

# Girraween Little Athletics Centre



## 2022-2023 Season

# *A Note from the President*

Welcome to the 2022 - 2023 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 and a volunteer Committee. 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 there will still be 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 their children's 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](http://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 and Instagram page—make sure you check one of these 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. This year there will be a rotating canteen roster with parents of a particular age group asked to help each Friday night. If we are unable to get this assistance, the age group rostered on for the canteen will not be able to start their night until the positions are filled.

We are a child safe centre and continue to focus on child safety and updating our protocols and procedures to ensure the safety of all our athletes while at the grounds.

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,

Karen Farrugia  
President  
Girraween LAC

# Committee Members for 2022-2023 Season

Girraween LAC committee is made up of parents who volunteer their time all year long 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 by emailing the club.

Position	Name	Contact Email	Contact Phone
<b>Executive Committee</b>			
PRESIDENT	Karen Farrugia	kjfarrugia@optusnet.com.au	0425375745
VICE-PRESIDENT	Belinda Bryan	belindabryan588@gmail.com	0483806170
SECRETARY	Alissa Byatt	alissabyatt@yahoo.com.au	0404840860
TREASURER	Jason Jobson	jjobson2@bigpond.com	0438754074
REGISTRAR	Jon Dixon	jonpdixon@gmail.com	0403619425
<b>General Committee</b>			
MINUTE SECRETARY	Graham O'Brien		
CHAMPIONSHIPS	Suren Narayan		
PUBLICITY/WEB/FUNDRAISING	Alissa Byatt		
CANTEEN	Belinda Bryan		
COACHING	Joey Farrugia		
COACHING ASSISTANT			
EQUIPMENT	Damon Byatt		
EQUIPMENT ASSISTANT			
AGE MANAGERS			
OFFICIALS	Madhavi Ganji		
RATINGS Boys	John Dixon		
RATINGS Girls	Karen Farrugia		
PROGRAM			
UNIFORM	Teagan Neich		
MEMBER PROTECTION	Graham O'Brien		
GENERAL	Peter Williams		
SENIORS LIAISON			
WEB ADMIN	Graham 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, 2nd September, 2022

**Ends:** Friday, 10<sup>th</sup> March, 2023

**Christmas Holidays:** Break for Christmas Friday, 16<sup>th</sup> December, 2022  
Return from Christmas Friday, 6<sup>th</sup> January, 2023

**Time:** 5.45pm arrival for a 6pm start.

**U6-U17:** Each Friday evening begins with any important announcements. Before the announcements, the athletes are to meet in front of the age group cones, near the southern goalposts. The athletes must wait for their age manager and helpers 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. The tiny tots coordinator will then direct them to their activities for the evening.

**Uniform:** All children must wear a centre uniform with registration numbers and age numbers. (See page 7 of the handbook). Registration numbers must be sewed or pinned at 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. From this year a club training shirt will also be compulsory for the U7-U17s that wish to attend training on Monday's and Wednesday's.

**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 or look up Sportsground Closures on the Cumberland Council Website.

**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 as 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, equipment and assisting with age managing age groups of children. For smooth operation it is essential that parents assist with their child/ren age group. 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 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.

# Canteen Roster

The canteen is our major source of revenue throughout the season, and help is needed to ensure it can be open. We need one parent from each nominated age group, each night.

<b>Date:</b>	<b>Canteen</b>	<b>Canteen</b>
September 2	U 6B & G	U15-17 B & G
9	U7 B & G	U13-14 B & G
16	U8 B & G	U12 B & G
23	U9 B & G	U11 B & G
30	10 B & G	U10 B & G
October 1	U15-17 B & G	U6 B & G
8	U13-14 B & G	U7 B & G
14	U12 B & G	U8 B & G
21	U11 B & G	U10 B & G
28	U6 B & G	U15-17 B & G
November 4	U7 B & G	U13-14 B & G
11	U8 B & G	U12 B & G
18	U9 B & G	U11 B & G
25	U10 B & 9G	U6 B & G
December 2	U15-17 B & G	U7 B & G
9	U13-14 B & G	U8 B & G
16	U12 B & G	U9 B & G
<b>Dec 17 — Jan 5</b>	<b>Xmas Break</b>	
January 6	U11 B&G	U10 B & G
13	U6 B & G	U15-17 B & G
20	U7 B & 10	U13-14 B & G
27	U8 B & G	U12 B & G
February 3	U9 B & G	U11 B & G
10	U10 B & G	U6 B & G
17	U15-17 B & G	U7 B & G
24	U13-14 B & G	U8 B & G
March 3	U12 B & G	U9 B & G
10	U11 B & G	U10 B & G

# 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. 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 AND CV Kelly Park. There is a designated smoking area near the carpark. Please see map on page 7. There is no alcohol to be consumed on the grounds.

## **Insurance**

All registered athletes and parent volunteers 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. Further details as to the insurance provided are available on the LANSW web site.

## **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 honour 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 safely and sensibly
- Consider others and respect all in the Little A's community
- Be polite to others
- Remain with their age manager while competing at Little Athletics
- Not climb trees, fences or football posts, use balls on the field 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 MPIO (Member Protection Information Officer) or in the absence of the MPIO, President or Vice-President, who will record the incident in the offence book, including the date and nature of the offence. This is to be signed by the reporting Committee member, the Age Manager, and the offender. The reporting Committee member will discuss the behaviour with the offender's parents.

A second offence may result in suspension from the ground.

If the inappropriate behaviour continues, the MPIO will inform the President and/or Vice President and a conference with parents, athlete, senior executive, MPIO 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*

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

- Avoid physical contact including shaking hands, high fives or hugging.
- You must not attend, if you are awaiting the results of a COVID test.
- 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.

## Garth Robinson (16<sup>th</sup> October, Everly Park)

A friendly Zone competition where children earn points for their club for competing and placing. A perpetual Shield trophy is awarded for the overall winning club. Free to attend. Competition outside our centre is great for your child's development allowing them to compete against children from other centres.

## Holroyd Shield (25<sup>th</sup> September, location TBA either Greystanes or Smithfield)

A friendly Zone competition where children earn points for their club for competing and placing. A perpetual Shield trophy is awarded for the overall winning club. Free to attend.

## Zone Championships (25-27<sup>th</sup> November, Holroyd)

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.

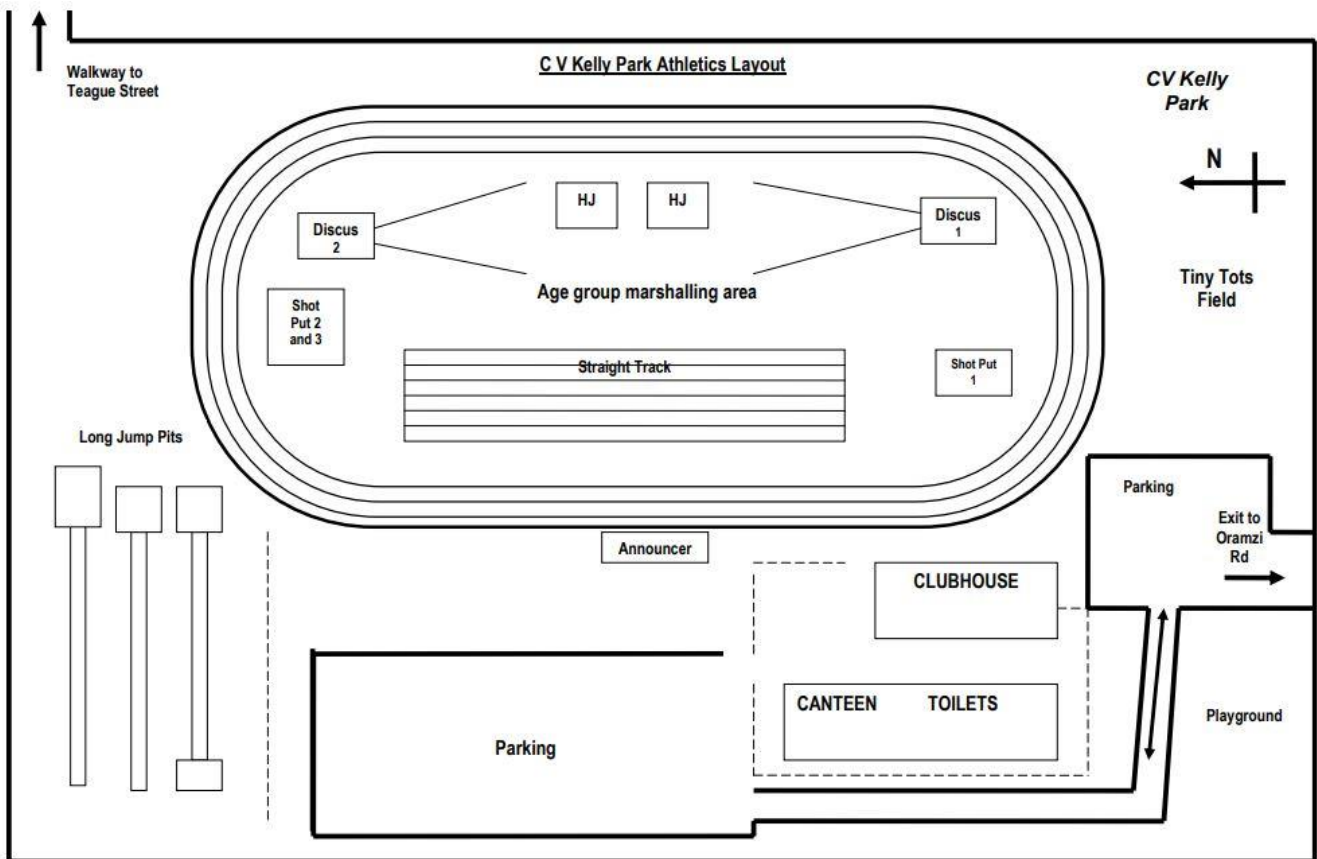
## State Multi-Event Championships (TBA)

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 (TBA)

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.

# Map of our Ground



## Centre Uniform & Placement of Patches

LANSW 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.

## Recorded 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.

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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, 2023.

# 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.
- **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 weather and ground availability permitting on Monday and Wednesday for Under 7-17 athletes at CV Kelly Park, Oramzi Road Girraween from 5.45pm. The coaching will consist of warm ups from 5.45pm-6pm. Session 1: 6pm-7pm, Session 2: 7pm-8pm. This structure allows athletes to choose up to 2 disciplines to train in pre evening. A pink club training shirt is compulsory to attend. Late comers may be excluded from being able to train.
- **What happens if it rains?**  
Please refer to page 4 of our handbook or visit our website [glac.org.au](http://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](http://lansw.com.au)