

Westlakes Athletics Club



2018-2019

A Note from the President

Welcome to the 2018-2019 Little Athletics season at Westlakes Athletic Club. On behalf of Westlakes Athletics Club, we wish you all an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers. We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes, will have the opportunity to assist in various ways. I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics centre.

As in previous years, it will therefore remain a requirement that all athletes have a parent or nominated guardian at the grounds at all times.

We have a centre website, westlakeslac.org.au and a Facebook page that will keep you up to date with things 'around the track'. Our website will be the main source of information for our members. It contains all the information you need to know about our centre. We also have a Facebook page—make sure you check this regularly. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

- Bought new shot put, discus, javelin, lap counter
- Sponsorship from Beaumont Tiles for our carnival

Don't forget we have a canteen and BBQ available each week. Please support our centre so we can fundraise to upgrade new equipment for our athletes.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee, we will be more than happy to assist you.

Yours in sport,

Sean Bass
President
Westlakes Athletics Club

Committee Members for 2018-2019 Season

Westlakes Athletics Club committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The committee members, whose names are below, meet on the first Thursday of each month throughout the year at Wangi Oval. All members are welcome to contribute items for our committee meetings. Our website will keep up to date with information regarding these meetings -

westlakeslac.org.au

Position	Name	Email	Phone
President	Sean Bass	westlakesathleticsclub@gmail.com	
Vice President	Kimbeley Bass	westlakesathleticsclub@gmail.com	
Secretary	Christina Frost	westlakesathleticsclub@gmail.com	
Treasurer	Lyndall Archer	westlakesathleticsclub@gmail.com	
Registrar	Kathy Hobbs	westlakesathleticsclub@gmail.com	
Canteen Officer	Michelle Bennett	westlakesathleticsclub@gmail.com	
Uniform Officer	Kimbeley Bass	westlakesathleticsclub@gmail.com	
Equipment Officer	Ben Scott	westlakesathleticsclub@gmail.com	
Records and Ranking	Rod Campbell	westlakesathleticsclub@gmail.com	
Publicity and Public Relations	Rod Campbell	westlakesathleticsclub@gmail.com	
Fundraising	Jenette Rawlings	westlakesathleticsclub@gmail.com	
Fundraising	Debbie Kellehear	westlakesathleticsclub@gmail.com	
Fundraising	Amanda Campbell	westlakesathleticsclub@gmail.com	
Ovals Board Rep	Sean Bass	westlakesathleticsclub@gmail.com	
Ovals Board Rep	Christina Frost	westlakesathleticsclub@gmail.com	

What happens on a Friday night?

Who: Girls and boys from ages 3 years born before 1 October, through to 16 years of any ability.

Where: Wangi Oval, Arcadia Vale

Season Starts: Friday, 31st August, 2018

Season Ends: Friday, 15th March, 2019

Christmas Holidays: Break for Christmas Friday, 14 December, 2018
Return from Christmas Friday, 11th January, 2019

Time: Tiny Tots – U7 6.00pm—7.30pm
U8 – Open 6.00pm—8.30pm

U6-U17: Each Friday evening begins with any important announcements. Before the announcements, the athletes are to meet in front of the baskets, at the 70m line. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various events throughout the evening.

Tiny Tots: Each Friday evening Tiny Tots will meet at the 70m line. Tiny Tots then head out to the western end of the field to complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 7 of the handbook).

Wet Weather: If it has been raining during the week or on Friday afternoon and you are not sure if our weekly competition will be on, we will attempt to have the information on our website and Facebook page close to 5pm.

Emails: Emails are sometimes sent to some or all members through our clubs online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. If you select 'NO' to the mailing list option for your child/ren when you complete your online registration you will not receive these important details.

Parent Participation: So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable. During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions. We have a parent roster. Please see page 4.

Where to meet: With the exception of parents on set-up duty (who are required at 5.15pm) all other parents are required to meet at 5.45pm at the equipment shed, to get a brief run down on the night ahead.

Uniform: You will be given a bright orange vest to wear, so you are easily identifiable to athletes.

Parent Roster

There are 4 very important duties involved in this roster. This will help run our night much more quickly and efficiently. It also means that not the same people every week are doing the same jobs. NB: Senior girls and boys are the age groups of U13-U17.

Date:	Equipment Out	Canteen & BBQ	Timkeeping & Recording	Equipment In
August 31	Under 6	Under 8	Under 10	Under 12
September 7	Under 7	Under 9	Under 11	Under 13+
14	Under 10	Under 6	Under 12	Under 8
21	Under 11	Under 7	Under 13+	Under 9
October 5	Under 6	Under 12	Under 8	Under 10
12	Under 7	Under 13+	Under 9	Under 11
19	Under 8	Under 6	Under 10	Under 12
26	Under 9	Under 7	Under 11	Under 13+
November 2	Under 6	Under 10	Under 12	Under 8
9	Under 7	Under 11	Under 13+	Under 9
16	Under 12	Under 6	Under 8	Under 10
23	Under 13+	Under 7	Under 9	Under 11
30	Under 6	Under 8	Under 10	Under 12
December 7	Under 7	Under 9	Under 11	Under 13+
14	Under 10	Under 6	Under 12	Under 8
December 21— SCHOOL HOLIDAYS				
January 4				
January 11	Under 11	Under 7	Under 13+	Under 9
18	Under 6	Under 12	Under 8	Under 10
25	Under 7	Under 13+	Under 9	Under 11
February 1	Under 8	Under 6	Under 10	Under 12
15	Under 9	Under 7	Under 11	Under 13+
22	Under 6	Under 10	Under 12	Under 8
March 11	Under 7	Under 11	Under 13+	Under 9
8	Under 12	Under 6	Under 8	Under 10
15	Under 13+	Under 7	Under 9	Under 11

Equipment out requires the assistance of all parents from the age group on duty. This must be done from 5.15pm to be able to start on time at 6pm.

Canteen & BBQ requires the assistance of 2 or 3 parents for each area, and this could be broken into shifts for example 1 hour each.

Timekeeping & Recording requires the assistance of all parents from the age groups on duty and will be required to stay at the event until completion.

Equipment in requires the assistance of all parents from the age groups on duty to remain until the completion of all events.

All parents who are assisting must sign-on at the officials table near the equipment shed.

Safety and Other Rules

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Friday nights in safety. All athletes must be registered with LANSW before they participate.

Working with Children

Of utmost importance is the safety and well-being of all children and adults. Persons holding certain positions will be required to sign a member protection declaration form. Additionally we ask all parents to be vigilant and report to the committee anything they feel is of concern in regards to the safety of children.

No Smoking & Alcohol

There is a strict no smoking and no alcohol policy at Westlakes Athletics Club. There is a designated area near the carpark, where you are able to smoke. Please see map on page 7. There is no alcohol to be consumed on the grounds.

Insurance

All registered athletes and parent volunteers who sign on at the equipment shed are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and not permitted on the field.

Lost Property

Our lost property collection can be found at the canteen. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Westlakes Athletics Club will endeavor to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. Westlakes Athletics Club is in the Lake Macquarie Zone. The other centres in the Lake Macquarie Zone are Edgeworth, Macquarie Hunter, Cardiff, Kotara and Eastlakes.

The Lake Macquarie Zone is part of Region 2. There is an 8 region structure. 4 metropolitan and 4 country.

Zone Championships

Zone Championships are the qualifying stage process to regional and state championships. Athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the Lake Macquarie Zone. The venue is Hunter Sports Centre.

Regional Championships

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 4 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

State Championships

The State Championships are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship.

Little Athletics NSW hold other championships throughout the season. Some details are below:-

State Relay Championships

The State Relay Championships, held in November of each year at Sydney Olympic Park Athletic Centre, is a team event where centres can enter both track and field relays. U8-U11 teams compete on the 'Junior Day', Saturday, and U12-17 teams compete on the 'Senior Day' Sunday.

State Multi-Event Championships

The State Multi-Event Championships is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day.

Cross Country & Road Walk Championships

Cross Country Championships & Road Walk Championships are held in June and July each year, as a joint event with Athletics NSW. These championships are open to all registered athletes in the U7-U17 age groups who compete over appropriate distances depending on their age group.

Gala Days

Throughout the season other centres often host Gala Days and other special events, to which registered Little Athletes from other centres are invited.

Map of our Ground



Centre Uniform & Placement of Patches



Events For Each Age Group

Event	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50m	X	X	X									
70m	X	X	X	X	X	X						
100m	X	X	X	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X	X	X	X
400m				X	X	X	X	X	X	X	X	X
300m (pack start)		X										
500m (pack start)			X									
700m (pack start)				X								
800m (pack start)					x	X	X	X	X	X	X	X
1500m							X	X	X	X	X	X
3000m									X	X	X	X
700m Walk					X							
1100m Walk						X	X					
1500m Walk								X	X	X	X	X
60m Hurdle				X	X	X	X	X				
80m Hurdle									X	Girls		
90m Hurdle										Boys	Girls	
100m Hurdle											Boys	Girls
110m Hurdle												Boys
200m Hurdle									X	X		
300m Hurdle											X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
High Jump				X	X	X	X	X	X	X	X	X
Triple Jump							X	X	X	X	X	X
Shot Put	X	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)
Discus	X	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg (G) 1.5kg(B)
Javelin							400g	400g	400g(G) 600g(B)	400g(G) 600g(B)	500g(G) 700g(B)	500g(G) 700g (B)

Tiny Tots - Play training activities and modified games.

Award Structure

Orientation Days

At the beginning of the season two (2) orientation (come and try) days are run. No times or distances are recorded in the centre system.

Tiny Tots

Remember that Tiny Tots participate in playtraining activities only. This is achieved in the centre system by giving each Tiny Tot a result of "1.0" ea week that they attend.

Measured and Timed Events

The aim of our centre's point score is to encourage all athletes to improve their own personal best efforts. It does not award points for winning but for improving. The number of points awarded is dependent upon the level of improvement attained. Points are awarded on the following basis:

The first time an event is completed

Subsequent completion of an event without attaining a Personal Best

For equaling Personal Best (PB)

For attaining a Personal Best (PB)

Major Awards

To be eligible for the major awards, athletes will need to have participated in a minimum of competition nights and have reached the bronze level.

Bronze = 70% Friday nights competition

Silver = 80% Friday nights competition

Gold = 90% Friday nights competition

Presentation Day

Our presentation day will be held at Wangi Workers Club on 14th April, 2018 at 4pm. Please join us on our presentation day for a mini disco for athletes, parents, brothers, sisters, aunties, uncles, grandparents.

Tiny Tots will be given their awards at the last competition night.

Some Other Frequently Asked Questions

- **Do we need special shoes?**

Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally only 10-15% of athletes at our centre use them.

- **What level of ability does my child need to be to join?**

Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

- **When is training?**

We have training every Monday and Wednesday for all ages at Wangi Oval, Arcadia Vale from 5.30pm.

Monday 4.30-5.30pm General training for all age groups.

Monday/Wednesday 6pm & Sunday 4pm with Gerry Grimes for Sprints, Distance, Hurdles and Long Jump.

Wednesday 5pm for Walk training with Chelsea.

Monday/Wednesday 4pm, Tuesday 6pm and Sunday 3-5pm with Dave and Yvonne for High Jump, Long Jump, Walk, Throws and Distance.

- **What happens if it rains?**

Please refer to page 3 of our handbook or visit our website westlakeslac.org.com or our Facebook page.

- **Will my child be taught the correct technique or have access to coaching?**

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Westlakes Athletics also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Friday evenings.

- **I want to volunteer. Who should I contact?**

You can contact any of the committee members at any time. Contact details are on page 2 of the handbook

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at Westlakes Athletics Club or contact Little Athletics NSW via their website littleathletics.com.au