Swetha Amaresh		
MEMBER PROTECTION	Alison O'Brien		
GENERAL	Andy Somasundaram		
SENIORS LIAISON	Nathan Moffitt		
COVID SAFETY	Alison O'Brien		

What happens on a Friday night?

Who: Girls and boys from ages 4 years born before 31 December, through to 16 years of any ability.

Where: CV Kelly Park, Oramzi Road Girraween

Starts: Friday, 4 September, 2020

Ends: Friday, 12 March, 2021

Christmas Holidays: Break for Christmas Friday, 18 December, 2020
Return from Christmas Friday, 8 January, 2021

Time: U6-U8	6.00pm—7.30pm
U9-U17	6.00pm—8.30pm
Tiny Tots	5.45pm—6.45pm

U6-U17: Each Friday evening begins with any important announcements. Before the announcements, the athletes are to meet in front of the baskets, near the southern goalposts. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various event throughout the evening.

Tiny Tots: Each Friday evening Tiny Tots will meet at the southern goalposts. Tiny Tots then head first to the track for a race. Then to the southern field to complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 7 of the handbook). Registration numbers need to be sewed or pinned to all four corners to ensure easy visibility for finish line recording. A grace period at the start of the season (until end September) is provided for those members awaiting new uniform stock to arrive from supplier. Instead athletes/parents can show proof of purchase in lieu of wearing uniform.

Wet Weather: If it has been raining during the week or on Friday afternoon and you are not sure if our weekly competition will be on, we will attempt to have the information on our website and Facebook page close to 5pm. Alternately, you can call Cumberland Council's wet weather hotline on 9294 1418.

Emails: Emails are sometimes sent to some or all members. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information.

Parent Participation: 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. We have a parent roster. Please see page 5.

Where to meet: With the exception of parents on set-up duty (who are required at 5.15pm) all other parents are required to check in or QR codes and take children to the stairs near the canteen at 5.45pm.

Parent Roster

There are 2 very important duties involved in this roster. This will help run our night much more quickly and efficiently.

Date:	Equipment Out	Equipment In	Program Week
September 4	12B & 12G	U15-17 B & G	Modified
11	11B & U11G	U13-14 B & G	Week A
18	6B & U6G	U15-17 B & G	Week B
25	7B & 7G	U13-14 B & G	Week C
October 2	10B & 10G	U15-17 B & G	Week A
9	9B & 9G	U13-14 B & G	Week B
16	6B & 6G	U15-17 B & G	Week C
23	7B & 7G	U13-14 B & G	Week A
30	11B & U11G	U15-17 B & G	Week B
November 6	6B & U6G	U13-14 B & G	Week C
13	7B & 7G	U15-17 B & G	Week A
20	10B & 10G	U13-14 B & G	Week B
(Wed night) 25	9B & 9G	U15-17 B & G	Week C
December 4	6B & 6G	U13-14 B & G	Week A
11	7B & 7G	U15-17 B & G	Week B
18	11B & U11G	U13-14 B & G	Week C
Dec 23 — Jan 7	Xmas Break		
January 8	8B & U8G	U15-17 B & G	Week A
15	7B & 7G	U13-14 B & G	Week B
22	10B & 10G	U15-17 B & G	Week C
29	9B & 9G	U13-14 B & G	Week A
February 5	6B & 6G	U15-17 B & G	Week B
12	12B & 12G	U13-14 B & G	Week C
19	11B & U11G	U15-17 B & G	Week A
26	8B & U8G	U13-14 B & G	Week B
March 5	7B & 7G	U15-17 B & G	Week C
12	10B & 10G	U13-14 B & G	Week A

Equipment out requires the assistance of all parents from the age group on duty. This must be done from 5.15pm to be able to start on time at 6pm.

Equipment in requires the assistance of all athletes & parents from the age groups on duty to remain until the completion of all events.

All parents who are assisting must sign-on at the officials table near the canteen each week.

Safety and Other Rules

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.

Working with Children

Of utmost importance is the safety and well-being of all children and adults. Persons holding certain positions will be required to sign a member protection declaration form. Additionally we ask all parents to be vigilant and report to the committee anything they feel is of concern in regards to the safety of children.

No Parents on Field during Friday Competition

Only parents assisting age managers should remain on field during competition – however the requirement to stay within CV Kelly complex will be enforced.

No Smoking & Alcohol

There is a strict no smoking and no alcohol policy at Girraween LAC. There is a designated area near the carpark, where you are able to smoke. Please see map on page 7. There is no alcohol to be consumed on the grounds.

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.

Lost Property

Our lost property collection can be found at the canteen. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Girraween LAC will endeavour 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.

Athletes Responsibility

Athletes have the right to participate in an environment that is clean, safe, friendly, cooperative and secure. Girraween little athletes have a responsibility to:

- Keep themselves safe
- Act safe and sensibly
- Consider others and respect all in the Little A's community
- Be polite by avoiding abusive, rude language
- Remain with their age manager while attending Little Athletics
- Not climb trees, fences or football posts, or throw rocks
- Obey the rules of competition eg: uniform, spikes etc.
- Listen to and carry out the instructions of the age manager, committee member or official
- Inform the age manager if they wish to leave the group eg. visiting the toilet, leaving early, canteen etc.

Safety and Other Rules

Girraween Little Athletics Centre - Discipline Policy

Minor Incidents

Minor incidents may include inappropriate language, back chatting or the disruption of the group's procedures.

These will be dealt with by the Age Manager. This may involve discussing the offence, eliciting an apology or speaking to the child's parents.

Major Incidents

Major incidents may include bullying and teasing, spitting at others, fighting or using threatening or abusive language.

Age managers will inform the Officer for Age Managers, who will record the incident in the offence book, including the date and nature of the offence. This is to be signed by the Officer for Age Managers, the Age Manager and the offender. The Officer for Age Managers will discuss the behaviour with the offender's parents. Should the Officer for Age Managers be absent, the President or Secretary will undertake this role.

A second offence may result in suspension from the ground.

Continuing Inappropriate Behaviour

If the inappropriate behaviour continues, the Officer for Age Managers will inform the President and/or senior executive and a conference with parents, athlete, senior executive, Officer for Age Managers and the age manager will be conducted.

In addition disciplinary proceedings may commence. The committee and/or judiciary committee have the power to suspend or discontinue membership.

COVID-19 Protocols

As part of the current NSW Government health order we are restricted to 500 attendees during competition and training including athletes, coaches, officials, age managers, helpers and parents.

It will be a requirement of all athletes and parents to adhere to the following key points and instructions given to them by our COVID Marshalls.

- Only one parent per child to attend training and competition
- All attendees during competition and training will be required to sign in and out via QR codes stationed at entrances to the ground.
- All parents not age managing or helping with an age group are to remain off the field (preferably remaining in cars)
- Age groups with greater than 25 athletes will be split to ensure social distancing is adhered to (parents we need your support as this requires extra age managers and helpers – without help some athletes may not be able to compete)
- Disinfect field equipment at the conclusion of each age group's event
- Extend our normal 2 week program rotation to 3 (allows extra time for age group splits and cleaning of equipment)
- Avoid physical contact including shaking hands, high fives or hugging
- You must not attend, if:
 - a member of your household is awaiting the results of a COVID test
 - in the past 14 days you have visited Victoria
 - in the past 14 days you have attended any of the reported case locations listed on the NSW Health website
- If you or an athlete in your family are unwell, please stay home and avoid physical contact with other people

It is important to note that requirements above could change at any time as a result of revisions to NSW Government health orders.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. Girraween LAC is in the Mid-West Metropolitan Zone. The other centres in the Mid-West Metropolitan Zone are Bankstown, Everley Park, CVD Fairfield, Greystanes and Holroyd

The Mid-West Zone is part of Region 7. There is an 8 region structure. 4 metropolitan and 4 country.

Zone Championships (26-28 November 2020, Gipps Road Sporting Complex, Greystanes)

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 Mid-West Metropolitan Zone. The venue will change from year to year.

Regional Championships (TBA)

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 (TBA, Sydney Olympic Park)

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.

Little Athletics NSW hold other championships throughout the season. Some details are below:-

State Relay Championships (TBA, Sydney Olympic Park)

The State Relay Championships, held in November of each year at Sydney Olympic Park Athletic Centre, is a team event where centres can enter both track and field relays. U8-U11 teams compete on the 'Junior Day', Saturday, and U12-17 teams compete on the 'Senior Day' Sunday. The Girraween LAC committee will select teams to compete at this event.

State Multi-Event Championships (6-7 March 2021, Wollongong)

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.

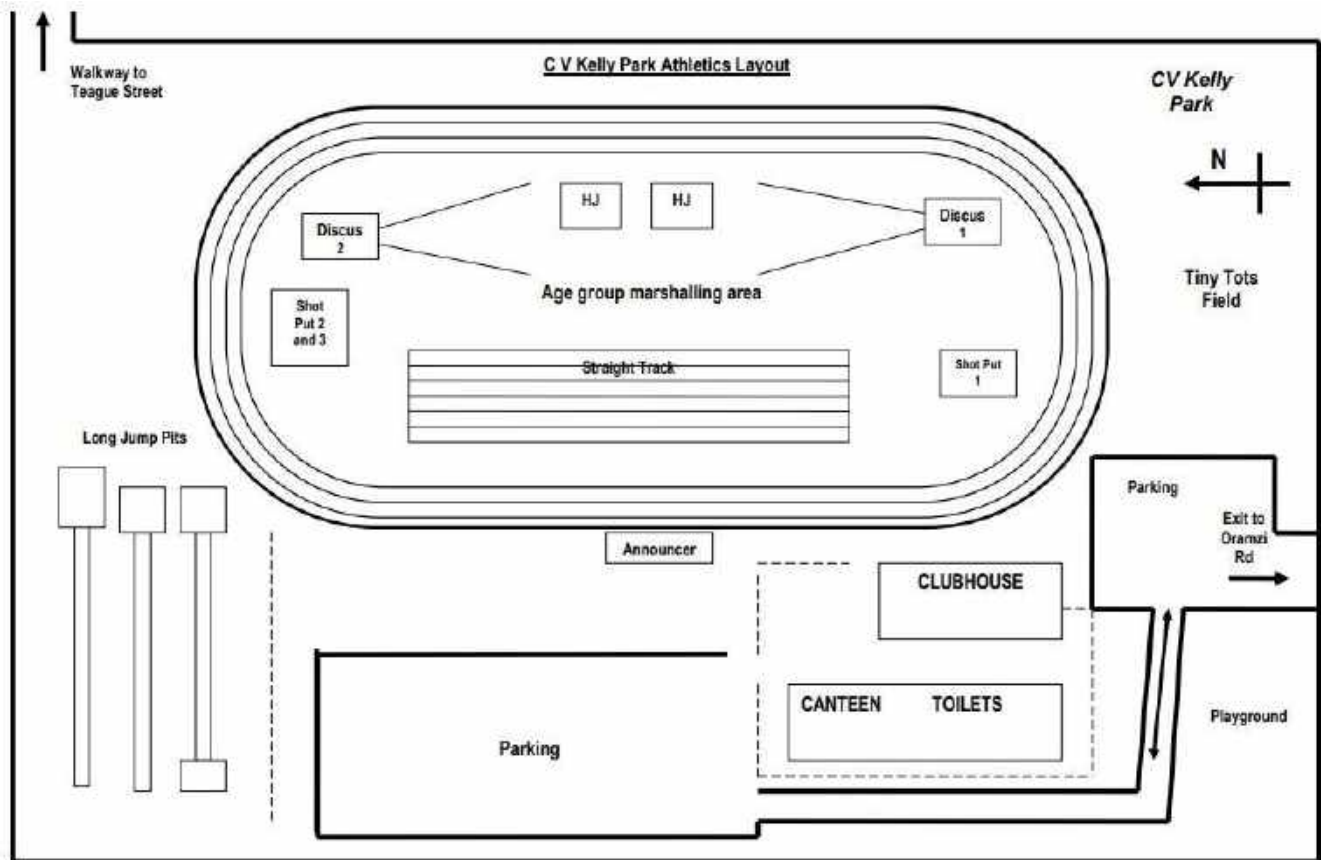
Cross Country & Road Walk Championships

Cross Country Championships & Road Walk Championships are held in June and July each year, as a joint event with Athletics NSW. These championships are open to all registered athletes in the U7- U17 age groups who compete over appropriate distances depending on their age group.

Gala Days

Our club participates in a range of friendly inter-club competitions that are free for your child to attend. Competition outside our centre is great for your child's development allowing them to compete against children from other centres.

Map of our Ground



Centre Uniform & Placement of Patches

Sponsors Patch - Top Right
 Age Patch - Top Left or Shorts Left if crop top

Rego Number – Middle below Girraween Logo

Rego numbers must be sewed or pinned on all four corners to ensure clear visibility for finish line recording



Events for Each Age Group

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
300m (pack start)	X										
500m (pack start)		X									
700m (pack start)			X								
800m (pack start)				X	X	X	X	X	X	X	X
1500m						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						
80m Hurdle						X	X	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	X
Triple Jump						X	X	X	X	X	X
Shot Put	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)
Discus	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg (G) 1.5kg (B)
Javelin (Saturday with seniors)						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.

Award Structure

Orientation Days

At the beginning of the season one orientation day is run. No times or distances are recorded in the centre system. Athletes are simply awarded 1 point for each event in which they participate. Attendance at this orientation day is included in the attendance calculations for the season.

Tiny Tots

Tiny Tots all receive the same number of points for each activity they participate in. Remember that Tiny Tots participate in play training activities only.

Measured and Timed Events

The aim of our centre's point score is to encourage all athletes to improve their own personal best efforts. It does not award points for winning but for improving. The number of points awarded is dependent upon the level of improvement attained. Points are awarded on the following basis:

The first time an event is completed	1 point
Subsequent completion of an event without attaining a Personal Best	1 Point
For equalling or attaining a Personal Best (PB)	2 points
Attending Holroyd Shield and/or Garth Robinson	10 points (full day) 5 points (half day)

Note - All points are doubled after Christmas.

1st, 2nd and 3rd place in each age group receive medals on presentation day.

Centre Championships

Athletes that attend at least half of Friday competition nights prior to Christmas are eligible to participate in the centre championships, usually held the first Sunday in February.

Competition is a "multi-event" where performances in each event (except Tiny Tots) are converted into points and added up to determine overall placings - the better the time or distance, the more points scored.

1st, 2nd and 3rd place in each age group receive place getters trophies. All others receive competitor trophies.

Presentation Day

Our presentation day will be held at CV Kelly Park in May, 2020. Please join us on our presentation day for a sausage sizzle and play activities for athletes, parents, brothers, sisters, aunties, uncles, grandparents.

Some Other 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. U13 upwards may wear spikes in non-laned events (except walks). 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 level of ability does my child need to be to join?**

Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

- **When is training?**

We have training every Monday and Wednesday for Under 7-17 athletes at CV Kelly Park, Oramzi Road Girraween from 6.00pm. Once daylight savings starts we plan to train U7-U9 athletes from 6pm-7.15pm and U10-U17 from 7.15pm – 8.30pm

- **What happens if it rains?**

Please refer to page 4 of our handbook or visit our website glac.org.au or our Facebook page.

- **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. Girraween 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.

- **I want to volunteer. Who should I contact?**

You can contact any of the committee members at any time. Contact details are on page 3 of the handbook

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