



**Little
Athletics**
Tweed

**2017-2018
YEARBOOK**

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Email: info@tweedlac.org.au Website: www.tweedlac.org.au

CENTRE MANAGEMENT COMMITTEE 2017/2018

LIFE MEMBERS

Ron & Diane Baker Les & Kay Gearey Barbara Morton

OFFICIALS

Centre Manager	Andrew Barkworth	0416 072 375
Assistant Centre Manager	Rhione Madden	0407 557 267
Secretary	Sheree Scott	0417 599 829
Treasurer	Angela Finkel	0434 266 102
Registrar	Juanita Golden	0400 016 202
Nominations Officer	Linda Dawson	0400 424 641
Program Officer	Rhione Madden	0407 557 267
Recorder	Trish Barnes	0412 863 090
Publicity	Melissa See	0418 442 005
Canteen Convener	Beckie Twomey	0466 067 464
Equipment Officers	Evan Golden	0431 382 002
Officials Officer	Sheree Scott	0417 599 829
Coaching Coordinator	Les Geary	0438 245 189
Child Protection Officers	Evan Golden	0431 382 002
	Angela Finkel	0434 266 102
General Committee	Fenella Barnes	
	Michelle Teasdale	

CENTRE COMMITTEE MEETINGS

Committee members meet on the second Tuesday of each month at Seagulls Club.

All issues and concerns should be submitted in writing and either mailed to the Centre or given to a Committee Member.

COMPETITION VENUE

Walter Peate Oval
Murphy's Road
KINGSCLIFF NSW 2487

Postal Address
PO Box 280
TWEED HEADS NSW 2485

Email: info@tweedlac.org.au

Website: www.tweedlac.org.au

SATURDAY COMPETITION START TIME - 8.00am

(NSW daylight saving time - when applicable)

In the event of wet weather, notification will occur on Facebook and website by 7am.

Find us on 

Tweed Little Athletics

COMPETITION CALENDAR 2017/2018 SEASON

Note: Tweed Seagulls Little Athletics is on every Saturday from September 16 2017 until March 17 2018 (weather permitting) unless otherwise stated below-

EVENT	VENUE		DATE
2017			
Sign On Days	Walter Peate Oval Murphy's Rd Kingscliff		Sunday, August 27 and Saturday, September 9 10am - 12pm
Newcomers Days	Walter Peate Oval Murphy's Rd Kingscliff		Saturday, September 9 9:00am - 11:00pm
First day of Competition	Walter Peate Oval Murphy's Rd Kingscliff		Saturday September 16 Official start 8am
Senior Carnival/ Junior Pentathlon	Runaway Bay Sports Super Centre	Nominations close October 28	Sunday November 5
Twilight Meet	Walter Peate Oval Murphy's Rd Kingscliff	TWILIGHT MEET	Thursday November 9 Start - 5pm
Regional Relays	Mudgeeraba	No Tweed Little Athletics Competition Noms close Oct 28	Saturday November 11
State Relays	Qld State Athletics Centre Nathan	No Tweed Little Athletics Competition (eligible teams only) Noms close Nov 18	Saturday December 2
Last Comp day before Christmas	Walter Peate Oval Murphy's Rd Kingscliff		Saturday December 16
Holiday Break 3 Saturdays only	No Competition 		Saturday December 23 Saturday December 30 and Saturday January 6
2018			
First day back from holiday break	Walter Peate Oval Murphy's Rd Kingscliff		Saturday January 13
Regional Championships	Walter Peate Oval Murphy's Rd Kingscliff	No Tweed Little Athletics Competition Noms close Jan 27	Saturday February 10 & Sunday February 11
Junior Carnival/ Senior Pentathlon	Qld State Athletics Centre Nathan	Nominations close February 24	Sunday March 4
Last Competition Day	Walter Peate Oval Murphy's Rd Kingscliff		Saturday March 17
State Championships	Qld State Athletics Centre Nathan	Noms close Feb 24 eligible athletes only	Friday March 23 to Sunday March 25
Presentation Day	Location to be advised		Date and Time to be advised

2017/18 LAQ Competitions

http://laq.org.au/Portals/47/Documents/Competition%20Forms/Comp%20forms/2017_2018%20Competition%20Handbook.pdf

All LAQ Competitions are optional and incur additional nomination fees set by LAQ. Nomination forms and fees must be submitted prior to closing date.

Senior Carnival & Junior Pentathlon- Nomination fee: \$15.00

The Senior Carnival (U11-U17) aims to give all registered athletes in these age groups the opportunity to compete in a large-scale competition without the pressure of Championship conditions. Additionally it allows the athletes of the U13 age group to register performances that the State Team Selectors may refer to later when selecting the State Team. There are no qualifying pre-requisites for this carnival and no medals are awarded at this event.

The Junior Pentathlon (U9-U10) is oriented as a Championship Event to place a stronger emphasis on the participation of children in a wider range of events rather than the early specialisation in one or two specific events. It is a day that promotes one of the main goals of Little Athletics, which is encouraging children to compete in a broad range of events.

Regional Relays- Nomination fee: \$3.50 per event

The Regional Relays are open to all registered Little Athletics from the U7 - U17's and primarily provide friendly Regional Competition for all athletes in these age groups and in addition are the means for qualifying for the State Relay Championships. Regional track and field relays are provided for, with the track teams comprising of 4 athletes and Centre field teams comprising of nominating athletes. Each athlete may nominate to participate in a maximum number of 5 events.

State Relays (Qualifying athletes only)- Nomination fee: \$4.00 per event

Teams from the U9 - U17 age groups that place 1st, 2nd or 3rd in the Regional Relays will be eligible to progress to the McDonald's State Relays.

Junior Carnival & Senior Pentathlon- Nomination fee: \$15.00

The Junior Carnival (U7-U10) aims to give all registered athletes in these age groups the opportunity to take part in a large scale competition, without any of the pressures associated with a Championship. Athletes may nominate in a maximum number of five events. There are no qualifying pre-requisites for this carnival and no medals are awarded at this event.

The Senior Pentathlon (U11-U17) is oriented as a Championship Event to place a stronger emphasis on the participation of children in a wider range of events rather than the early specialisation in one or two specific events. It is a day that promotes one of the main goals of Little Athletics, which is encouraging children to compete in a broad range of events.

Regional Championships- Nomination fee: \$15.00

This event is open to all registered LAQ athletes in the U7 to U17 age groups. Athletes may compete in up to five events of their choice. Events offered to the U15, U16 & U17 age groups include a Pentathlon which comprises of 100m / 200m (boys/girls), 800m, 100m hurdles / 90m hurdles (boys/girls), Long Jump and Discus / Shot Put (boys/girls). Athletes nominating for the Pentathlon may also compete in any two individual events.

State Championships (Qualifiers only)- Nomination fee: \$4.00 per event/ \$15 for heptathlon

U9's - U17 athletes competing in Regional Championships who place 1st - 4th may progress to the McDonald's State Championships. Athletes who compete in a final at the Regional Championships and who achieve the "Qualifying Performance Level" for that event, shall also qualify.

Centre Manager's Welcome 2017

I would like to Welcome all our athletes and their families to Tweed little athletics for the 2017/18 season.

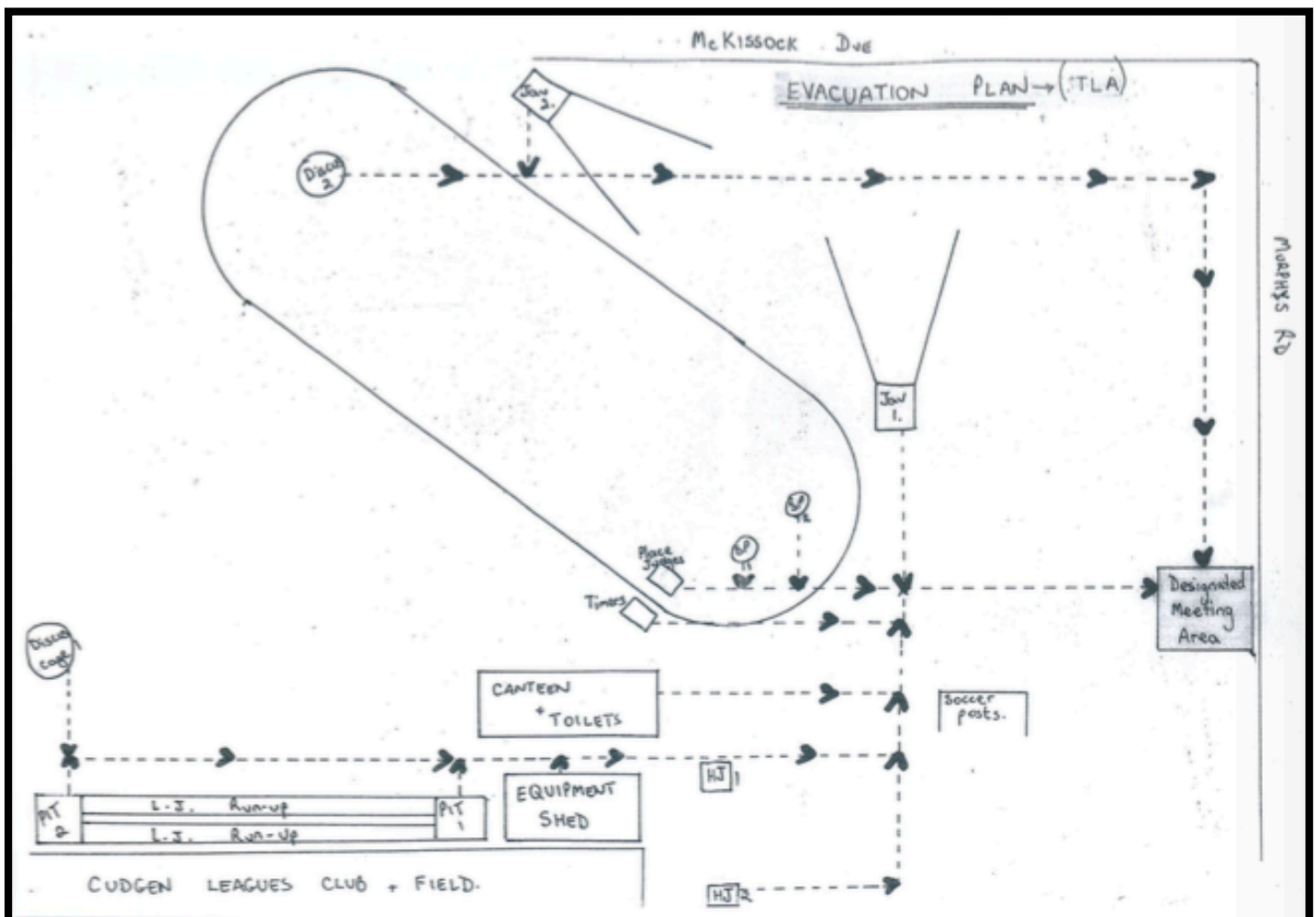
It promises to be an exciting athletics year, especially in our region with the Gold Coast Commonwealth Games at the end of our season. Little Athletics has something for everyone; fitness, friendship and fun. For the more competitive we have major meets being regional relays and championships progressing to state relays and championships. This year we don't far to travel at all for our regional meets, relays in November at Mudgeeraba and regional championships at our own ground here in February, with as much help needed from families to make this a success.

I hope everyone enjoys their season and feel free to check with any of our committee anything in regards to Little Athletics. We give out a weekly volunteer of the week award, this is to get our parents to get in with their kids and help. I love to see our parents encouraging their athletes as well as others but please remember they are only children and they here for their own fun and fitness. We will be having free training with Les our club coach most weeks. Remember also that those who do some individual training will get best results by end of the season- perhaps get your own small group together.

Good luck and enjoyment this season.

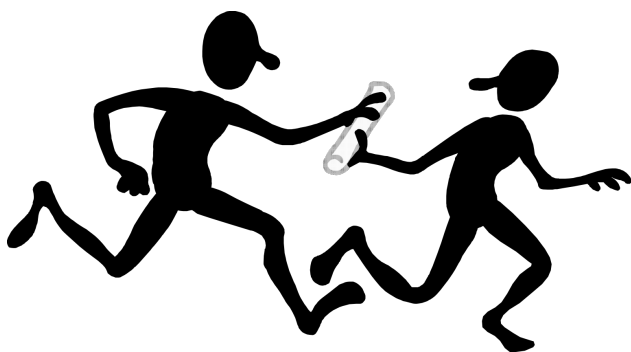
Andrew Barkworth
Centre Manager

Tweed Little Athletics – Evacuation Plan



WHAT IS LITTLE ATHLETICS?

- ♦ LITTLE ATHLETICS is a **FAMILY** activity in which children from the age groups of U6 to U17 years learn the basic athletic skills of running, jumping and throwing.
- ♦ LITTLE ATHLETICS is a **FUN** activity. ALL children, regardless of ability, are encouraged to participate.
- ♦ Each child is encouraged to improve their own personal best (PB) performance. To do this, your LITTLE ATHLETICS CENTRE provides friendly competitions on Saturday mornings, and provides training/coaching activities during the week.
- ♦ By joining in these activities, and learning how to do all the events correctly your child will have lots of fun.
- ♦ LITTLE ATHLETICS is a **FITNESS** activity. From the simple warm-up exercises, which precede each meeting and training session, to the actual running, jumping and throwing events, all LITTLE ATHLETICS activities are designed to help improve your child's fitness and well being.



Being a good sport
is better than
being good at sport

LITTLE ATHLETICS AUSTRALIA WIDE

LITTLE ATHLETICS is conducted in all States and Territories within Australia and involves many thousands of children. This Australia wide activity is administered by AUSTRALIAN LITTLE ATHLETICS, which acts as the secretariat for the State Associations.

In Queensland, our activities are co-ordinated by QUEENSLAND LITTLE ATHLETICS ASSOCIATION, which is administered by a BOARD OF MANAGEMENT, STAFF AND COMMITTEES. TWEED LITTLE ATHLETICS is affiliated with this State body.

SOUTH COAST REGION

All centres in Queensland are grouped into Regions for competitions to determine qualifiers for STATE, INDIVIDUAL and TEAM CHAMPIONSHIPS.

The SOUTH COAST REGION of QUEENSLAND LITTLE ATHLETICS is comprised of the following centres:

Ashmore ~ Beaudesert ~ Gold Coast ~ Helensvale ~ Mudgeeraba
~ Runaway Bay ~ Tweed ~ Mount Tamborine ~ Ormeau

REGISTRATION AND UNIFORM REGULATIONS

Upon registration you will receive:

- A McDonald Achievement Award Card.
- The season and athletes name should be inserted in the spaces provided with a fabric pen. (see example to right)
- An age label, which is to be attached to the LEFT shoulder of the shirt. This should be sewn on THREE SIDES, with the top left open, to form a pocket. In the case of a crop top or singlet, on the left side of the shorts or similar.

17/18	Peter Pan
263	

REGISTRATION AGES - 2017/2018

MONTH	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
JANUARY	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	TOO OLD
FEBRUARY	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
MARCH	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
APRIL	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
MAY	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
JUNE	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
JULY	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
AUGUST	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
SEPTEMBER	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
OCTOBER		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
NOVEMBER		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
DECEMBER		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17

NOTE: CHILDREN IN THIS SHADED AREA ARE TOO YOUNG AT 1ST OCTOBER

Children born on or after 1st October 2012 are too young for full registration however; they can register as soon as they turn five years of age but not before. Please inquire with the registrar for further details.

POLICY FOR THE UNDER 6 AGE GROUP

The U6 age group does not compete up an age group for any reason and may only compete at their own Centre or other Centre carnivals. This policy was formed after due consideration of the National guidelines for the involvement of children in Athletics.

AGE GROUP CHANGES

As of the start of the 2018/19 season, age groups will be based on year of birth.
FAQ sheet available on website.

UNIFORMS

- SHIRT** Red shirt with collar, black band and piping, with Tweed Seagulls printed across the back. Registration and age labels must be attached correctly. Shirts can be purchased through the Centre only.
- SHORTS** **Boys-** Club issued black shorts or plain black shorts.
Girls- Club issued bike pants or plain black bike pants or shorts. No skirts permitted. Girls must not wear tights or leggings that come past the knee.
NO LOGOS OF ANY DESCRIPTION ON SHORTS / BIKE PANTS
- SKINS** Skins must be black with minimal writing and above the knees - full length skins are not permitted. Boys must wear shorts over skins.
- HATS** Optional bucket hat available or brimmed hat
- CROP TOP OR SINGLET - Optional** Athletes in age groups U13 and older are permitted to wear the club crop top or singlet. Due to sun safety regulations, polo shirt must be worn between events.

This uniform **MUST** be worn at **ALL CENTRE COMPETITIONS** on Saturday mornings, as well as **ASSOCIATION & REGIONAL** competitions, or **DISQUALIFICATION WILL RESULT.**

FOOTWEAR

It is QLAA policy that **ALL** children **MUST** compete in footwear at **ALL** times.

Football boots are not permitted.

Your child will be asked to leave the event if they do not have shoes.

Footwear is compulsory in all events at all competition levels including State, Region & Centre level.

SPIKES

SPIKES may be worn by U/11 to U/17 in laned events, long jump, triple jump, high jump and javelin. They also can be worn in unlaned events in the U13-U17 but not walks. Spikes are not permitted in any other events or age groups due to the risk of injury to other children.

Spikes must be removed immediately after the event i.e. the finish line.

They are not to be worn to and from events or walking around the field.

Children who are found doing this will be given one warning and for any subsequent offences they will have a deduction made in their points for that day's competition. This is an issue of safety and will be strictly adhered to.



LOST PROPERTY

It is the responsibility of all parents to check that their children's belongings are collected after each competition and training session. All items left on the field are placed in the lost property box in the shed. All property left unclaimed at the end of the season will be given to charity.

GENERAL INFORMATION

CANTEEN

A canteen operates each Saturday morning and a coffee van is present. Drinks, sushi, dim sims, egg and bacon muffins plus lollies, chips and icy poles are available for purchase. Volunteers to assist are always appreciated.

TRAINING

Free training sessions are held each Tuesday afternoon. Details of sessions will be given each Saturday morning prior.

RESULTS HQ

Personal bests and weekly achievements can be viewed online at www.resultshq.com.au. Log in using your registration username and password. Forgotten your log in details... simply ask a committee member for assistance.

VOLUNTEER OF THE WEEK

Each week a volunteer of the week is awarded. Simply help out and ensure your name is added to a recording sheet to be in the running to win a great prize.

SPONSORS

We are very fortunate to have a number of sponsors to assist with the financial wellbeing of the club. A variety of sponsorship opportunities exist for both monetary donations as well as in kind donations. Please contact treasurer@tweedlac.org.au with any enquiries.

OFFICIALS- YOU CAN BE ONE

Our centre cannot run efficiently without the valued assistance of officials. All parents are encouraged to become officials. If you assist on a Saturday morning you are already half way to obtaining your officials ticket. It's not as hard as you think. All exams are open book and on the LAQ website.

Regular officials training sessions are conducted- please see a committee member for more details.

SAFETY GUIDELINES

ATHLETES MUST WARM UP BEFORE COMPETITION

Competition and training sessions are preceded by warm up exercise and drills. **Participation in this session is essential to prevent injuries such as strains and sprains.** Parents should also become familiar with the warm up program, as this will be your responsibility to assist your child with at Regional and Association Competitions.

SUN SAFETY

It is the policy of our Centre that **EVERY CHILD** must wear a hat and sunscreen at all times. Please ensure that your child has a hat and wears it at all times except when they are actually competing in events. Sunscreen is provided in the canteen area. Please make use of it and **PROTECT YOUR CHILD FROM THE SUN.**

WATER: MAKE SURE YOUR CHILD HAS WATER. IF YOU DON'T BRING IT FROM HOME, BOTTLED WATER IS AVAILABLE FOR PURCHASE AT THE CANTEEN.

NO SMOKING

Smoking shall not be permitted in any competition or spectator areas during any Little Athletics competition. Little Athletics understands the harmful effects of smoking on health, fitness and performance in sport.



MEDICAL

All athletes, officials and helpers should have a regular intake of fluids, not high sugar drinks, before and during training and competition. Care should be taken that athletes do not participate in activities of long duration in conditions of extreme temperatures and high humidity. An individual's medical condition and/or disability must be identified and the Centre Committee advised accordingly. Athletes suffering injury should be removed from training or competition **IMMEDIATELY**. Details of any injury sustained during training or competition should be reported to the Centre Manager: Andrew Barkworth.

PARENTAL ATTENDANCE- ALL ATHLETES MUST HAVE A PARENT/GUARDIAN IN ATTENDANCE AT EACH MEET. THOSE ATHLETES WHO DO NOT HAVE A PARENT /GUARDIAN IN ATTENDANCE WILL NOT BE ABLE TO COMPETE.

PARENT PARTICIPATION

To enable us to conduct the events at our Centre every week we require the assistance of ALL parents. The duties you will be called upon to perform require NO athletic knowledge or experience, and consist of timekeeping, place judging, measuring heights and distances, recording results of events and acting as age managers, to ensure that athletes are at the correct event at the correct time. At least one leader is required per age-group, boys and girls, but it is preferable to have two.

We ask that all age managers report ANY UNSATISFACTORY behaviour to the Centre Manager or any member of the Centre Committee so that appropriate action can be taken to ensure the safety and well being of all our athletes.

To run a normal Saturday morning program we require the assistance of all parents. To all families that are new to our Centre - if you are unsure of what to do or where help is required just ask any of the Committee and you will be shown how to do these simple tasks that are vital to the successful running of our Centre.

PARENT ATTENDANCE AND SUPERVISION

ALL ATHLETES MUST HAVE A PARENT/GUARDIAN WITH THEM TO ASSIST EVERY WEEK

- ❖ Younger age groups need more parents to help supervise but we must not forget the older ones. They still need some guidance and assistance at events and at times for behaviour control.
- ❖ Equipment is not to be used by anyone except for under direct adult supervision at an event. Athletes are not permitted to touch any equipment unsupervised or between events.
- ❖ Particular attention is to be made at events such as javelin, discus, shot put and high jump.
- ❖ If it is found that athletes **DO NOT RESPOND** to safety instructions given during the running of the event then that athlete may be removed from participation in that event or the event may be cancelled altogether.
- ❖ FURTHER BREACHES OF SAFETY SHOULD BE BROUGHT TO THE IMMEDIATE ATTENTION OF THE CENTRE MANAGER AND/OR A COMMITTEE MEMBER WHO WILL DEAL WITH THE MATTER AS REQUIRED.
- ❖ All athletes and unauthorised persons are not permitted access to the equipment shed for safety reasons.

Please Note:

Parents/Guardians are to be held wholly responsible for the safety and well being of ALL and any of their children within their care whilst at our Centre.

This means for the entire time your child/children, whether they are competitors or not, are YOUR RESPONSIBILITY.

WHERE CAN YOU HELP OUT?

The following list indicates the minimum number of officials/parents required to conduct a Saturday's program. Add to this at least 2 age leaders per age group and you can easily see why we need so many parent helpers. The more help we have from our parents the more efficiently the program will run.

TRACK EVENTS

- ✓ 1 STARTER
- ✓ 1 CHECK STARTER (assists with lane draws and keeps a check on false starts)
- ✓ 8 TIMEKEEPERS (times are to be recorded for all athletes in all events)
- ✓ 1 CHIEF PLACE JUDGE
- ✓ 8 PLACE JUDGES
- ✓ 1 FINISH MARSHALL (to keep the athletes in their lanes until the place Judges have handed out the place tickets and to ensure that all athletes remove their spikes before leaving the track)
- ✓ 2 RECORDERS

THROWING EVENTS (SHOTPUT - DISCUS - JAVELIN)

- ✓ 1 JUDGE
- ✓ 2 MEASURERS
- ✓ 1 SPIKER (to place the spike in the place where the implement first strikes the ground)
- ✓ 1 RETURN OFFICIAL (to return the implement to the throw area without throwing it, it must be returned by hand)
- ✓ 1 RECORDER
- ✓ THIS MANY OFFICIALS/PARENTS ARE REQUIRED PER THROW AREA.

LONG AND TRIPLE JUMP

- ✓ 1 JUDGE
- ✓ 2 MEASURERS
- ✓ 1 SPIKER (to place the spike at landing point)
- ✓ 1 PIT ATTENDANT
- ✓ 1 RECORDER

HIGH JUMP

- ✓ 1 JUDGE
- ✓ 2 BAR ATTENDANTS (to remeasure the heights and replace the bar when required)
- ✓ 1 RECORDER

ALL RECORDERS ARE TO COMPLETE THE PERFORMANCE TICKETS FOR THAT EVENT

Volunteers are always appreciated with setting up and packing up each week. Thank you to everyone for helping.

LAQ Codes of Conduct

Sport has a very special place in the Australian society. Winning, of course, is a vital part of that tradition, but not as important as the spirit in which the majority of those Australian heroes have played their sport. That spirit stems from our commitment of fair play.

Athletes

1. Compete and train for the 'fun of it', not to please your parents or coach.
2. Play by the rules and never argue with Officials' decisions.
3. Control your temper, no 'mouthing off', and breaking equipment, throwing implements or other equipment.
4. Work equally for yourself and your team in relay and team events, as your team's performance will benefit and so will your own.
5. Be a good sport. Cheer all good performances, whether they are your centre mates or your opponents.
6. Treat all athletes, as you would like to be treated. Don't interfere with, bully or take unfair advantage of any other athlete.
7. Remember that the goal of training or competition is to have fun, improve your skills and feel good. Don't be a show-off or brag about your own performances.
8. Co-operate with your Coach, Centre mates and opponents, for without them you don't have a competition.

Parents, Administrators, Officials and Spectators

1. If children are interested, encourage them to participate. If not willing, do not force them.
2. Focus upon the child's efforts and performance rather than the overall outcome of the event. This reduces the emphasis on winning.
3. Teach the child that honest efforts are as important as victory, so that the result of each competition is accepted without undue disappointment.
4. Encourage the child to always participate according to the rules.
5. Never ridicule or yell at the child for making a mistake or losing a competition.
6. Remember children are involved in organised sports for their enjoyment not yours.
7. Remember that children learn best by example and applaud good performances by all athletes.
8. If you disagree with an Official, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public.
9. Support all efforts to remove verbal and physical abuse from children's sporting activities.
10. Recognise the value and importance of volunteers. They give their time and resources to provide recreational activities for children.

Coaches

1. Be reasonable in your demands on the young athlete's time, energy and enthusiasm. Remember that they have other interests.
2. Teach the athletes that rules of the sport are mutual agreements, which no one should evade or break.
3. When coaching, group athletes according to age, height, skill and physical maturity whenever possible.
4. Avoid over-attention to the talented athletes. The 'just average' athletes need and deserve equal time.
5. Remember that children compete for fun and enjoyment and that winning is only part of their motivation.
6. Ensure that equipment and facilities meet safety standards and are appropriate to the athlete's age and ability.
7. The scheduling and length of coaching practice times and competitions should take into consideration the maturity level of the children.
8. Develop each athlete's respect for the ability of opponents, as well as for the judgment of Officials and opposing athletes.
9. Follow the advice of a sports medicine physician when determining when an injured athlete is ready to compete or practice again.
10. Remember that children need a coach they can respect. Be generous with your praise when it is deserved, and set a good example.
11. Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.

Zero Tolerance

LAQ recognises the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics in Queensland. LAQ does not tolerate abuse in any of its forms, and has developed the policy to clearly outline the processes and penalties to be applied. The policy is to be used, where applicable, in conjunction with the LAQ Codes of Conduct, QAA member Protection Policy and the relevant Constitution.

Please visit the LAQ website for a complete copy of this policy.

Website: www.laq.org.au

Little Athletics Mission Statement

"Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in Athletic activities."

TWEED LITTLE ATHLETICS PARENTAL CODE OF CONDUCT

Treat each other as you would like to be treated

Promote constructive discussion

De-personalise issues

Be supportive

Be tactful and considerate

Keep an open mind

Co-operate with each other

Assist the Centre when and where possible

Always keeping in mind our motto:

FAMILY, FUN AND FITNESS

Authorised by:

The Voluntary Committee

Tweed Seagulls Little Athletics Centre

SOME RULES FOR YOUR INFORMATION

http://laq.org.au/Portals/47/Documents/Handy%20Hints/_Handy%20Hints.pdf

HIGH JUMP:

U/8 to U/10 athletes do a scissor jump on scissor mats. The "Fosbury Flop" can only be done at Little Athletics by athletes in the U/11 to U/17 age groups. However, this is not compulsory and they can still do the scissor jump. U/11 to U/17 use "flop" (thick) mats regardless if they scissor or flop.

LONG JUMP:

U/6 to U/10 are measured from the toe imprint on the mat to the first imprint in the sand closest to the take off mat. U/11 to U/17 are measured at 90 degree to the board. Competitors are to exit the pit forward of their jump and not retrace their steps. If they retrace their steps back through the pit it will be called a foul. If they fall back placing any part of their body in the sand the jump will be measured from the mark closest to the board.

TRIPLE JUMP:

U/11 to U/17 do triple jump. All athletes have a board set at 5, 7 or 9 metres from the pit. All jumps are measured as per long jump. When practicing at home use a mat to hop from. The foot that lands on the mat **MUST** be the one used to do the hop, then you do a step onto the other foot, then jump into the pit. If you don't reach the pit a foul jump is recorded. For exiting the pit the same rules as long jump apply.

800M & 1500M TRACK EVENTS:

The 800m event can either be a **laned or pack start** event depending on the meet. The 1500m is a pack start event.

DISCUS:

A discus may be thrown any way as long as it lands within the sector lines. **If it lands on the sector lines it is a foul.** The competitor must not leave the circle through the front, all competitors must leave the circle from the back half and **ONLY AFTER** the discus has landed. Otherwise the throw will be fouled.

SHOT PUT:

A shot put can only be "put" in a very specific way, please ask if you have any problems. The shot must be thrown from the shoulder in close proximity to the neck and the chin, no further back than the midline of the shoulder, and should move in a forward direction from the shoulder. The shot must land within the sector lines. **If it lands on the sector lines it will be called a foul. Competitors MUST leave the shot put circle through the back half of the circle or the "put" will be fouled.**

JAVELIN:

U/11 to U/17 athletes do javelin. This can be a very dangerous event and competitors **MUST** obey the rules of not playing with the javelin and always act sensibly. Anyone found to be careless or disregarding these rules will not be allowed to participate further in javelin that day. The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall **NOT** be slung or hurled. The javelin **MUST** land within the sector lines and the thrower must wait until the javelin lands before leaving the throw area. If the thrower goes over the foul line the throw will be considered a foul and not measured. The javelin must land tip first to be considered a fair throw.

ALL COMPETITORS AT CENTRE LEVEL IN THE FOLLOWING EVENTS ARE ONLY PERMITTED TO HAVE THREE TRIALS PER EVENT REGARDLESS OF THE CIRCUMSTANCES:

SHOT PUT, DISCUS, JAVELIN, LONG JUMP & TRIPLE JUMP

ALL THROW EVENTS MUST START FROM A STATIONARY POSITION. IF AN ATHLETE LEAVES AN EVENT AREA WITHOUT COMPLETING THEIR THREE TRIALS THEY ARE ONLY ENTITLED TO REJOIN THE COMPETITION AT THE STAGE IT IS WHEN THEY RETURN.

EVENT SPECIFICATIONS

HURDLES

Age	Boys/ Girls	Distance	Height	No. of Flights	First Hurdle	Distance Between	Last Hurdle
U8 U9	Boys & Girls	60m 60m	45cm	6	12m in	7m	13m out
U10 U11	Boys & Girls	60m 60m	60cm	6	12m in	7m	13m out
U12	Boys & Girls	60m 60m	68cm	6	12m in	7m	13m out
U13 U14	Boys & Girls Girls	80m 80m	76cm	9	12m in	7m	12m out
U14 U15-16	Boys Girls	90m 90m	76cm	9	13m in	8m	13m out
U15- U16	Boys	100m	76cm	10	13m in	8.5m	10.5m out
U/17	Girls	100m	76cm	10	13m in	8.5m	10.5m out
U/17	Boys	110m	76cm	10	13.72m in	9.14m	14.02m out
U13	Boys & Girls	200m	68cm	5	20m in	35m	40m out
U14	Boys & Girls	200m	76cm	5	20m in	35m	40m out
U15- U17	Boys & Girls	300m	76cm	7	50m in	35m	40m out

WEIGHTS OF THROWING IMPLEMENTS USED

GIRLS		BOYS	
<u>DISCUS - GIRLS</u>		<u>DISCUS - BOYS</u>	
U6 & U7	350gr	U6 & U7	350gr
U8/ U9/ U10	500gr	U8/ U9/ U10	500gr
U11/ U12/ U13	750gr	U11 & U12	750gr
U14/U15/U16/U17	1kg	U13/U14/U15/U16	1kg
		U17	1.5kg
<u>SHOT PUT - GIRLS</u>		<u>SHOTPUT - BOYS</u>	
U6 & U7	1kg	U6 & U7	1kg
U8	1.5kg	U8	1.5kg
U9/ U10/ U11/ U12	2kg	U9/ U10/ U11	2kg
U13/ U14/ U15	3kg	U12/ U13/U14	3kg
U16 & U17	3kg	U15/ U16	4kg
		U17	5kg
<u>JAVELIN - GIRLS</u>		<u>JAVELIN - BOYS</u>	
U11/ U12/ U13/ U14	400gr	U11/ U12	400gr
U15/ U16/ U17	500gr	U13/ U14	600gr
		U15/U16/ U17	700gr

PRESENTATION DAY - END OF SEASON AWARDS

NOTE: To receive any awards on presentation day, athletes must have attended at least 60% of our weekly meets for the season- excluding carnivals.

AGE GROUP AWARDS

One of the aims of Little Athletics is to improve the athletic performance of every individual. Children are encouraged to look at their results each week and aim to improve their personal bests.

A points system is used to record athlete's performance each week to determine overall age champions.

In each track and field event points are awarded. Points are awarded based upon the Alberta Youth Points Scoring System, which acknowledges individual performances rather than position.

Every athlete also receives points for attendance each week and points for each event they participate in at our Centre. Points are awarded for attending the following LAQ sanctioned events - Regional Relays, Junior/Senior Carnival, Junior/Senior Pentathlon and Regional Championships. (Note: Performance points are not awarded for these carnivals.)

If your child is unable to attend any meets, due to illness or medical condition, a medical certificate from your doctor will ensure they still receive their basic attendance points for that period. Also if your family is going away the athletes can compete at any Little Athletics Centre Australia wide and still receive their points. Ask for copies of their performances to be posted to the Recording Officer, PO Box 280, Tweed Heads NSW 2485.

At the end of the season all points are collated in age groups and gender and the Centre gives out 1st, 2nd & 3rd place trophies for each group (U6-U15) from track events (70m, 100m, 200m, 400m, 800m, 1500m, hurdles and walks) and 1st, 2nd & 3rd place trophies for Field events (shot put, discus, javelin, long/high/triple jump.) Encouragement trophies and Participation awards (minimum 60+% attendance) are also awarded.

All senior athletes (U16 & U17) who have attended the minimum centre requirements as stated by LAQ, will be recognised for their participation and contribution as ambassadors to the Centre via an individual plaque.

IAN WHITE MEMORIAL AWARD

This prestigious perpetual Encouragement award is given to the male athlete who always gives 110%, participates in everything, participates with a smile and encourages and supports others to also perform and develop their skills to the best of their abilities. It is not given to the best athlete but to one who epitomises sportsmanship - that being a good sport is better than being good at sport.

TWEED CARAVAN ENCOURAGEMENT AWARD

This prestigious perpetual Encouragement award is given to the female athlete who always gives 110%, participates in everything, participates with a smile and encourages and supports others to also perform and develop their skills to the best of their abilities. It is not given to the best athlete but to one who epitomises sportsmanship - that being a good sport is better than being good at sport.

100% ATTENDANCE Certificates

Certificates are awarded to those athletes who have attended and competed at **each** weekly meet.

RECOGNITION OF LONG SERVICE AWARDS

Awards are presented in recognition of those athletes who have had 5 (or more) consecutive years competing at our centre.

SUB-JUNIOR, JUNIOR and SENIOR Boy & Girl Champion Awards

These trophies are awarded to the male and female athletes who perform the best at the annual Queensland State Little Athletics Championships. Sub-Junior Champion is from the U9 - U11 age groups, Junior Champions is from the U12 - U14 age groups and the Senior Champions come from the U15 - U17 age groups.

CENTRE RECORDS CAN ONLY BE SET AT OUR CENTRE, in competition, not a practice jump/throw, and must be verified by an official.

If you are helping at an event and suspect that there is a new record, make sure that the measure spike is left in place and call for an official to re-measure/verify it. Claimed records that have not been verified by an official will not be accepted.

COMPETING AT REGIONAL, STATE and NATIONAL COMPETITIONS

All U7 - U17 athletes registered with TLA that have competed at the centre for at least 4 weeks, can compete at the Regional Relays and/or Regional Championships.

All U9 - U17 athletes who qualify at the Regional Relays and/or Regional Championships are eligible to participate at the State Championships.

All U13's & U15's who have a minimum Club attendance of 50%, attend the Regional Championships and State Championships are eligible for selection in the Queensland Little Athletics Team. Only 13 boys and 13 girls from the U13's and 3 boys and 3 girls from the U15's are chosen by State selectors each year.

MCDONALDS ACHIEVEMENT AWARDS

The McDonald's Achievement Awards recognise three levels of achievement. Times and distances for each level are calculated by LAQ. Anyone achieving a Green level has achieved a good level of performance, a Red level - a very good performance, but achievable by only about 65% and a Blue level - an excellent performance achievable by only about 20% of Little Athletes. To receive a McDonald's Achievement Award Certificate (given throughout the season), you have to achieve that level in at least three of the groups. The groups are hurdles, sprints, distance, walks, throws and jumps. You must achieve the level in ALL the events in that group. Please refer to McDonald's Achievement Award card given at time of registration for further details.

The maximum number of certificates an athlete can receive each season is three: one Green level, one Red level and one Blue level.

Please support the locals who support our local club.



Tweed City Shopping Centre

Mention Tweed Little Athletics when purchasing any pair of shoes & \$5 will be donated to the club.



Mention Tweed Little Athletics when purchasing any product & 5% will be donated to our club.



Kingscliff Shopping Village. Ph: (02) 6674 0333

SAMURAI SUSHI

Murwillumbah & Banora Point



ATHLETIC COACHING

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HOME – 07 5524 5189
lesgearey@bigpond.com



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