

A must read!

EASTERN SUBURBS LITTLE ATHLETICS CENTRE



HANDBOOK: Everything about us

2008 – 2009

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PRESIDENT'S WELCOME

Welcome to all those athletes and parents joining us at Eastern Suburbs Little Athletics for the first time and welcome back to all those athletes and parents returning to Trumper Park this season. I look forward to working with you all to what will be I am sure another fantastic season.

This handbook is intended to be particularly helpful for you. (Your attention is specifically directed to The Beginner's Guide to Little Athletics which follows this Welcome).

The Club again will be offering *free coaching by professional coaches* for our athletes commencing in the first week of the season and continuing through to the State Championships in March, 2009. The program is not only a great way to keep fit and active but it provides all athletes the opportunity to improve their technical skills that can be applied at Little A's competitive championships. Please do all you can to support this initiative to ensure its success and continuation.

The Committee has confirmed a set of Club Values to apply to all our activities. These Values are set out page 5 and should be seen as a key part of how the Committee, children and parents can enjoyably work together to ensure Little Athletics motto of Family, Fun and Fitness is achieved for everyone.

Little Athletics is run by the parents and the parents alone so your assistance is critical to the efficient and timely running of each Friday night's activities. Accordingly, we will be contacting parents and asking you to assist in one of the areas in which you indicated an interest at the time you registered your children.

Unfortunately, there were instances last season where parents consistently refused to help on Friday nights making it very difficult to run the Series efficiently which is not fair to the parents that *do* assist. This season if a particular age group does not provide the appropriate parental support on a Friday that particular Age Group may not be able to compete on that night. Assistance is also required with officiating during the Championship carnivals -Zone, Regional and State Championships, We have responsibilities as a registered Club at these Championships and if we fail to fulfill our duties our athletes may not be able to compete. Please take your involvement seriously as it is a great way to be involved with you children and contribute to the Club.

I hope the forthcoming season provides everyone with successful and enjoyable times I look forward to working with you all.

Regards,

Bernadette O'Regan President 2008-09

Parents: What can you do to help?

The first is knowing the rules of the events. Just as you wouldn't referee a ballgame without checking the rules, so you should know the rules of your child's athletic events. Get a copy of the rules (speak to Susan Murray on any Friday) and sit our Club Official's test, which enables you to wear one of our red "Eastern Suburbs Little Athletics Official" polo shirts. Every parent you see wearing one has sat an officials/coaches test and over fifty have done so in recent years. They are there to help. If you have any queries about conducting events etc please approach them. A copy of the "Rules of Competition" is kept in the clubhouse. Want to get really serious? LAANSW offers a series of officials' certificates (from Level D up to A) based on closed book examinations of the rules. For parents who want to hone their coaching skills, we recommend a one day, no exam "Orientation to Coaching" or "Level O" course, run mostly through winter.

2008-09 AGES, PLACE, SEASON DATES AND HOURS

Who? Age Groups range from Tots (age 4 before Sept 30, 2008), then U6 to U17. U13 to U17 run together as “Seniors”. Club uniforms are compulsory. Disabled children welcome.

Place: Trumper Park, cnr Glenmore Rd & Cascade St.

1st Half: September 19, 2008 – December 19, 2008.

Holiday Break starts December 20

2nd Half: January 16, 2009 – March 27, 2009 (the latter to be confirmed)

Hours: Compulsory warm up (to avoid injury) start 5:50pm. *Approximate* ending times Tots, U6 & U7 7.30-8.00pm. Older children (U8 – U15) Ending times 8.30pm – 9:00pm

2008/2009 COMMITTEE

President *	Bernadette O'Regan	boregan1@bigpond.net.au
Centre manager *	Simon Dunne	nadinedunne@bigpond.com
Treasurer *	Carolyn Steinberg	steinbergsinsydney@yahoo.com.au
Registrar *	Donna Moss	DMoss@sthilliers.com.au
Secretary *	Fiona Robertson	fa_rob@hotmail.com
Vice President *	Hamish McCathie	hamish@vbmcapital.com.au
Manager of officials	Susan Murray	aprilfool.63@optusnet.com.au
Computer manager	Kerri Payne	kerri.payne@optusnet.com.au
Championship Manager	Hamish McCathie	hamish@vbmcapital.com.au
Website manager	George Cochrane	georgec@cochrane.net.au
Communications	TBA	boregan@au1.ibm.com
Uniform officer	Nadine Dunne	nadinedunne@bigpond.com
Canteen manager	Sally Voss	Slvos@bigpond.net.au
Equipment maintenance & rollout	TBA	
Chief coach	Mal Baker	<horspowr@zip.com.au>

Note: * Executive Committee as required by our Constitution. A copy is in the clubhouse.

WET WEATHER CANCELLATIONS

Friday evenings may be cancelled by Woollahra Council before 2pm after wet weather (check their recorded message on 9391 7916) and this information will be placed where possible on our website (eslac.com.au) before 4pm, that Friday.

Otherwise, the competition will not be cancelled until after a ground inspection close to 6pm since, even if there has been rain, we may still be able to run a reduced number of events. e.g. events such as high jump and hurdles may be cancelled but others may continue if the rain holds off. Check for the decision on 0405 758 582.

THE BEGINNERS GUIDE TO LITTLE ATHLETICS

Q. Just what is Little Athletics?

A. Little A's is a national organisation with around 200 clubs in NSW alone, divided into some 21 Zones which themselves form 5 Regions (See www.laansw.com.au). Children are encouraged to develop motor skills in a happy social environment. Each evening we provide designated events from a wide variety of sprint, distance, hurdle, walk, jump and throw events. The variety of events rotates through a six week cycle. A list of the Events Offered in each age group is detailed on page 6.

Q. Does a child have to compete in every event each night?

A. No, but by participating, they gain points which count towards ongoing Bronze, Silver, etc Improvement Certificates and also end-of-year trophies. Also, participating in as great a variety of skills/events as possible develops children's coordination and motor skills. Further, a growth surge can often result in a child "suddenly" becoming quite competent in skills/events that just a few weeks earlier they might have been struggling with.

Q. Who runs Little A's?

A. **You Do!!!!!!!!!!!!!!** The parents, guided by a voluntary Committee of parents, plus other parents who have volunteered to be trained (and proudly wear their red "officials" shirts) and a small number (between one and three) professional coaches. So, if an evening's activities start late or an event is delayed, it means we haven't had enough parents to help. See page 7. Similar assistance is required at Zone, Regional and State Championships. We can only do it with your support, and after all it is for **your** children.

Q. How is Little A's Financed?

A. Our financial resources (from which we buy equipment, pay ground hire, buy end of season trophies etc) are obtained from the Registration Fees – from which we have to pay a levy to Little Athletics NSW – what we make at the Canteen and whatever sponsorship we can secure.

Q. Is there any coaching for the children?

A. Yes. The Club provides free after school coaching by qualified coaches engaged by the Centre. Comprehensive details of our coaching programme are contained on page 7. However, without further sponsorship (of \$7,000 a year) we may be forced to reduce this program. Also, trained coaches, many of them young ex-club captains are on hand to guide parents on Fridays.

INSURANCE

All *registered* athletes are covered against personal accident for the season while competing or training at an approval Little Association of NSW venue. It is most important therefore that athletes are registered and that unregistered children, especially babies and tots, stay off the field. Undecided children may trial for *one* week only without registering. Age managers are required to exclude serial triallists from competing.

All officials (i.e. parents) are covered against personal accident while attending to Centre and LAA of NSW activities.

All injuries should be reported to the Centre Manager or the Secretary as soon as possible.

The Centre is covered by Public Liability insurance.

CLUB VALUES

These values set the focus for the effective operation of Club activities, particularly on Friday nights.

Organisation – The activities are organised in an effective and safe manner to ensure efficient and beneficial gains for all concerned. Newsletters and the Internet are used to communicate with everyone. **Openness** – All people involved in the Club and its activities are willing to discuss concerns, give suggestions and listen to the concerns and suggestions of others in an open and courteous manner. **Discipline** – Learning, teaching and coaching all involve verbal direction and a positive response. It is expected that the Committee, coaches and delegated parents will provide direction and that children will follow this to ensure a safe and harmonious environment. Bullying is not acceptable and rowdy children can be sent back to their parents. Parents are not permitted to run alongside their children urging them on -it puts unnecessary pressure on the child and is unfair to others. Parents not assisting on the field should remain outside the fence boundary.

Children's development – Self improvement Children are rewarded for improving their performances as the season progresses and in so doing improve their enjoyment, proficiency, fitness and health. **Competitiveness** Those children who wish to strive for higher performance levels, particularly at Regional and State Championships, have an opportunity to do so through an effective coaching programme.

HISTORY OF EASTERN SUBURBS LITTLE ATHLETICS CENTRE AND THE LITTLE ATHLETICS ASSOCIATION OF NSW

Little Athletics began in Australia with the Victorian Little Athletics Association, formed in 1967. In NSW, the first club was Randwick Botany Centre, commenced in 1967 (hence its athletes wear the Centre 1 when competing in carnivals against other LAA centres,) followed in 1970/71 by Eastern Suburbs (hence the Centre Number 2 is worn by ESLAC athletes).

Thus the 2008/09 Season is our 39th year.

Australian Little Athletics Union was formed in Perth in 1972, and Victoria, New South Wales, Northern Territory & Western Australia were the founding members while South Australia, Queensland & Australian Capital Territory joined in the 1973/74 season and Tasmania joined in the 1974/75 season.

In the 2005/2006 season, around 37,500 Little Athletes were registered over 200 Centres throughout NSW alone. These Centres were distributed throughout 24 Zones in 5 Regions. When officials are taken into account for each of the Centres to function each week, there are close to 80,000 men, women and children actively participating in the sport during the summer months.

The Little Athletics Association of NSW became incorporated on January 19, 1988. It has a full-time staff of 9; as well as a number of casual staff who participate in the Jump Start program; a Board of Management and several sub-committees. The 200+ Centres each appoint 2 of their members to represent them at regular Zone meetings and at the Association's Annual General Meeting and Conference.

EVENTS OFFERED AT EASTERN SUBURBS

	Tiny Tots#	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/17
Track											
50m	X	X	X								
70m	X	X	X	X	X	X					
100m	X	X	X	X	X	X	X	X	X	X	X
200m		X	X	X	X	X	X	X	X	X	X
400m				X	X	X	X	X	X	X	X
1 Lap (320m)		X									
500m			X								
700m				X							
800m					X	X	X	X	X	X	X
1500m						X	X	X	X	X	X
3000m									X	X	X
Playtraining	X	X	X								

Note: Tots are not timed or measured for any events Playtraining for Tiny Tots, U6 and U7 involves a circuit area of unmeasured activities such as high jumps on to mats, soft throwing objects, practice hurdles and shuttle relays to improve athletic skills.

Hurdles	Tiny Tots#	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/17
60m	Toy hurdles	X	X	X	X	X	X	X			
80m									X	G	
90m										B	G
100m											B
200m									X*	X*	X*

Note: : # Tiny Tots are not timed. * Subject to available parental assistance.

Walks	Tiny Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/17
200m											
400m				X							
700m					X						
1100m						X	X				
1500m								X	X	X	X

Jumps	Tiny Tots#	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/17
High	Mats only	X**	X**	X	X	X	X	X	X	X	X
Long	X	X	X	X	X	X	X	X	X	X	X
Triple							X	X	X	X	X

Note: # Tiny Tots are not measured. ** Using elastic bars and not measured

Throws	Tiny Tots#	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/17
Shot	Small bean	1kg	1kg	1.5kg	2kg	2kg	2kg	G 2kg	3kg	G 3kg	G 3kg
	bags	Blue	Blue	Yellow	Orange	Orange	Orange	B 3kg White	White	B 4kg Red	B 4kg Red
Discus	Quoit	350g	350g	500g	500g	500g	750g	750g	G 750g	1kg	1kg
		White	White	Blue	Blue	Blue	Red	Red	B 1kg	Wood/ Yellow	Wood/ Yellow
Javelin**									G 400g	600g*	600g*
									B 600g		

Note: # Tiny Tots are not measured. ** Javelin event subject to available coaching & parental assistance at the end of the evening.

RECORDS: Please note carefully (it avoids future argument)

For a result to be entered as a Club record, (1) if a field event, it must be measured by two independent adults, or (2) if a track event, there must be two independent stop watches on 1st place (and if they disagree, the slower of the two times is taken). The results sheet must then be co-signed on the night by the Club's President or Centre Manager. Club records are listed on the ESLAC website and also placed in Age Manager's folders and in equipment crates at each event or track. Records are posted on the noticeboard, in Age Manager's folders and in the crates at each event.

PARENT POSITIONS TO BE FILLED EVERY FRIDAY EVENING

EQUIPMENT ROLL OUT At 5.15pm, we need as many hands as possible to take out:-

[] **High jump bags**, place safety covers and set up support stands and jump bars. [] **Discus 1** crates, poles, ring and net and set up boundary ropes. [] **Shot Puts 1 and 2** trolleys and rings and set up boundary ropes. [] **Shot Put 3/Discus 2 and Shot Put 4/Discus 3** and rings and set up boundary ropes. [] **Long Jump** equipment, set up squares of sand for all but seniors, rake pits [] For **Straight and Circular tracks**, 1 table and 3 chairs each, with equipment boxes.

TO RUN THE EVENING

- we need the following positions filled by volunteer parents:

STRAIGHT TRACK	Up to 8 Timekeepers/Judges 1 Recorder (Total of 9)
CIRCULAR TRACK TIMING	3 Timekeepers/Judges 2 Recorders (Total of 5)
STARTERS	1: Straight Track 1: Circular Track (Total 2)
AGE MANAGERS AGE ASSISTANTS	1 Manager per Age Group plus 2 assistants (18 groups of B & G from Tots to Seniors, Total 54 adults)
WALK JUDGES (not all weeks)	3 to 5
ANNOUNCER CANTEEN/ BBQ	1 Announcer 2-3 Volunteers 3-4 Volunteers

COACHING

For some time the Committee has believed that our athletes would benefit from professional coaching. The benefits anticipated are in improved individual competencies and increased satisfaction. Inevitably, this will also lead to good performances for those athletes who compete at Zone, Regional and State Championships.

The Centre is pleased to be able to offer free coaching by professional coaches after school on Tuesdays and Thursday afternoons through the generous sponsorship of Mercedes-Benz of Sydney. Our Head Coach is Mal Baker, a Level 2 coach with many years of experience coaching Little Athletes, including the NSW State Team.

The coaching team under his leadership saw one in three Eastern Suburbs athletes, who made it through to 2005 Regional Carnival, go on to qualify for the State Carnival. From there, for the first time, we had *two* of our athletes appointed to the 26 member NSW State team to the Nationals in 2005. Given there are 200 Centres vying for State team representation, we are proud of our athletes' and coaches' achievements.

We are offering coaching for U9s and above in the disciplines of sprints/hurdles, distance running, throws and jumps.

Coaching will begin at E.S. Marks field on Tuesday, September 18th 2007

CENTRE'S RULES OF COMPETITION (Summary only)

All events will be conducted under the Rules of Competition of the Little Athletic Association of NSW, IAAF Handbook and/or local rules as they apply.

All competitors must be registered members of the LAA of NSW or ANSW to compete and must be signed in and out each Friday by their parent or guardian via the Age Marshal's register.

Helpers and competitors only are permitted on to the competition area. On completion of their events, competitors must leave the competition area.

All parents, other than officials and helpers, are to remain outside the fence surrounding Trumper Park at all times.

All competitors must compete in approved Centre Uniform. Singlets must be tucked in when in the competition areas. The Registration number and Age group numbers are to be worn in the designated areas. It is important that the numbers are visible when competing, so that the Judges can correctly record the competitors result. T Shirts can be worn under singlets if desired. Athletes get one warning and can be barred the following week if improperly dressed.

Shoes must be worn for all events. **No shoes, no run!** (for their own safety)

Spike shoes are not to be worn in the Under 6s, 7s and 8s age groups. Spike shoes can be worn in the **Under 9s** and above, **only in laned track events** and in the following field events: Long Jump, Triple Jump and High Jump. Athletes wearing spikes should *roll off* high jump bags (which cost over \$1,000 each) and not walk on them. Spike shoes must be carried in a shoe bag to the start of the competition area.

Starting blocks may be used at the discretion of the competitors. Athletes planning to go to Carnivals should practice using starting blocks on Friday nights.

Each event will be only called twice. No individual will be called for an event.

Where insufficient number of competitors attend to compete in an event, age groups may be combined at the discretion of the Centre Manager.

Adjustments and additions to the Centre Program may be implemented at the discretion of the Centre Manager.

Any protests or complaints should be directed through the Centre President or Centre Manager in writing.

Officials and their assistants will send from the event any athlete who is misbehaving or conducting themselves in any way prejudicial to the performance of others.

Field events areas can be dangerous, so children must not touch the equipment unless they are instructed to do so. In particular, athletes must shelter *behind* the protective net at Discus 1.

All competitors are expected to take care of the track and surrounding field areas. Every effort should be made to keep the oval free of litter by using the bins provided.

The Committee accepts no responsibility for any children left unattended by parents. Sufficient adults must be available for all events, or they will not proceed.

CARNIVALS CONDUCTED BY LITTLE ATHLETICS ASSOCIATION NSW

Trans Tasman Challenge. **Date** for Australian trials: First Sunday in November. Nov 2nd. **Place** for trials: Barden Ridge, Illawong. Entries close October 22nd, 2008.

The Challenge is an Under 11 and Under 12 multi event competition between a NSW team and a team from Auckland, New Zealand. The competition is held each January and alternates each year between Sydney and Auckland. In 2008-09, it will be held in Sydney on January 18, 2009. *It is the responsibility of athletes/parents to advise the Championship Officer of their desire to enter the Trials.*

State Relay Championships: **Date:** Fourth Weekend in November, with a Junior Day (U8 to U11) on the Saturday and a Senior Day (U12 to U17) on the Sunday.. November 22 & 23. **Place:** Campbelltown. Entries close October 29, 2008.

Teams in the age groups U8 through to U15 are eligible for this event. Events contested are:

4 member Relay teams 4 x 100m (U8-U15) 4 x 200m (U8-U9) 4 x 400m (U10-U15)	4 member Field Event teams 4 x Long Jump (U8 & U9) 2 x Shot Put / 2 x Discus (U8-U15) 2 x Long Jump / 2 x High Jump (U10-U15)
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The Centre's participation is dependent upon athletes in an age group being of sufficient standard to form a competitive team. See the Championship Officer for further details.

Zone Track & Field Championships (Open to Under 7s to 17s.) **Date:** Jan 31, & Feb 1, 2009. **Place:** Hensley Field, Botany -Across NSW, 24 Zone Championships represent the first stage in gaining a place at the State Track and Field Championships. Eastern Suburb athletes are invited to nominate their chosen events for our "Inner City Zone" which competes against Balmain, Canterbury, Randwick Botany, South Eastern and Western Suburbs Clubs. However, final selection is determined by the Championship Officer on the basis of Friday night performances as each club can only enter up to four athletes in each event. Each athlete can compete in up to four individual events. The first four athletes in each event qualify for the Regional Championships. Under 7 placegetters do not progress to the Regional Championships but do receive medals. Entries close 2nd Monday in January, Jan 12th.

Regional Track & Field Championships (Entry open to placegetters in Zone Championships, except for U7s) **Date:** Third weekend in February. Feb 21, 22, 2009. **Place:** The Crest, Bankstown. U17s will go to Region for the first time in 2009, and on to State. Also for the first time, events will have a guaranteed “No earlier” time. The State is divided into five regions and we participate in the Southern Metropolitan Region (No 3). The first three athletes in each event at the Regional Championship qualify for the State Championships. Every 5th year, each Region send the first four placegetters (its our turn on 2008-09). Under 8 placegetters do not progress to the State Championship but do receive medals.

State Track & Field Championships (Entry open to placegetters in Regional Championships) **Date:** Third weekend in March, March 20, 21, 22, 2009 with events being held on the Friday evening for the first time. Also for the first time, events will have a guaranteed “No earlier” time. **Place:** Sydney Olympic Park Athletic Centre (SOPAC), Homebush.

State Multi Event Championships. **Date:** First full weekend in March. March 7 & 8, 2009. Entries close Feb 11, 2009. **Place:** Always in a country town – Lismore in 2009. This event is a competition in which athletes compete in a number of events for an overall point score. The points are determined by a Decathlon type point score system. *It is the responsibility of athletes/parents to advise the Championship Officer of their desire to enter the Trials.*

National Australian Teams Championships, the NSW State team selects 22 U13s and the National Australian Multi-Event Championships, the NSW team selects 4 U15s. (Held together) **Date:** Weekend closest to Anzac Day, April 26. . **Place:** Adelaide 2009.

State Cross-Country & Road Walk Championships, U7 through to U15 are eligible to enter the State Cross-Country. U9 through to U15 are eligible to enter the State Road Walks. Entries are taken on the day. There is no entry fee for these events. For details, contact LAANSW office. **Date:** First Sunday in July. July 5, 2009. Entries on the day. **Place:** Held alternately in Metro and Country NSW.

AWARDS AND TROPHIES

We have a number of programmes to reward and encourage athletes:

Improvement Awards

This is a programme to reward athletes for steadily improving their times, heights and distances throughout the season. Each time a “personal best” is equaled or broken, an athlete earns up to maximum of 15 Improvement points, depending on the degree of improvement. As an example, a Bronze Certificate may be awarded on achieving 100 points, Silver for 200 points, Gold for 300 points and Platinum for 400 points. Thus, each athlete is encouraged to compete against him/herself to achieve improved performance.

Event Champions

In every event throughout the season an athlete scores 9 “Best of Age” points for a 1st place reducing to 1 point for 6th place. All competitors receive 1 point for participation. At the end of the season trophies are awarded at our Annual Presentation Night for achieving 1st, 2nd and 3rd in *each event* in *each age group* from U6 upwards. Placegetters are not necessarily the fastest or strongest, but often the most consistent. The awarding of trophies is conditional on athletes participating in the post-January period, unless application for special consideration is made to the Committee well in advance of Presentation Night. All other athletes who have attended most nights throughout the season are awarded a trophy at Presentation Night. Tiny Tots receive a medallion as Season’s end.

Encouragement Awards

An Encouragement Award trophy are awarded to a male and female athlete in each age group who have amassed the most improvement points throughout the season without securing Event Championship trophies. The awarding of trophies is dependent on regular attendance during the season.

The President's Award

This is awarded to an athlete who has shown above average courage or has striven to achieve the tenets of Little Athletics to an exceptional degree, as selected by the President.

Age Champions

Age Champion Shields are presented to the male and female athlete in each Age Group who total the highest number of aggregated "Best of Age" points for all events. The awarding of trophies is dependent on regular attendance during the season.

Club Champions

MultiPoints are awarded for each result for each event in each age group as determined by LAANSW. These allow athletes to be measured against statewide standards, the better the time/distance, the greater the points. At the end of the season, the male athlete and female athlete who have achieved the highest number of multi-points are declared Senior (12 to 15 years) and Junior (6 to 11 years) Champions.

Best Performance At End Of Season Championships

This trophy is awarded to the athlete who has achieved the highest cumulative points totals at the LAANSW Zone, Region and State Championships at the end of each season.

Athletics East Cross County/Road Trophy

This trophy has been donated by our senior Club, Athletics East, and will be awarded to the athlete who records the best performances in Cross Country/Road events during the preceding winter season. Preference will be given to performances in the Little A State Cross County Championship followed by Athletic NSW events followed by Athletics East club events followed by any other events. (Performances in interschool competitions are ineligible). Applications, together with full details of performances to be considered, should be lodged with the Championship Officer by end of November 2008.

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