

Committee Members

President	Naomi Cooper 0447 472 711
Secretary^	Susan Campbell
Treasurer	Karina Wolfe
Registrar	Es-mare Van Wyk
Results and Ranking	^Stacey Ruffo and Meagan Diver
Fundraising	Loraine Robson
Uniforms	Liz Watkins
Coaching^	Nekesha Fish, Donna Middleton and Basil Worner
Grounds person	Tahryn Thompson
Arena Manager	Jorja Camp
Media	Sharna Mejia
General Committee^	Kym Quartermain, John Toomey and Chris Burns.
^Your representatives on coaching working group	

Uniforms

Please sew your numbers and age number on your shirt like the picture below. To order uniforms Please contact our Uniform Officer Liz Watkins on 0429 452 241



Parent Information Booklet Season 2021/2022

Contact Us

Email: albanylittleathletics@gmail.com

Website: www.albanylittleathletics.com

OR add us on Facebook

Competition Dates

Dates	Program	Program Type
9 Oct 2021	Come and try day	Variety of events, plus collect bibs and numbers
16 Oct 2021	Season Start Albany Little Athletics meet	P1
23 Oct 2021	Albany Little Athletics meet	P2 (hurdles)
30 Oct 2021	Albany Little Athletics meet	P1
6 Nov 2021	Albany Little Athletics meet	P2 (hurdles)
13 Nov 2021	Albany Little Athletics meet	P1
20 Nov 2021	Albany Little Athletics meet	P2 (hurdles)
27 Nov 2021	Albany Little Athletics meet	P1
4 Dec 2021	Albany Little Athletics meet	P2 (hurdles)
11 Dec 2021	Peter Watson Event + Team relay events - Xmas BBQ	Mile + various relays (TBD)
18 Dec 2021	Summer break	NO ALBANY ATHLETICS
25 Dec 2021	Summer break	NO ALBANY ATHLETICS
1 Jan 2022	Summer break	NO ALBANY ATHLETICS
8 Jan 2022	Season resumes Albany Little Athletics meet	P1
15 Jan 2022	Country Championships (Kalgoorlie)	NO ALBANY ATHLETICS
22 Jan 2022	Albany Little Athletics meet	P2 (hurdles)
29 Jan 2022	Albany Little Athletics meet	P1
5 Feb 2022	Albany Little Athletics meet	P2 (hurdles)
12 Feb 2022	Albany Little Athletics meet	P1
19 Feb 2022	Albany Little Athletics meet	P2 (hurdles)
26 Feb 2022	^Centre Championships Day 1 (Albany)	P2 - no points (hurdles)
4-6 Mar 2022	State Championships (Perth)	NO ALBANY ATHLETICS
12 Mar 2022	Centre Championships Day 2 (Albany)	P1 - no points
19 Mar 2022	Centre Championships back-up day (Albany)	P2 - no points (hurdles)
26 Mar 2022	Peter Watson Handicap and windup - season finish	1500 / 700, AGM and club awards
P1 = Program 1; P2 = Program 2		
^Centre Championship (Albany): Athletes need to participate in an event at least 3 times to be eligible in our Centre Championships. Hurdles program to be confirmed.		

➤ Peter Watson Event

This is an annual event held on the last day before Christmas break.

Age groups 6's - 9's run a distance of 700m (in two races - 6/7 and 8/9) The remaining age groups run a distance of 1500m (in two races 10/11 and 12+)

There is only ONE trophy per race (Girl and boy) and athletes MUST have competed at least once in their long-distance event during the season to be eligible to compete.

➤ Mike Biddulph Award

This annual award is presented to a senior athlete who always portrays the following:

- Sets a good example to junior athletes
- Willingly assists at the club whenever required
- Has regular attendance and participation
- Is respectful and considerate to all other athletes and adults.

Club members vote to decide which eligible athlete is awarded the trophy

➤ Peter Watson Event-Handicap

This is an annual event held on the last day of the season. Age groups 6's - 9's run a distance of 700m (in two races - 6/7 and 8/9) The remaining age groups run a distance of 1500m (in two races 10/11 and 12+) The event is handicapped based on PB's from the season (athletes will have a staggered start dependent on their handicap). Exact handicaps will not be revealed until the race.

There is only ONE trophy per race and athletes MUST have competed at least once over the distance during the season

Season Awards

At the end of each season several awards are issued at our presentation ceremony.

➤ Decima Norman Sports Person Award

The Decima Norman Sports award is granted to ONE athlete from each age division from 6's to 13's and ONE athlete from the combined age divisions of 14's and older. The award is designed to encourage athletes and celebrate participation and achievement of personal bests. One point is awarded to each athlete for each event that they compete in and one point is awarded for every PB an athlete achieves.

➤ Susan Howlett Award

This award is presented to the two athletes (one male and one female) who have achieved the most PB's overall for the season. This is open across all age groups.

➤ Centre Championships

Awarded to one boy and one girl per age group. Points are tallied from events over the Centre Championship days. The one male and one female athlete from each age division with most championship points is the recipient of the award. To be eligible to compete in the Centre Championship days athletes MUST have participated in each event at least 3 times with the hurdles as an exception.

Important Information

- Season starts on Saturday 16th October 2021
- The start time of Little Athletics is 8.45am sharp. Could you please aim to arrive at 8.30am to check in, warm up and be ready to go at 8.45am.
- Before competition, the athletes all warm up together as a group, starting with a jog around the oval and then some warmup drills before competition starts. Senior athletes lead the warm up.
- **Training-** Day is to be confirmed. More information to come regarding this. Our coaches have formed a working group this season to improve delivery of training to athletes. This group will communicate regularly with parents and athletes. Parent help would be greatly appreciated.
- Training is not compulsory. The focus of the sessions is for athletes to enjoy mastering the skills required to complete the track and field events. Each session will focus on one or two events in detail.
- For updates on what is happening each week, please 'like' our Facebook page. Regular emails are also sent to keep parents informed of what is happening over the season.
- In the case of bad weather (rain) athletics may have to be cancelled. It is unsafe to offer field events when the arena is wet due to the risk of slipping. We do not have the facilities to group text late changes or cancellations to the program, so these messages will be communicated by Facebook.
- We do not like having to cancel athletics but must keep the safety of athletes first and foremost. We endeavor to communicate cancellations by 8am on the day of competition. Sometimes we must visit the track in person to assess the arena before making a decision.
- For more information please visit our website and navigate via the menu at the side.

What to expect...

- The success of our Little Athletics club 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 cross bar back onto the high jump, helping at the finish line of track events) You will be supported by other parents who have helped before. You will need a maximum of 4 helpers at each site.
- **We also require help each week to set up for events and pack up at the end of competition for the day.** This may involve pegging out the inner lane of the track, putting together timing gates, setting up gazebos, opening sheds and dragging out high jump mats. At the end of each day, everything needs to be put away, the veranda needs to be swept and toilet floors tidied. We need some helpers every week to arrive early (8am) to assist in setting up the equipment and timing gates.
- Please note, it is a requirement of the club that each child competing has one parent or carer in attendance with them each and every week. It is not safe nor appropriate for your child to be left unattended.
- Remember children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators. They are not small adults.
- Applaud good performances and efforts from each athlete. Congratulate each athlete regardless of outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athlete to do likewise.
- Never ridicule or scold an athlete for making a mistake during competition. Positive comments are motivational.
- Condemn the use of violence and verbal abuse in any form, be it by spectators, coaches, officials or athletes.

- Show respect for each athlete. Without them there would be no events.
- Keep to designated spectator areas and do not encroach on the middle of the arena unless you are officiating an event. This is very important for safety reasons.
- There is a sign in sheet near the office window. Your child needs to mark their attendance on the sheet as soon as they arrive.
- In between events athletes are asked to wait in their age bays (under the trees on the Sanford Road side of the clubrooms)
- If you are a parent leader of an age group, **please follow the program in the order it is set out on the sheet.** Even if you can see a site free, please don't jump ahead on the program. It is specifically set out to ensure the smoothest running of the morning. We try very hard to minimise waiting times between events but sometimes a short wait is unavoidable.

How to check your child's results

All of our athletes' results are now recorded and stored online via the ResultsHQ program. This replaces the previous hand-written ticketing system that you may be familiar with. You can check your results each week on the website. For a full list of current centre records visit our club website

STEP 1. Visit the website www.resultshq.com.au

STEP 2. Log in by entering your email address and your password. The default password is '1234' but you may have changed this when you registered

STEP 3. Once you are logged in, click on your child's name to see a detailed view of their times and results, including personal bests achieved. At the end of the season your child will be presented with a certificate showing a summary of how many PB's they achieved for each event and their season best for each event.