



Welcome to all parents and athletes for the start of the 2021-2022 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 date is Saturday 16<sup>th</sup> October with Program 1. The club will host a 'come and try day' on Saturday 9<sup>th</sup> October and all new and returning athletes are encouraged to attend.

#### Parent Help

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, recording results, raking sand, lifting the high jump bar, helping at the finish line). You will be supported by committee members and other parents who have assisted 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 at the come and try day and on the first competition day. Please bring safety pins for your numbers and badges.

#### Uniforms

Our uniform consists of Albany LAC competition singlets 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-yr 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.



#### Training

This season, Albany LAC has formed a coaches working group. This group aims to prepare a plan that outlines how coaching and training will be delivered to Albany Little athletes and this will be communicated with parents and athletes as soon as it is available. Training is usually once per week at the athletics track. Training times and format will be confirmed as soon as possible.

#### Competition day

The standard weekly programs and outline of competition dates are available via the *Season dates* and *weekly program* pages on Albany LAC website. Our competition program starts at 0845 sharp, so please arrive earlier for warm-up at 0830 and earlier again (0800) if you are able to assist with setup.

#### Training and competition requirements

Please make sure all children have a labelled water bottle, hat and sunscreen at all times. Uniforms only need to be worn for competitions, and shoes must be worn at all times during competition and training.

#### Centre handbook

Is available via the *season dates* page on Albany LAC website.

#### 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 during competition. 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 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 and competition.
- Please do not bring soccer / footballs with you on competition days.

#### Code of Conduct

We ask that all parents and athletes familiarise themselves with 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 your results. Please note that results will take *at least* 72 hours after a competition to appear as they are entered by dedicated, but busy, volunteers from the executive, and often results require checking and changes prior to entering.

#### Behaviour and Safety

Please remember that our track and field helpers, and your executive, 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 their parents or carers will be contacted by the Centre and may be requested to accompany their child 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. Parents and carers will be notified via the Albany LAC Facebook page, on or before 0800 on the day of competition.

#### Centre communication

- We send out regular emails, 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.

Enjoy the season!!

Albany Little Athletics Inc.