



**Orange Little
Athletics Club
Season Handbook
2017-2018**

www.orangela.org.au

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WELCOME

The Orange Little Athletics Club Committee welcomes you to the 2017-2018 season of Little Athletics.

The motto of Little Athletics is *Family, Fun and Fitness*. At Orange, we live up to this motto by making our Friday night competitions an enjoyable time for both children and their parents.

As always, the weekly program requires assistance from many volunteers to ensure that it can run smoothly. With your help, we hope that this season will be an enjoyable and healthy time for both athletes and parents.

Have a fantastic season everyone!

Orange Little Athletics Club Committee



Orange Little Athletics Club 2016-2017 State Representatives

AIMS OF ORANGE LITTLE ATHLETICS CLUB

Whilst our primary aim is to provide friendly competition for athletes, everything we are working towards is best expressed as follows:

- ▶ To encourage athletes to develop their athletic potential.
- ▶ To provide a healthy basis for enjoyment and participation in the sport of athletics.
- ▶ To build a healthier, stronger body.
- ▶ To foster a sportsmanlike attitude towards both winning and losing.
- ▶ To provide parents with every opportunity to be actively involved with their children and other adults in conducting our track and field program.
- ▶ To encourage an understanding of athletics and to foster a long term interest in the sport.
- ▶ To provide a meeting place for children and parents, thereby enabling them to make friends through their participation in athletics.

The Little Athletics motto encompasses all of these points:

Family. Fun and Fitness

COMMITTEE CONTACT DETAILS

If you have any questions relating to the Club's activities, any member of the committee will be happy to assist. Their contact details are as follows:

Position	Contact Details
President	 Luke Elliott  president@orangela.org.au  0428 851 848
Vice President	 Rocky Mileto  rocky.mileto@rugby.com.au  0428 014 728
Secretary	 Jane Dennis  janeandphill@iinet.net.au  0439 245 203
Registrar	 Carrie Keegan  sckeegan@optusnet.com.au  0411 670 482
Treasurer	 Simone Thompson  thel3@bigpond.com  0402 135 603
Uniform	 Marianne Bangert  mar@mizpah.net  0415 839 028
Coaching	 Jess Willis  scottjessicawillis6@bigpond.com  0419 606 636
Awards & Championships	 Rebecca Grevink  rgrevink@yahoo.com.au  0422 813 351

Position	Contact Details
Equipment	<p>👤 Sam Keegan</p> <p>✉️ sckeegan@optusnet.com.au</p> <p>☎️ 0411 670 482</p>
Canteen	<p>👤 Kim Broadfoot</p> <p>✉️ joelnkim@iinet.au</p> <p>☎️ 0428710773</p>
Canteen	<p>👤 Leanne Palmer</p> <p>✉️ palmerleannenclaire75@yahoo.com.au</p> <p>☎️</p>
Recording	<p>👤 Lesa Dunn</p> <p>✉️ lesahinesdunn@gmail.com</p> <p>☎️ 0438 873 844</p>
General Committee	<p>👤 Juliet Tracey</p> <p>✉️ jamplus4@gmail.com</p> <p>☎️ 0438 614 941</p>
General Committee	<p>👤 Henry Robertson</p> <p>✉️ hshdrobertson@gmail.com</p> <p>☎️ 0421 559 981</p>

Please note that you can also find this information on the Orange Little Athletics Club website:

www.orangela.org.au

You may also find what you need on the Orange Little Athletics Club Facebook page.

VENUE & SEASON DATES

Competition is held each Friday night at Waratah Sports Complex, Telopea Way Orange, commencing at 5.30pm for important announcements and warm up, and 5.45pm for competition. For events to commence on time, it is important for the age group, as per roster on page 14, to arrive at 5.00pm to help with the set-up of equipment.

Date	Details
October 2017	
13	Friday competition night 1
20	Friday competition night 2
27	Friday competition night 3
November 2017	
3	Friday competition night 4
10	Friday competition night 5
17	NO Friday competition
18	Zone Carnival Narromine
19	
20	NO Monday training
24	Friday competition night 6
December 2017	
1	Friday competition night 7
8	Friday competition night 8
15	Friday competition night 9
January 2018	
5	Dubbo New Years Carnival
6	
7	

Date	Details
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January 2018

19	Friday competition night 10
26	Friday competition night 11

February 2018

2 **NO Friday comp**

3
4 **Region 3 Carnival Dubbo**

5 **NO Monday training**

9	Friday competition night 12
16	Friday competition night 13
23	Friday competition night 14

March 2018

2 Friday competition night 15

3
4 **State Multi-Event Wagga Wagga**

9	Friday competition night 16
16	Friday competition night 17
23	NO Friday comp

23
24 **State Championships Sydney Olympic Park Athletics Centre**
25

April 2018

TBA **Presentation Day & AGM Waratah Sports Club Orange**

WET WEATHER CANCELLATIONS

If it has been raining during the week or on Friday afternoon, Friday night competition nights may be cancelled after the ground has been inspected. Please check the Orange Little Athletics Club website or the Facebook page to determine whether the competition has been cancelled. We will attempt to have the information on the website and Facebook page close to 5pm.

THE BEGINNER'S GUIDE TO LITTLE ATHLETICS

What is Little Athletics?

Little Athletics is a social sport where emphasis is placed on personal improvement. Children are able to develop the skills of running, throwing, jumping and walking in a fun and social environment.

Each evening, an age group will participate in four events. These are selected so as to provide a variety of sprint, distance, hurdle, walk, jump and throw events. The selected events rotate through a four week cycle.

Does a child have to compete every competition night?

An individual only competes whenever they choose to. However, given the Little Athletics emphasis on personal improvement, we would encourage everyone to participate on a regular basis. Regular participation in a variety of events develops children's coordination and motor skills. Also, by competing regularly, children earn points towards awards which are presented at our annual Presentation Day.

Who runs Little Athletics?

Little Athletics Clubs are voluntary organisations run by parents for the enjoyment and sporting education of their children. Every night, a large number of parents are needed to manage the age groups and perform essential roles such as starting, timekeeping, place judging and recording.

How can new parents help out?

Parents are encouraged to assist age managers with tasks such as recording, measuring and spiking or to assist with timekeeping/place judging. The age manager or chief timekeeper will be able to show you what to do. Any parents who are watching the field events are encouraged to assist in this way.

How competitive is Little Athletics?

The emphasis on the regular Friday nights is on participation, personal accomplishment and having fun.

Hence, the emphasis in the Club's awards is on the recognition of attendance and personal improvement.

For those who choose to take their athletics seriously, the season culminates with Zone, Regional, State and finally Australian Championships. Further information is provided on the website as each carnival approaches.

The subject of competitiveness can helpfully be considered by reminding parents that most children, especially younger children, rarely approach whatever sport they play with the competitive instincts of an adult. This is reflected in the Club's aims and the Little Athletics motto of Family, Fun and Fitness.

Is there any training for the children?

Training by qualified coaches is currently available on Monday afternoons:

- ▶ 5.30pm to 6.30pm for U8 athletes and up.

Training is optional and the focus is on the development of correct techniques for the particular event.

The training is provided to Orange Little Athletics Club athletes at no cost to the athlete.

How are points earned towards end of season awards?

On each competition night, a point is awarded for every event in which a child participates. Bonus points are awarded for personal bests. In addition, bronze, silver and gold certificates will be awarded throughout the season for athletes who gain 5, 10 or 15 personal bests.

Events offered for each age group:

Age	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50m	✓	✓									
70m	✓	✓	✓	✓							
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
300m	✓										
400m			✓	✓	✓	✓	✓	✓	✓	✓	✓
500m		✓									
700m			✓								
800m				✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓	✓	✓	✓
3000m								✓	✓	✓	✓
Walk				✓	✓	✓	✓	✓	✓	✓	✓
Hurdles			✓	✓	✓	✓	✓	✓	✓	✓	✓
High jump				✓	✓	✓	✓	✓	✓	✓	✓
Long jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple jump							✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Turbo jav			✓	✓							
Javelin							✓	✓	✓	✓	✓
Vortex	✓	✓									
Shuttle Relay	✓	✓									
Obstacle	✓										

Registration ages for the 2017/2018 season:

Birth month and year	January	February	March	April	May	June	July	August	September	October	November	December
2000	Too old for Little Athletics this season*									U17	U17	U17
2001	U17	U17	U17	U17	U17	U17	U17	U17	U17	U17	U17	U17
2002	U17	U17	U17	U17	U17	U17	U17	U17	U17	U15	U15	U15
2003	U15	U15	U15	U15	U15	U15	U15	U15	U15	U14	U14	U14
2004	U14	U14	U14	U14	U14	U14	U14	U14	U14	U13	U13	U13
2005	U13	U13	U13	U13	U13	U13	U13	U13	U13	U12	U12	U12
2006	U12	U12	U12	U12	U12	U12	U12	U12	U12	U11	U11	U11
2007	U11	U11	U11	U11	U11	U11	U11	U11	U11	U10	U10	U10
2008	U10	U10	U10	U10	U10	U10	U10	U10	U10	U9	U9	U9
2009	U9	U9	U9	U9	U9	U9	U9	U9	U9	U8	U8	U8
2010	U8	U8	U8	U8	U8	U8	U8	U8	U8	U7	U7	U7
2011	U7	U7	U7	U7	U7	U7	U7	U7	U7	U6	U6	U6
2012	U6	U6	U6	U6	U6	U6	U6	U6	U6	Tots	Tots	Tots
2013	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots
2014	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Tots	Too young		

* For those athletes too old for Little Athletics, Orange Senior Athletics Club is now in operation. Please ask a committee member for more information.



From the commencement of the 2018/2019 summer season, athletes born between October and December will bypass one age group in the progression from the age group they were in in 2017-2018 to be in the same age group as those athletes born between January and September in the same calendar year.

PARENT ATTENDANCE AND ASSISTANCE REQUIREMENTS

Parents, guardians and friends play an integral role in the success and enjoyment of Little Athletics.

The Friday night competition program requires a large number of officials and parent volunteers every week to run it properly, and for this reason, parent involvement is essential.

All athletes MUST be in the care of an adult who is present at the ground the whole time the child is there.

We are not a child minding service - a parent is required to be present because:

- ▶ The evening's events can finish early.
- ▶ Their child may become sick or receive an injury.
- ▶ They provide assistance with the running of competition nights.
- ▶ Events may be cancelled due to unforeseen circumstances.

As a major objective of Little Athletics is to encourage personal improvement, the performance of every athlete is measured in every event. We need a large number of parents each competition night to help with jobs such as timekeeping, measuring, recording and assisting age managers. Please get involved and help whenever you can. You'll find out that it is very fulfilling and lots of fun!

The contribution of parents is required and essential to successfully running competition nights. To ensure the workload is spread evenly, it is a condition of registration that at least one parent from each family be available to assist.

- ▶ Parents of Tiny Tots are required to assist with that group's activities whenever their child is in attendance.
- ▶ Parents who wish to be an integral part of Friday night competition can nominate to be an age manager, starter, timekeeper or place judge.

- ▶ Other parents are asked to avail themselves every competition night as an assistant to an age manager, the chief timekeeper or chief place judge.
- ▶ A roster has been formulated for the entire season's set up, BBQ help and pack away duties, so that these duties are not always left to the same people. Please ensure you are at the ground by 5.00pm on the day your child's age group has been allocated to assist. See page 16.

Adults can help out in the following ways:

Age managing

Every week there is a need for adults to accompany each age group of girls and boys to each event and to record the children's performances. This is called being an 'age manager'.

Age managers need approximately one assistant for every five athletes. If sufficient helpers cannot be found because parents are absent, the age manager can request that the group be reduced in size. In these circumstances, the children without parents in attendance cannot compete further that evening.

Their parents will be contacted to collect their children. To avoid this situation, we ask parents to consider these responsibilities before registration.

Assisting at events

Numerous assistants are required to successfully run each event. Assistants are required for:

- ▶ Place judging
- ▶ Timekeeping
- ▶ Raking and measuring at long jump pits
- ▶ Spiking and retrieving at discus, shot put and javelin
- ▶ Adjusting high jump bars

- ▶ Adjusting hurdles and repositioning
- ▶ BBQ and more...

Assisting at carnivals

It is a condition of entering your child into carnivals (zone, region, state etc.) that you will be available to assist with the various duties that are assigned to our Club.

TINY TOTS

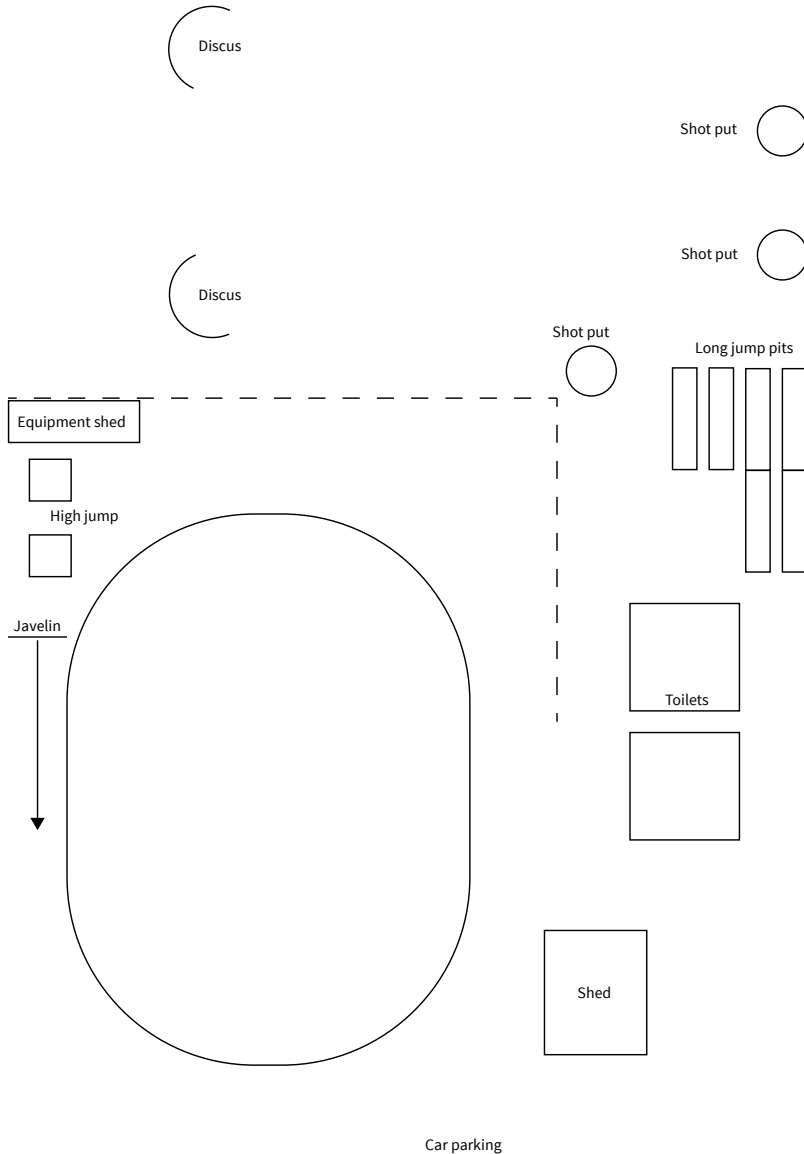
Tiny tots complete various activities such as: running, jumping and throwing, taking into consideration the developmental stage and requirements of such young children. This prepares tiny tots for their introduction to athletics in the Under 6 age group. Please note that Tiny tots is for siblings of registered athletes only.

ROSTER

Please check the roster below for the dates that parents of each age group are allocated to help with set-up, BBQ, place-judging and pack-up. Ensure that on the appropriate dates, you are available to help with any/all duties. Put these dates on your calendar NOW!

Age Group	Term 4, 2017	Term 1, 2018
Under 6	13/10/17	19/01/18
Under 7	20/10/17	26/01/18
Under 8	27/10/17	9/02/18
Under 9	3/11/17	16/02/18
Under 10	10/11/17	23/02/18
Under 11	24/11/17	2/03/18
Under 12	1/12/17	9/03/18
Under 13	8/12/17	16/03/18
Seniors (U14 - U17)	15/12/17	

MAP



PROGRAM OF EVENTS

Each age group participates in up to 4 different events each week, usually 2 track events and 2 field events.

The weekly programs are located on the Orange Little Athletics Club website: <http://orangela.org.au/program/>

RESULTS

Results are available on the Orange Little Athletics Club website: <http://orangela.org.au/results/>

UNIFORM

All Orange Little Athletics Club athletes must wear the correct uniform. The wearing of a uniform is compulsory at Friday night competition.

Uniforms are available for sale from the equipment shed prior to competition commencing on Friday nights. Singlets cost \$35 and crop-tops cost \$30.

The uniform consists of an orange and black singlet or crop-top, plus black shorts. Bike pants or compression pants may be worn underneath the shorts but must not extend below the knee. They must be black in colour and have no visible logos or distinctive stitching showing.

When purchasing a uniform, please sew the registration number onto the front of the singlet or crop-top in accordance with the instructions below. This will avoid the replacement fee of \$15 and inconvenience of replacing lost numbers.

Athletes must have their registration number visible during an event (particularly track events). Athletes who fail to comply may not have their performance recorded, nor points awarded. Please assist our hardworking officials by observing this simple rule.

Please refer to the following requirements when sewing numbers to the uniform.

- ▶ **Registration number** - McDonald's registration number must have the full red border showing and be placed in the centre of the uniform top. If you have more than one child please ensure that the correct number is attached to the correct uniform. (Please note that different rules apply to dual athletes. See the information on page 19.)
- ▶ **Age patch** - this must be placed on the left hand side of the uniform. This can be on the chest, below the shoulder or on the shorts.
- ▶ **Jetstar patch** - This is no longer required, and should be removed.
- ▶ **Centre number** - This is no longer required, and should be removed.



FOOTWEAR

Shoes must be worn at Little Athletics. Special footwear is not required, comfortable running shoes are best. Athletes in the U11 age group and up may choose to wear spiked shoes. These however, may only be used in laned events for U11 and U12 - 100m, 200m, 400m as well as long jump, high jump, triple jump and javelin. U13 and up may wear spikes in all running events, jumps and javelin.

Spikes must be put on just before each event and taken off immediately after the event, before leaving the track or event area.

WARM CLOTHING

Even on the mildest evenings it may be cold and windy at Waratah Sports Complex. It is therefore a good idea to bring extra clothing such as a warm jacket and/or track pants.

LOST PROPERTY

It is advisable for parents to make sure that all children's clothing is clearly labelled. Any lost property should be handed in at the canteen. If your child has lost an item of clothing please inquire at the canteen on any competition night.

TRIALLING LITTLE ATHLETICS

Athletes are always welcome to trial. However, there are a few procedures to observe to satisfy Little Athletics insurance requirements:

- ▶ athletes are not able to trial for more than 1 night ;
- ▶ a sign on form must be completed before trialling (no registration fee is paid);
- ▶ no points are accrued by athletes on their trial night.

DUAL ATHLETE MEMBERSHIP

In partnership with Little Athletics NSW, and as part of a commitment to seeing athletics as 'one sport in one's lifetime', Athletics NSW is able to offer a 'dual' membership to any registered Little Athletics member U12-U17 for free. That essentially means that an athlete can compete in both Little Athletics NSW and Athletics NSW events, and engage in all that is offered by both sporting bodies.

Not only does the Dual Athlete Membership allow athletes to run all year round, it also offers opportunities to make new friends, discover new role models, improve skills and abilities as well as meet and compete alongside NSW's top athletes.

- ▶ Dual aged Athletes will take out their Little Athletics Subscription through the Little Athletics Portal.
- ▶ During their registration on the LANSW portal, athletes will be prompted to select an Athletics NSW Club (senior club).
- ▶ All athletes will receive their bibs from their LANSW centre which will be the same one they will wear at Athletics NSW events. **Dual athletes will need to attach one number to the front of their singlet/crop-top and one to the back.**

DISCIPLINE

Athletes must follow the instructions of the age managers and assistants in control of the group. The authority of the age manager must be respected and a good standard of behaviour maintained throughout the evening. Please remind your children of their responsibilities in this regard.

FIRST AID

In case of an accident, assistance and a first aid kit is available at the canteen.

CANTEEN & BBQ

Our canteen and BBQ are open each competition night, providing cold drinks, ice blocks and sausage sandwiches. Please support our canteen as the proceeds are used to purchase equipment and other items for the Club.

REPRESENTATIVE CHAMPIONSHIPS

Throughout the season athletes have the opportunity to compete in the Club's representative team in the following carnivals organised by the Little Athletics NSW:

Zone Championships

Zone Championships are conducted in each of the 23 zones throughout the State. Athletes in the age groups U7 through to U17 are eligible for this event.

Orange Little Athletics Club is now part of the Western Plains zone. The zone carnival will be held in Narromine on November 18 and 19. Athletes will need to nominate to participate in this carnival. Entry will be \$5 per athlete, and parents must be willing to help with various club duties over the weekend.

Regional Championships

The Regional Championships are held in late January or February each year. Athletes in the age groups U8 through to U17 are eligible for this event, based on their performance at zone championships.

Orange Little Athletics Club is in Region 3. The regional carnival will be held in Dubbo on February 3 and 4. Athletes in the first 6 places at zone will be eligible to participate in this carnival. Entry will be \$5 per athlete, and parents must be willing to help with various club duties over the weekend.

State Track & Field Championships

The State Track & Field Championships are the culmination of the track & field competition season. The Championships are held in March each year at the Sydney Olympic Park Athletic Centre. Para Events are also held each year at the State Championships.

This season, the state championships will be held over three days, March 23, 24 and 25. Athletes who place in the first two at region will be eligible to attend state. Entry will be \$5 per athlete, and parents must be willing to help with various club duties over the weekend.

State Multi-Event Championship

The State Multi-Event Championships are held on the first full weekend in March each year at a Country venue. Athletes participate in ALL of the events on offer for their particular age group. Performances for all events are allocated points, based on the LANSW Multi-Event pointscore system. The points are then added together to determine final results. Entries are ONLINE only. State Multi-Event will be held at Wagga Wagga on March 3 and 4.

Details on each of these carnivals will be posted on the Orange Little Athletics website closer to the dates of competition, with details of programs, starting times, venues and entry forms.

OTHER CARNIVALS

From time to time, other athletics clubs may decide to host a carnival. Athletes from Orange Little Athletics Club may be invited to join. Each year, Dubbo Athletics club holds the Dubbo New Years Carnival. Please see www.dubboathletics.org.au for more information.

