



## Information for season 2023/2024

### Welcome!!!

Welcome to the Albany Little Athletics Club. The club has been around since the 1970s, providing athletes with an opportunity to compete in many athletic events, make friends and have fun. Each Saturday, athletes have the chance to test their abilities in a number of fundamental movement skills including jumping, throwing, sprinting and distance running. Our club's focus is very much on effort and personal bests.

### The Program

- The track and field program runs every Saturday from 8.30am, for approximately 2 hours.
- The Season Calendar will be available on the website. The season will commence on 7<sup>th</sup> October 2023.
- Children compete in their age groups and travel together to each event.
- Parent volunteers are essential to the successful running of our competition. Four (4) parents are required in each age group for your child to participate. No prior experience in athletics is required.
- It is a club requirement that each athlete has one parent/carer in attendance to supervise their children.

### Safety

- Athletics involves varied events occurring simultaneously with many pieces of equipment. Therefore, safety is a priority for our club. Please abide by the ALAC Safety Guidelines and listen to the committee members, regarding safety procedures at each event.
- **In the event of inclement weather, athletics may need to be cancelled. This will be decided at 8.00am and will be communicated via Facebook.**

### Competition

- Our athletes represent Albany each year at the **Country Championships** in January and at **State Track & Field Championships** in March. Interested athletes are encouraged to participate in these fantastic opportunities.
- [Athletics West](#) offers additional competition opportunities throughout the season (e.g. 'Strive' program).

### Volunteering

- Athletics is a fantastic sport that relies heavily on its volunteers. To ensure a smooth and efficient program, parent volunteers are required each Saturday and at trainings to set up, pack up and conduct events.

## Uniforms

- Athletes are to wear the Albany Little Athletics uniform at all times when competing.
- Upon registration, all athletes will be given a Bib with an Athlete Number to be sewn onto the uniform top.
- To order uniforms, please contact our Uniform Officer (via the above email) or go instore to 'The Hubb on York,' York Street, Albany.

## Training

- Training (non-compulsory) is offered in the first half of the season, to allow athletes to master the skills required to compete on Saturdays. Parent help is always required at each training.
- A Training schedule will be available at the beginning of the season.
- For more specialised training options, please contact the Coaching Coordinator via [albanylittleathletics@gmail.com](mailto:albanylittleathletics@gmail.com)

## Results HQ: How to check your child's results each week

- Little Athletics utilises the Results HQ application. This is an application that allows members and families to login and track their results online.  
  
**STEP 1.** Visit the website [www.resultshqcom.au](http://www.resultshqcom.au)  
**STEP 2.** Log in by entering your email address and your password. The default password is '1234.'  
**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 best performances achieved.

## Codes of Conduct in brief

- Demonstrate respect to every athlete, official and volunteer at all times.
- Remember, children participate in Little Athletics for fun.
- Applaud good performance and effort from each athlete.
- Refer to the link for the official Little Athletics WA [Codes of Conduct](#)

## Useful Links

- [ResultsHQ - Login](#)
- [Albany Little Athletics Club](#)
- [Little Athletics | Athletics West](#)

## Proposed Season Dates (subject to change)

3 Programs		
Proposed Season Calendar Options 2023/2024		
Date	Event	Comments
Saturday 1.10.2023	Online Event	Registrations Open
Saturday 7.10.2023	Come & Try (Induction) Day	No Points: No Records
Saturday 14.10.2023	Program 1	Week 1
Saturday 21.10.2023	Program 2	Week 2
Saturday 28.10.2023	Program 3	Week 3
Saturday 04.11.2023	Program 1	Week 4
Saturday 11.11.2023	Program 2	Week 5
Saturday 18.11.2023	Program 3	Week 6
Saturday 25.11.2023	Program 1	Week 7
Saturday 02.12.2023	Program 2	Week 8
Saturday 09.12.2023	Program 3	Week 9
Saturday 16.12.2023	Program 1 (Inc PW Mile)	Xmas Theme with BBQ after - Week 10
Christmas Break		
12.01.2024 - 14.01.2024	<b>Country Championships</b>	Geraldton
Saturday 20.01.2024	Program 2	Week 11
Saturday 27.01.2024	<b>Suggest Skipping this as long weekend</b>	
Saturday 03.02.2024	Program 3	Week 12
Saturday 10.02.2024	Program 1	Week 13
Saturday 17.02.2024	Program 2	Week 14
Saturday 02.03.2024	<b>State Open T &amp; F Championships</b>	
Saturday 09.03.2024	Program 3	Week 15
Saturday 16.03.2024	<b>State Junior T &amp; F Championships</b>	
Saturday 23.03.2024	<b>1500m PW Handicap - Season Windup - Presentation Day - AGM</b>	