



Girraween Little Athletics Centre

2023 - 2024 Season

A Note from the President

Welcome to the 2023 - 2024 Little Athletics season at Girraween Little Athletics Centre (GLAC). On behalf of GLAC, we wish you all an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships.

Children love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers and a volunteer Committee. We only exist because of the hard work that many people put in and it is of utmost importance that the centre continues to have more volunteers. Please come forward and speak to a committee member if you would be able to help, coaching, committee roles and even other ad hoc tasks are needed to be filled. Throughout the year, parents will be expected to volunteer often and this expectation will form a part of your child/ren being able to compete at Centre Championships and other events as determined by the committee. This season a new system is being introduced to encourage parents and carers to participate more, a sign up system will be implemented for Friday night competitions as well as training nights on a Monday and Wednesday. A separate flyer is available that will further outline this new system to ensure all members have an understanding of these expectations.

We are a child safe centre and continue to focus on child safety and updating our protocols and procedures to ensure the safety of all our athletes while at the grounds. An important part of this is **all athletes must have a parent or nominated guardian at the grounds at all times, for both training and competition.** Age groups without appropriate help will unfortunately not be able to compete or train. GLAC abides by the regulations set out by the Office of the Children's Guardian; consequently, any unattended children will have the parent or guardian contacted in the first instance and more serious consequences will be implemented if further incidents occur. <https://ocg.nsw.gov.au/>

The GLAC website can be found here www.glac.org.au. This contains useful information for our members. We also have a Facebook and a WhatsApp group where information is distributed. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories and we encourage our members to engage with our Facebook page.

Don't forget we have a canteen and BBQ available each week. Please support our centre so we can fundraise to upgrade facilities for our athletes. The money that is raised goes directly back to improving equipment and facilities for our children.

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

Warm regards,

Karen Farrugia
President
Girraween LAC

Committee Members for 2023-2024 Season

Girraween LAC committee is made up of community members who volunteer their time all year long to ensure that our centre functions correctly.

The committee members, whose names are below, meet on the last Monday of each month throughout the year at CV Kelly Park. All members are welcome to contribute items for our committee meetings by emailing the club.

Position	Name	Contact Email	Contact Phone
Executive Committee			
President	Karen Farrugia	kjfarrugia@optusnet.com.au	0425375745
Vice-President	Belinda Bryan	belindabryan588@gmail.com	0483806170
Secretary	Tayla Jobson	glac51@bigpond.com	
Treasurer	Jason Jobson	glac51@bigpond.com	
Registrar	Amy Goska	glac51@bigpond.com	
General Committee			
Minute Secretary	Belinda Bryan		
Championships	Suren Narayan		
Publicity	Belinda Bryan, Karen Farrugia & Tayla Jobson		
Canteen	Belinda Bryan		
Coaching	Joe Farrugia		
Coaching Assistant	Teagan Neich		
Equipment	Damon Byatt		
Equipment assistant	Vacant		
Age Managers	Michael Siciliano		
Officials	Teagan Neich		
Ratings Boys	John Dixon		
Ratings Girls	Karen Farrugia		
Program	Jonathon Dixon		
Uniform	Belinda Bryan, Karen Farrugia & Tayla Jobson		
MPIO	Amy Goska		
General	Peter Williams		
General	Luke Jobson		
General	Dainana Plassan		
Web admin	Jason Jobson		

What happens on a Friday night?

Who: Girls and boys from ages 4 years born before 31 December, through to 16 years of any ability.

Where: CV Kelly Park, Oramzi Road Girraween

Starts: Friday, 1st September 2023.

Ends: Friday, 15th March 2024.

Christmas Holidays: Break for Christmas Wednesday 13th December 2023 and we return from Christmas Friday 11th January 2024.

Time: 5:30pm arrival for a 5:45pm start

Tiny Tots - U17: Each Friday evening begins with volunteer sign on, a table will be set up to record your details. Athletes will be called by age groups once enough volunteers have signed on. Athletes and volunteers will assemble near the southern goalposts where cones have been set up. The athletes must wait for their age manager and helpers in their appropriate age groups then they will be taken to their various event throughout the evening. Athletes that are not abiding by the rules may face disciplinary action.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. **(See page 7 of the handbook)**. Registration numbers must be sewed or pinned at ALL FOUR corners to ensure easy visibility for finish line recording. A club training shirt will also be compulsory for the U7-U17s that wish to attend training on Monday's and Wednesday's. Uniform and training shirts as well as other merchandise is available to purchase on registration days as well as Training nights.

Wet Weather: If it has been raining during the week or on Friday afternoon and you are not sure if our Weekly competition will be on, we will attempt to have the information on our website and Facebook page close to 5pm. alternately, look up Sportsground Closures on the Cumberland Council Website. <https://www.cumberland.nsw.gov.au/sports-ground-closures>

Emails: Emails are regularly sent to members. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. Please check your emails regularly to ensure you are up to date with what is happening at GLAC.

Safety and Other Rules

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

Working with Children

Of utmost importance is the safety and well-being of all children and adults. We ask all parents to be vigilant and report to the Executive Committee or MPIO anything of concern.

No Parents on Field during Friday Competition

Only parents assisting age managers should remain on field during competition; however, the requirement to stay within CV Kelly complex will be enforced. No unregistered children are allowed on the field at any time during competition or training.

No Smoking & Alcohol

There is a strictly no smoking and no alcohol policy at GLAC and CV Kelly Park.

Insurance

All registered athletes and parent volunteers are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and not permitted on the field. Further details as to the insurance provided are available on the LANSW web site. <https://lansw.com.au/>

Lost Property

Our lost property collection can be found near the shed under the awning where the stairs lead down to the main field area. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honour system. The lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Athletes Responsibility

Athletes have the right to participate in an environment that is clean, safe, friendly, cooperative and secure. Girraween little athletes have a responsibility to:

- Keep themselves and others safe.
- Act safely and sensibly at all times.
- Consider others and respect all in the Little Athletics community.
- Be polite and respectful at all times.
- Remain with their age manager while competing at Little Athletics and coaches during training sessions.
- Not climb trees, fences or football posts, use balls on the field or throw rocks. Balls etc. will be confiscated as consequence to these actions as well as possibly other disciplinary action.
- Obey the rules of competition e.g. uniform, spikes etc.
- Listen to and carry out the instructions of the age manager, committee member or official.
- Inform the age manager if they wish to leave the group e.g. visiting the toilet, leaving early, canteen etc.
- No mobile phones are to be used during competition or training. If an athlete must have their phone with them it must be kept in their bag at all times.

Safety and Other Rules

Girraween Little Athletics Centre - Discipline Policy

<http://www.glac.org.au/wp-content/uploads/sites/106/2022/08/GLAC-Code-of-Conduct-2.pdf>

Minor Incidents

Minor incidents may include inappropriate language, teasing, back chatting or the disruption of the group's procedures.

These will be dealt with by the Age Manager in the first instance. This may involve discussing the offence, eliciting an apology, or speaking to the child's parents. If further incidents occur the situation may be escalated.

Major Incidents

Major incidents may include bullying, spitting at others, fighting, or using threatening or abusive language.

Age managers will inform the MPIO (Member Protection Information Officer) or in the absence of the MPIO, President or Vice-President, who will record the incident in the offence book, including the date and nature of the offence. This is to be signed by the reporting Committee member, the Age Manager, and the offender. An Executive Committee member will discuss the behaviour with the offender's parents.

A second offence may result in suspension from the ground.

If the inappropriate behaviour continues, the MPIO will inform the President and/or Vice President and a conference with parents, athlete, senior executive, MPIO and the age manager will be conducted.

In addition, disciplinary proceedings may commence. The committee and/or judiciary committee have the power to suspend or discontinue membership.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. GLAC is in the Mid-West Metropolitan Zone. The Mid-West Zone is part of Region 7, there is an 8 region structure - 4 metropolitan and 4 country.

Garth Robinson (Sunday 22nd October 2023 – Fairfield)

A friendly Zone competition where children earn points for their club for competing and placing. A perpetual Shield trophy is awarded for the overall winning club. Free to attend. Competition outside our centre is great for your child's development allowing them to compete against children from other centres.

Holroyd Shield (Sunday 8th October 2023 – Holroyd)

A friendly Zone competition where children earn points for their club for competing and placing. A perpetual Shield trophy is awarded for the overall winning club. Free to attend.

Zone Championships (Friday 1st December – Sunday 3rd December 2023 – Girraween)

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the Mid-West Metropolitan Zone. The venue will change from year to year.

Regional Championships (TBA)

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 3 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

State Championships (TBA)

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

Other carnivals may be available throughout the season; details will be communicated once known.

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

State Relay Championships (TBA)

The State Relay Championships, held in November of each year at Sydney Olympic Park Athletic

Centre, is a team event where centres can enter both track and field relays. U8-U11 teams compete on the 'Junior Day', Saturday, and U12-17 teams compete on the 'Senior Day' Sunday. The Girraween LAC committee will select teams to compete at this event.

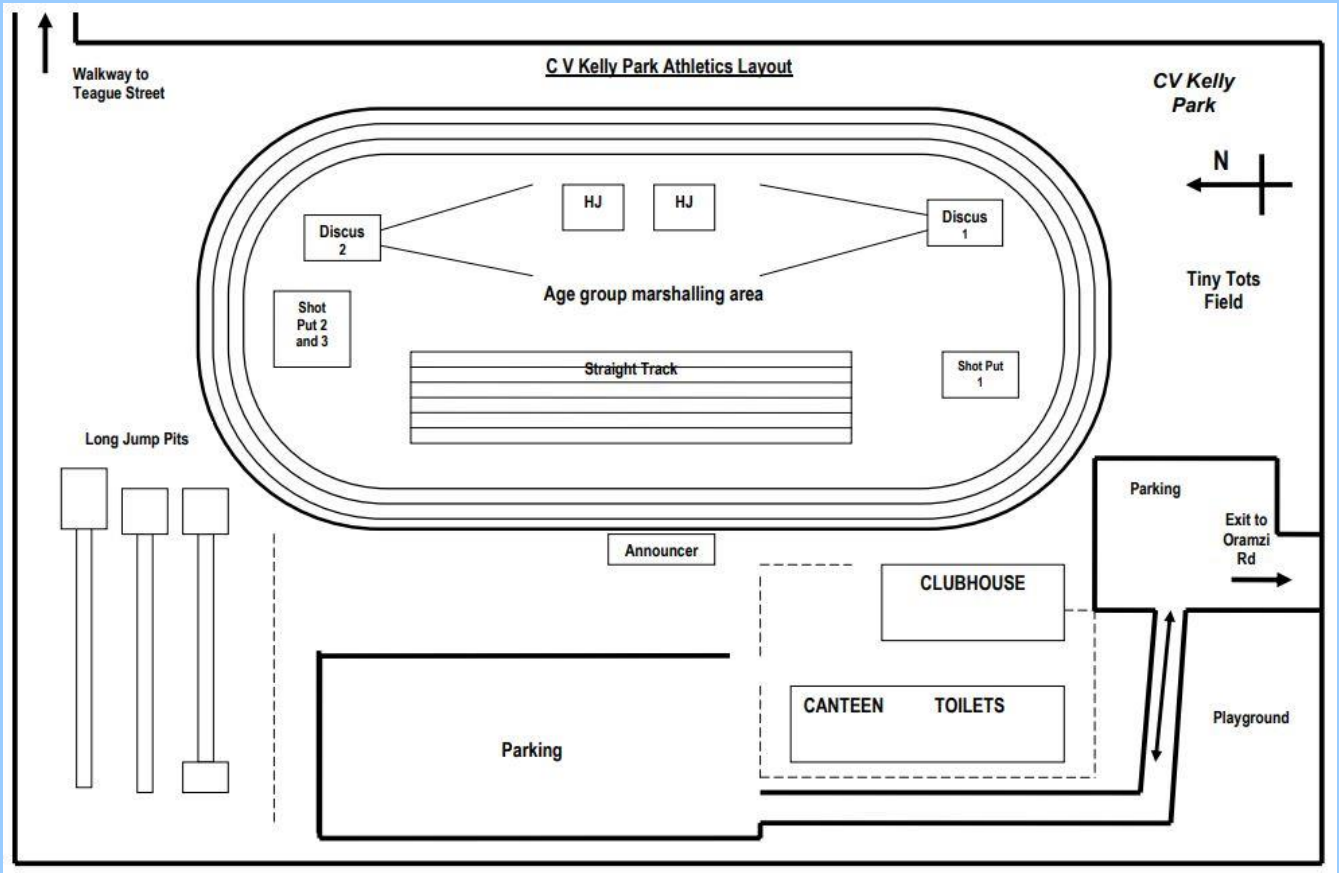
State Multi-Event Championships (TBA)

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

Cross Country & Road Walk Championships (TBA)

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

Map of our Ground



Centre Uniform & Placement of Patches



Events for Each Age Group

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

Award Structure

Orientation Days

At the beginning of the season one orientation day is run. No times or distances are recorded in the centre system. Athletes are simply awarded 1 point for each event in which they participate.

Attendance at this orientation day is included in the attendance calculations for the season.

Tiny Tots

Tiny Tots participate in games and play activities, the focus is on fun and developing their skills.

Recorded Events

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

The first time an event is complete is 1 point. Subsequent completion of an event without attaining a Personal Best is 1 Point. For equalling or attaining a Personal Best (PB) is 1 point, (total of 2 points for that event).

Attending Holroyd Shield and/or Garth Robinson is 10 points for competing in all events or part competing is 5 points.

Note - All points are doubled after Christmas.

1st, 2nd and 3rd place in each age group receive medals on presentation day.

Centre Championships

In order for athletes to be eligible for Centre Championships, parents or guardians must have signed on and completed a minimum of 4 volunteer sessions at training or competition prior to Christmas.

Competition is a "multi-event" where performances in each event (except Tiny Tots) are converted into points and added up to determine overall placings - the better the time or distance, the more points scored.

1st, 2nd and 3rd place in each age group receive place getters trophies. All others receive competitor trophies.

Centre Championships will be held at C V Kelly on Sunday 28th January 2024.

Presentation Day

Our presentation day will be held at CV Kelly Park in May, 2024.

Frequently Asked Questions

- **Do we need special shoes?**

Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. U13 upwards may wear spikes in non-laned events (except walks). Spikes must be removed immediately after each event and carried with the athlete and must never be worn on hard surfaces.

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

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

- **When is training?**

We have training; weather and ground availability permitting on Monday and Wednesday for under 7-17 athletes at CV Kelly Park, Oramzi Road Girraween from 5.45pm. The coaching will consist of warm ups from 5.45pm-6pm. Session 1: 6pm-7pm, Session 2: 7pm-8pm. This structure allows athletes to choose up to 2 disciplines to train in pre evening. A pink club training shirt is compulsory to attend. Late comers may be excluded from being able to train. Athletes may train in session 1 and leave the ground with their parents and not participate in the second session.

- **What happens if it rains?**

Visit our Facebook page or receive updates on the WhatsApp group. If training or competition is cancelled after starting parents will need to take their child home promptly for safety reasons. As parents and carers are required to remain at the ground there should be no children left stranded at these times.

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

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. GLAC also have qualified coaches or parents who offer training session/s during the week. Please remember that all GLAC coaches are volunteers and consequently not all disciplines may be offered at each session. Limited skill development instruction is given on Friday evenings.

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

Speak to a committee member, come to the canteen or email glac51@bigpond.com

If at any stage would like more information about policies, plans, rules or information on education and training, please email glac51@bigpond.com or contact Little Athletics NSW via their website lansw.com.au