



TWEED LITTLE ATHLETICS Walter Peate Oval, Kingscliff Season 2021/2022

Family, Fun and Fitness

Little Athletics is a FAMILY activity for all children and their families, regardless of ability. We encourage the participation of all children to improve their own personal best in all disciplines.

To do this, our Little Athletics Centre provides friendly competitions on Saturday mornings and training activities during the season (September to March). By joining in these activities - and - learning how to do all the events correctly - your child will have lots of FUN while developing their FITNESS and skill.

Club Committee

Centre Manager	Sheree Scott	0417 599 829
Assistant Centre Manager	Mel Peronis	0423 880 408
Secretary	Angela Finkel	0434 266 102
Treasurer	Aaron Thompson	0410 706 192
Nominations Officer	Sheree Scott	0417 599 829
Registrar and Chief Recorder	Katie Johns	0402 348 098
Coaching Coordinator	Ron Finkel	0417 052 322
Canteen Co-ordinator	Beckie Twomey	
Programs Officer	Daniel Tilton	
Publicity Officer	Aimee Tilton	
Track Recorder	Michelle Teasdale	
Officials Coordinator	Rhione Madden	
Equipment Officers	Evan Williams, Aaron Thompson	
General Committee	Nathan Peronis, Skye Teasdale, Jaylee Martin, Andrew Barkworth, Doug Cook	

Saturday Competition

All athletes must be present for warm-up before competition begins promptly at 8am. Parents are required from 7:45am to assist with set-up and then to help at field events.

Each Saturday, athletes participate in 5 events (including hurdles, sprints, long-distance, shot put, discus, javelin (U11+), long jump, high jump, triple jump (U11+) on a rotational basis, plus skills games (U6&7).

Parent Involvement

Parent involvement is essential – we need your help at events with recording, measuring, spiking, raking and retrieving. 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. **Leaving your child unattended is dangerous and is not fair to their fellow athletes, the age marshalls, other parents or the Committee.**

Training

Athletes are provided with instructional coaching in all athletic disciplines. Parents are required to supervise athletes and assist with set-up and pack-up.

Wet Weather

Please refer to our Tweed Little Athletics Facebook page for updates if competition is to be cancelled.



Uniform Rules

Club Uniform is required to be worn each week.

Registration numbers must be sewn in the centre on the front of the polo.

Coles patch = front right. McDonald's Age Patch = left sleeve.



LAQ's Sun Safety Policy states that athletes must wear a hat and sunscreen. Singlets and crop tops (U13+) are to be worn when competing only.

Shoes **MUST** be worn by all athletes whilst competing in any LAQ sanctioned track and field competition.

Spikes

1. Spikes may be worn in the U11 to U17 age groups at the discretion of the Centre Committee.
2. Spikes must be no longer than: a. 7mm (synthetic track) b. 9mm (synthetic field) c. 12mm (grass track or field).
3. Spiked shoes must be carried onto the track and to the field event areas and then removed on completion of the event.
4. Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
5. Any athlete not exercising care when using spikes may be disqualified from wearing them.

Other Information

A canteen operates each Saturday. EFTPOS is available.

To be eligible for end of season awards, athletes are required to attend 60% of centre competition days.

(Medical certificates required if you are unable to compete due to illness or injury)

Dogs are not permitted. Smoking is not allowed.

PARENT and ATHLETE 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**



OPTIONAL CARNIVALS- Nomination fees apply

REGIONAL COMPETITIONS- Nomination fees apply

STATE COMPETITIONS- Qualifying conditions and Nomination fees apply

Tweed Little Athletics Season 2021/2022

01/08/2021	Online Registrations Open		Promotion during School Carnivals and the Olympics
22/08/2021	Sign On	Pack Collection Day	
29/08/2021	Sign On	Pack Collection Day	
11/09/2021	Sign On	Pack Collection Day	
18/09/2021	First Saturday Competition	Trial Day - week 1	Regional Relays Nominations Open Track = teams of 4 / Field = teams of 2 U/7-17 - \$3.50 per event (up to 5 events)
25/09/2021	Saturday Competition	Trial Day - week 2	Spring Carnival - Bundaberg
02/10/2021	Saturday Competition		
09/10/2021	Saturday Competition		
16/10/2021	Saturday Competition		
23/10/2021	Coles Summer Carnival	SAF	NO CLUB COMPETITION / Relays Nominations Close
30/10/2021	Saturday Competition		
06/11/2021	Saturday Competition		
13/11/2021	NO CLUB COMPETITION		Regional Relays is the next day
14/11/2021	Nordic Regional Relays	Runaway Bay	Sunday
20/11/2021	Saturday Competition*		* normal competition if backup not required Backup date for Regional Relays 21/11/2021
27/11/2021	Saturday Competition		
04/12/2021	Saturday Competition		Nominations Regional Championships OPEN U/7-17 - \$15 Nomination Fee (up to 5 events)
11/12/2021	McDonald's State Relays	SAF	NO CLUB COMPETITION
18/12/2021	Saturday Competition	Christmas Program	
25/12/2021	CHRISTMAS BREAK		
01/01/2022			
08/01/2022			
09/01/2022	Ashmore Walks Day	Ashmore	Sunday
15/01/2022	Saturday Competition		
22/01/2022	Saturday Competition		Regional Championships Nominations CLOSE
29/01/2022	Saturday Competition		

04/02/2022 05/02/2022 06/02/2022	Nordic Regional Championships	Ashmore	Friday (Walks), Saturday and Sunday
12/02/2022	Saturday Competition*		* normal competition if backup not required Backup dates for Regional Championships 11-13 February
19/02/2022	Saturday Competition		
26/02/2022 27/02/2022	McDonald's Combined Event Championships	SAF	NO CLUB COMPETITION
05/03/2022	Last Saturday Competition		Presentation to State Representative Team
11/03/2022 12/03/2022 13/03/2022	McDonald's State Championships	QSAC	Friday, Saturday and Sunday
20/03/2022	Presentation Day	Walter Peate Oval	

South Coast Regional Competitions

Regional Relays – A fun day, giving the opportunity to compete as a team and run, throw and jump against athletes from other centres. Under 7 through to Under 17s can compete.

Track teams are made up of 4 athletes and field teams require at least 2 athletes to nominate.

Nomination fees of \$3.50 per event are to be paid to the club with the completed nomination form.

Nordic Regional Championships – Individual competitor event for all athletes in Under 7 to Under 17. Athletes Under 9 to Under 17 can qualify for State Championships based on placing in the top 4 of an event or by meeting qualifying standards in a final (or Top 8 for field events).

Nomination fees apply of \$15 per athlete to compete in up to 5 events.

Nomination and payment online, or ask for assistance if you cannot compete online.

LAQ Events

Coles Summer Carnival - Aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. Registration and payment via Family ResultsHQ Portal. See www.laq.org.au for more information.

McDonald's Combined Event Championships - For U9 – U17's and offers participation for U7 – U8's. Combined events to encourage athlete's development. A variety of options, including throws triathlon, jumps triathlon, heptathlon and pentathlon.

Registration and payment via Family ResultsHQ Portal. See www.laq.org.au for more information.

Follow us- Tweed Little Athletics



Website: www.tweedlac.org.au

Email: info@tweedlac.org.au