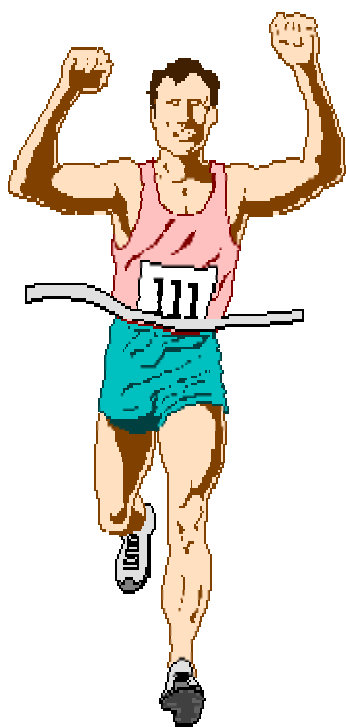




Quakers Hill

Little Athletics Club



**2009-2010
Handbook**

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1 WELCOME TO QUAKERS HILL LITTLE ATHLETICS

President's Message

Welcome to all athletes and their families for the 2009 /10 season.

I also welcome the new committee which has a good mix of old and new members, but there are still some vacancies.

Last season was our most successful with 460 athletes. We had good attendance at the zone and regional carnivals, with two athletes qualifying for the State titles. We submitted teams to the State relays and for the first time we had an athlete qualify for the Trans Tasman Cup team.

REED Constructions are once again our main sponsor which we proudly display on our running singlets. This sponsorship enables the club to have the best resources for running nights, training and field maintenance.

Blacktown RSL has been a long time sponsor of ours, we hope they will be supporting us again and I encourage our members to support the RSL.

The growth in the Quakers Hill area ensures many new athletes will be joining our club, so this season numbers will once again be strong.

We expect families to help on running nights, training nights and with field maintenance. There are many ways we can use your help to ensure our club is run efficiently.

Personal Best results (PB's) is how an athlete judges their performance. To enable PB's we need Age managers and assistants to be able to properly time, measure and judge an event. Training and practice is the answer so when these opportunities arise please give it a go.

Athletes require training to get PB's, we aim to build an incentive based training scheme to encourage athletes to attend but would love more accredited coaches to give athletes even more opportunities to train.

We need more accredited officials to improve our running of events.

We will promote these accreditation courses and look forward to many members taking the challenge.

Wright Reserve, after last season's resurfacing, now has a very healthy grass covering that will be a significant improvement for competition this season.

Remember Little Athletics promotes "family, fun and fitness". I look forward to seeing athletes challenging themselves, improving their performances and the families providing the environment which will enable them to do so.

Lorenzo Bergamin
President

2 2009 - 2010 OFFICE BEARERS AND COMMITTEE

President	Lorenzo Bergamin
Vice President	Vacant
Secretary	Luke Gemmell
Treasurer	Scott Douglas
Registrar	Jodie Gemmell
Officer for Age Managers	Yvette Smith
Officer for Catering / Canteen	David Elliot from the Bombers AFL Club
Officer for Championships	Vacant
Officer for Coaching / Education	Coaching Sub Committee
Officer for Equipment	Andrew Davis
Officer for Officials	Ray Berwick
Officer for Publicity/Newsletter	Vacant
Officer for Records and Ranking	Peta Turner
Officer for Sponsorship	Vince Defabrizio
Officer for Uniforms	Belinda Davis
Officer for Grounds / Markings	Committee
General Committee	Ameya Avasare Daniel Bergamin Stephen Butcher Jan Sparks Doug Sparks Terry Topham
Webmaster	Peter Hewitson
Officer for First Aid	Jodie Gemmell
DFT Public Officer	Scott Douglas
Delegate to LAANSW Meetings	Lorenzo Bergamin / Luke Gemmell
Delegate to North-West Zone	Lorenzo Bergamin / Luke Gemmell / Scott Douglas
Life Member	Paul Connell

2.1 Contact details

Phone: 0419 239 852
Internet: www.qhlac.com
Email: info@qhlac.com
Postal Address: Quakers Hill Little Athletics Centre
PO Box 91
QUAKERS HILL NSW 2763

3 QUAKERS HILL LITTLE ATHLETICS 2009 – 2010 TIMETABLE

QHLAC Running Program for 2009/10 Season				
<i>Date</i>	<i>Day</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>
11/09/09	Friday	6:30	Week 1	Wright Reserve
18/09/09	Friday	6:30	Week 2	Wright Reserve
25/09/09	Friday	6:30	Week 3	Wright Reserve
02/10/09	Friday	6:30	Week 4	Wright Reserve
09/10/09	Friday	School Holidays		
16/10/09	Friday	6:30	Week 5	Wright Reserve
23/10/09	Friday	6:30	Week 6	Wright Reserve
30/10/09	Friday	6:30	Week 7	Wright Reserve
06/11/09	Friday	6:30	Week 8	Wright Reserve
13/11/09	Friday	6:30	Week 9	Wright Reserve
20/11/09	Friday	6:30	Week 10	Wright Reserve
27/11/09	Friday	6:30	Week 11	Wright Reserve
28 & 29/11/09	Sat + Sun	State Relays Weekend (SOPAC)		
04/12/09	Friday	6:30	Week 12	Wright Reserve
11/12/09	Friday	6:30	Week 13 Ribbon Night	Wright Reserve
3 week Christmas Break				
08/01/10	Friday	6:30	Week 14	Wright Reserve
15/01/10	Friday	6:30	Week 15	Wright Reserve
22/01/10	Friday	6:30	Week 16	Wright Reserve
29/01/10	Friday	No Athletics Prior to Zone Weekend		
30 & 31/01/2010	Sat + Sun	All day	Zone Weekend	AH Whaling Reserve
05/02/10	Friday	6:30	Week 17	Wright Reserve
12/02/10	Friday	6:30	Week 18	Wright Reserve
13 & 14/02/10	Sat + Sun	All day	Region Weekend	Narabeen
19/02/10	Friday	6:30	Week 19	Wright Reserve
26/02/10	Friday	All day	Week 20	Wright Reserve
05/03/10	Friday	6:30	Week 21	Wright Reserve
To be Advised (April)	Sunday		Presentation Day	To be Advised

4 ABOUT LITTLE ATHLETICS

The Little Athletics movement started from humble beginnings in Victoria, in 1964. Mr Trevor Billingham, recognised a need for a simple Saturday morning competition, to cater for all those youngsters too young to compete in senior athletics.

The concept soon took hold, and by the 2000 / 2001 season, over 40,000 Little Athletes were registered at over 200 Centres throughout New South Wales alone. These Centres were distributed throughout 24 Zones in five Regions. When officials are taken into account for each of the Centres to function each week, there are close to 80,000 men, women and children actively participating in the sport during the summer months.

4.1 Aims and Ideals

Our movement is committed to promoting Family, Fun and Fitness, in a positive and healthy environment. The Olympic ideals and spirit of fair and open competition are embodied in its rules of competition and operation.

4.2 Competition

During the Season, young athletes are able to compete weekly at their chosen Centre. The Association also conducts Zone, Regional and State level Championships. With the assistance of Australian Little Athletics, National and International Championships are also held throughout NSW and Australia.

4.3 Values

The philosophy of the Little Athletics is best captured by the words "Family, Fun and Fitness". As part of this philosophy we encourage athletes and volunteers to embrace the concept of "BE YOUR BEST".

4.4 Family

The cornerstone of Little Athletics is family involvement in activity programs. Parents are encouraged to participate in all activities from Centre to National level.

4.5 Fun

With the focus on participation and personal improvement, Little Athletics encourages children to enjoy sporting activities, develop motor skills, and enjoy social interaction in a supportive and friendly atmosphere.

4.6 Fitness

The emphasis on developing a healthy attitude to physical fitness at an early age is the key to adopting good habits for life. To stand children in good stead throughout their life, Little Athletics contributes to the development of the fundamental skills in running, throwing and jumping by personal improvement

and participation and, at the same time, emphasises family values and enjoyment.

5 QUAKERS HILL LITTLE ATHLETICS CENTRE (CLUB)

The parents of children who are registered with the club run the club. A committee is elected at the Annual General Meeting to organise the running of the club for the Season. Committee meetings are held monthly throughout the year and Committee Members can be recognised by the red and black t-shirts. Please approach them if you have any questions.

Children from tiny tots to 17 inclusive can register with the Club. Age groups are determined based on age the child turns between 1 October and 30 September in the following year. The child competes in that age group for the rest of the season.

6 PARENTAL INVOLVEMENT

Quakers Hill Little Athletics is run entirely by volunteer parents.

On competition days, there can be over 350 children taking part in at least five events each. With age groups ranging from Tiny Tots through to seniors (U13s – U17s) each for boys and girls this is a mammoth undertaking. We need a minimum of 50 parents to help each evening to ensure everything runs smoothly and children obtain the maximum benefit from their events. We require parents to help on a regular basis, which could cover assisting at an event or as the 'Age Manager' of your child's age group.

As per last Season we will be again using the Tribe Concept where each Age Group is run as a self sufficient module, moving from event to event with parents providing the infrastructure support led by the Age Manager.

The Committee appreciates any assistance that can be provided. On event nights we need the assistance of up to 5 parents from 5.30 pm to help assist in the setting up of the ground for the night's activities. Without this assistance we may be delayed in the start of the night's activities.

Assistance is also required during the night in the timing, measuring and starting of races and events, again without this assistance we may not be able to record your child's results in order for them to have a record of how they have performed during the season.

Please note that we are not a child minding service, **ALL CHILDREN WHO ATTEND MUST HAVE A PARENT OR NOMINATED GUARDIAN PRESENT.** It is a family undertaking and it is a very enjoyable and rewarding task if everyone

does his or her share.

In addition to conducting the regular club competition there are a number of co-ordinating roles and off-field duties on the management committee which have to be performed. These include positions such as Secretary and Treasurer and looking after records, awards, equipment and uniforms. This year we have most positions filled on our committee which is very welcome; however there are some vacancies, therefore parents who want to take a more active part in the running of their centre we encourage you to step forward. So feel free to contact any member of the committee if you can assist.

7 REGISTRATION

On registration, each child will receive:

- a registration number patch,
- an age patch,
- LAAs Calendar,
- LAAs Handbook,
- the Quakers Hill Handbook, and
- an Achievement Book for tickets and awards – it is important to note that children are encouraged to maintain their record of participation and achievement in this book to assist in the presentation of awards during the Season.

Due to an increase in the cost we pay the Association there have been some modest registration fee rises for the 1st time in 5 years. For Tiny Tots it is \$60 and U6 it is \$65 per child and for U7s – U17s it is \$80 per child. For each family there will be a \$5 discount for both the second and third child and if you have four or more children, the 4th and any subsequent child will be free. There are two registrations days in August, and one in September however, if you register after this period there will be a late fee of \$10 per child up to a maximum of \$20 per family. There will also be a \$20 fee for trialists. This covers a 2 week trial period. If the athlete joins our centre the trial fee is deducted from the registration fee.

This registration fee covers affiliation to the LAANSW, insurance, entry fees to most LAANSW run carnivals, payment of ground hire, equipment purchases and maintenance, Quakers Hill awards and certificates, plus any additional functions.

8 UNIFORMS

The Quakers Hill uniform consists of:

- a red singlet with black trim with Quakers Hill and our sponsor REED Constructions on the back,

- black shorts or bike pants, and also
- (for girls) red and black 1 or 2 piece bodysuits.

The uniform is compulsory for regular Club competitions. The registration number and age patch **MUST** be worn every running day as prescribed (registration number on the front of the singlet and age patch on the upper left chest).

It is compulsory to wear the correct club singlet (with number and age patches) for LAANSW competitions against other clubs. (Note: the patches should be ironed before sewing to set the colours).

Shorts with logos (eg Nike) are not permitted for competition events.

We strongly urge all parents and children to bring and wear a hat at Zone and Regional carnivals.

9 SHOES

Shoes are compulsory for all events.

This is especially important for shot put, discus, javelin, hurdles, long and triple jump. While officials are required to ensure that their competition area is safe (and will do their utmost to do so) the Club can not guarantee that there might not be some rubbish buried in the pits and they cannot stop bees from buzzing around the grass etc.

Children in the Under 9 - 17 age groups may wear spikes with the maximum length permitted on grass being 9mm. (For tartan tracks - at State Relays, Zone and Regional carnivals - it is 6mm). Children wearing spikes **MUST** put them on in their lanes at the start of the race and **MUST REMOVE** them at the finish line before they leave their lane. Any infringement of this rule will result in the athlete being forbidden to wear spikes. This is done for safety reasons. Spikes may be worn only in lane events - up to and including 400m and the long, triple and high jumps. At the latter events, those children wearing spikes must make sure that they do not endanger themselves or their fellow competitors while waiting for their turn. The official at these events is quite entitled to ask them to remove their spikes if they think that they are causing a problem.

10 LOST PROPERTY

There is a lost property basket in the Equipment Shed. Please check there for any missing property but please mark all your belongings, because we always end up with a lot of unmarked property.

Unclaimed property will be sent to charity at the end of the season.

11 INSURANCE

All registered members, any participants trialling before becoming a member, coaches, volunteer workers, directors and officials of Little Athletics centres and clubs are covered by insurance.

Cover is provided for injuries caused solely by active participation in officially organised events, practice and training sessions and official functions.

12 SMOKING

Smoking in proximity of the children is prohibited.

We feel that this rule is not unreasonable, as we are, after all, in the business of promoting health and fitness for children. As well, we have several asthma sufferers, who cannot tolerate cigarette smoke.

Smoking areas are located around the extremities of the competition area.

Thank you for your co-operation in this matter.

13 CONSUMPTION OF ALCOHOL

The consumption of alcohol within the competition area is prohibited. Thank you for your co-operation in this matter.

14 WET WEATHER

In the event of wet weather, the grounds are inspected about one hour before commencement. If grounds have been closed by the Blacktown Council there will be a message on the Sportsground Wet Weather Line 02 9839 6575.

Alternatively you can phone the club on 0419 239 852.

15 WORKING WITH CHILDREN

In keeping with the LAANSW policy all adults that assist at events where children participate must sign a Working with Children Check. This legislation reduces the risk of unsuitable people working within the organisation.

16 WEEKLY PROGRAM

Our program will vary over a Three Week Program. The aim will be for each athlete to compete or be coached in approximately five events each week.

We seek to achieve a balance between running, throwing and jumping events and to cover all events several times during the season. Some events will be deliberately scheduled on successive weeks to give athletes an opportunity to practice and improve their skills. Tiny Tots and U6 athletes will be involved in a combination of normal events and "On Track" activities. "On Track" is a less competitive and more active, compact and fun program in which children can develop their skills and confidence before moving on to more traditional track and field competition.

Each week's program will begin at 6.30pm.

17 COACHING

Each week throughout the season, coaching will be held (nights to be determined) starting at 6.30 pm at Wright Reserve. The aim of these coaching sessions is to provide the athletes with information and advice on correct technique and skills along with a better understanding of how to compete in each event. Fitness and fun also plays a key role in our coaching programs. Each training night there is a rotating program of events on offer which changes from week to week. There will also be event specific coaching programs for those athletes who wish to concentrate on one event only during training nights.

Closer to the Zone and Regional carnivals more specialised training is provided for those athletes competing in these carnivals.

18 SAFETY

Safety is paramount while we try to teach young children athletic skills.

Whilst the Committee and the coaches do their best to ensure that all events are conducted safely, it must be stressed that safety is everyone's responsibility - committee, officials, parents and children. We strongly urge parents to impress upon their children why we have safety rules and the need to obey them. To this end, any child whose behaviour endangers the safety of others will not be allowed to take part in any event.

Some important things to remember:

Running Track Look before walking across the track. Where possible, walk around the track rather than across it. Do not walk across lanes when track events are in progress.

Throwing events Athletes must not throw if there is anyone in front of them. All competitors must stand or sit **BEHIND** the thrower at all times and should never have their backs turned to the thrower. This also applies to officials, spectators or anybody around the throwing areas. Implements (discus, shot and javelin) must be carried back to the circle or runway, **NOT THROWN BACK**.

Hurdles Athletes may only use hurdles when under supervision of officials. Never run over hurdles in the reverse direction and never hurdle if the grass is wet.

Jumps Rakes and shovels at the long and triple jumps pits are not toys and must be out of reach of children at all times.

High Jump Diving head first over the high jump bar is absolutely prohibited at any time. High jump bags should only be used for proper practice or competition. No equipment is to be used by children unless there is an official present to supervise them.

Warming-up An adequate warm-up is essential for injury-free competition and, particularly for older children, it is a great help to achieving their best performance. All athletes should understand the necessity and benefits of a proper preparation and warm-up for each event.

19 LAANSW CARNIVALS

In addition to the competition run each week by the Club, there are also a number of carnivals conducted during the season where athletes from all clubs compete against each other.

The LAANSW Carnivals are described briefly below. Participation in these Carnivals is organised through each Club. A parent of each participating Quakers Hill athlete (or volunteer parents from the Club) will be required to assist as an official for at least part of the day.

19.1 Zone Championships

The Zone Carnival this season is being held over two days on the 30th and 31st January 2010. All athletes are invited to attend. This is organised by a committee made up of officials from the centres involved and will require the largest amount of parental support.

This is the only way for athletes to qualify for the Regional Championships from U8s and older.

19.2 Regional Championships

The regional championships are held after Zone and can only be entered by athletes who finish in the top four places of the Zone event final from U9s and older.

19.3 LAANSW State Championships

This is the last and main event of the LAANSW calendar. Entry is through qualification at the Regional Championships.

20 QUAKERS HILL AWARDS SCHEME

As Little Athletics is about letting children develop their skills while having fun, we encourage them to do their personal best without emphasis on winning. Achievement awards are issued regularly in recognition of athletes "Being their Best". Athletes and their parents can track improvement in Personal Bests (PBs) by ensuring all results tickets are kept and entered in their Little Athletics Achievement Books.

21 LAANSW CODE OF BEHAVIOUR - ATHLETES

ATHLETES It isn't whether you win or lose, but how you play the game!

- Compete and train for the 'fun of it', not just to please your parents or coach.
- Play by the rules.
- Never argue with the official's decision.
Let a Committee member or your Coach ask any necessary questions.
- Control your temper - no "mouthing off", breaking equipment, throwing implements or other equipment.
- Work equally for yourself and your team in relay and team events.
Your team's performance will benefit and so will your own.
- Be a good sport.
Cheer all good performances, whether from your Centre's or another Centre.
- Treat all athletes as you would like to be treated.
Don't interfere with, bully or take unfair advantage of any athlete.

- Remember that the goal of training or competition is to have fun, improve your skills and feel good.
Don't be a show-off or brag about your own performances.
- Co-operate with your coach, Centre mates and opponents.
Without them you don't have competition.

22 FEEDBACK

We welcome feedback wherever possible to improve the effectiveness of the Club. Please contact a Committee member if you have any suggestions or concerns.