



2017/18 Start of Season Information

Welcome to all parents and athletes for the start of the 2017/2018 season. There is quite a bit of information detailed in the next few pages but it will help all parents and athletes. Please be aware that our first competition starts Saturday 7th October, with a modified program.

Parent Help - PLEASE READ CAREFULLY

The success of our Little Athletics Centre relies on the involvement and participation of parents and carers. You are required to help in some way each week, this may be helping at sites (for example measuring, calling names, raking, sand, lifting the high jump bar, helping at the finish line of track events). You will be supported by committee members and other parents who have helped before. **Please note that we are not a drop and run club and that you are expected to be at competition days each time your child is present.**

Registration Numbers

Registration numbers and uniforms that have not been picked up will be available on the first competition days. Please bring safety pins for your numbers and badges.

Uniforms

Our uniform consists of Albany LAC competition singlets or t-shirts with black shorts (black compression shorts and black leggings are permitted). Coloured shorts, board shorts, etc are not permitted. Every child must wear shoes in every event. Failure to comply with uniform rules may render the athlete ineligible to compete.

Please make sure that your child's name is clearly written on their registration number. You should also have ALAC written in the space provided. Coles tag, age-tag and registration number should be attached as below (if you have already sewn your 50-year badge on the back, that is fine). Uniforms do not need to be worn to training, but must be worn for all competition days. Coles tags will be distributed once they are available. **Numbers will be kept for 2 seasons.**



Training

Our training season will get underway with training starting on Thursday October 12th at the Athletics Grounds.

Training times are as follows:

Thursday U6-U10 4:00pm – 5:00pm
Thursday U11-U17 5:00pm - 6.00pm

Competition Day

We begin the season with **a modified competition program**. The modified program will not involve High Jump, Shot Put or Triple Jump. The standard weekly programs are available under the *Weekly Program & Season Dates* tab on our website (albanylittleathletics.myclub.org.au). Our competition program starts at 8:45am sharp so please arrive early for warm-up at 8:30.

Training and Competition Requirements

Please make sure children have a labelled water bottle, hat and sunscreen at all times. Older athletes may wish to bring small towel and track top and/or bottoms. Uniforms only need to be worn for competitions, and shoes must be worn at all times during competition and training.

Changes this season

U10 athletes no longer do a running Triple Jump, and will now throw the Turbo Javelin instead of the 400gram.

Centre Handbook

Is currently being finalised and will be added to the website and all members notified.

Important Information re Mike Biddulph Athletics Ground

- Please keep to the **speed limits** when entering and leaving the carpark, especially if you are using the carpark where the Donut Van operates.
- Our venue is **smoke and alcohol free**.
- Please feel free to follow your child's group. However, please note that **the only adults allowed in the centre of the arena are those that are helping run field events**. Spectators must stay on the outside of the arena, for safety reasons.
- Please supervise your small children. We have had 'near misses' due to small children running out on the track and in front of field sites.
- Children are not permitted to play on the high jump mats.
- Please note that **dogs are not permitted** on the arena or grounds during training or competition.
- Please do not bring soccer / footballs with you on competition days.

Code of Conduct

We ask that all parents and athletes are aware of the club Code of Conduct available in the handbook or on the website.

Results

You can log in to your ResultsHQ profile using your username and password to see them. Please note that results will take at least 72 hours after a competition to appear as they require checking and often changes are made.

Behaviour and Safety

Please remember that our track and field helpers are all parents volunteering their time. Our coaches are there to teach your child how to run, jump and throw and to participate in events in a fun and safe environment. We are very strict on safety due to the nature of the events. If a child's behaviour is causing issues to their safety or to that of others in the group then the parents will be directly contacted by the Centre and they may have to stay with the group during training and competitions.

Rules

Equipment specifications and rules for each event are all listed on our website. They will also be listed in our handbook.

Weather / cancellations

In the event of inclement weather, the program may be modified, deferred, or cancelled. This decision will be at the discretion of the President and Arena Manager, with the safety of athletes in mind.

Centre Communication

- We send out regular emails and newsletters-please read them
- We are on facebook: <https://www.facebook.com/AlbanyLittleAthletics>
- Our website is more static, but has information about our annual awards, calendar and program, rules and specifications and club records.

I hope you all enjoy the season,

Ross Barnett
President