



Girraween Little Athletics Centre

2024 - 2025 Season

# A Note from the President

Welcome to the 2024 - 2025 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 with coaching, committee roles or tasks that need to be filled on a Friday night. 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.

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 sit out 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](http://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

# *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, 6th September 2024.

**Ends:** Friday, 14<sup>th</sup> March 2024.

**Christmas Holidays:** Break for Christmas Friday, 13<sup>th</sup> December 2024 and we return from Christmas Friday 10<sup>th</sup> January 2025.

**Time:** 5:30pm start

**Tiny Tots - 17:** Each Friday evening begins with volunteer sign on. Age groups will be able to start once the age manager's manager advises so. Athletes and volunteers will assemble along the inside of the front straight of the circular track where cones have been set up.

**Uniform:** All children must wear a centre uniform with registration numbers and age numbers Attached.



Registration numbers must be sewn or pinned at ALL FOUR corners to ensure easy visibility for finish line recording. A club training shirt will also be compulsory for the 7-17s 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 whatsapp group 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>

**Communications:** Emails and WhatsApp messages are regularly sent to members. These communications contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. Please check 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. All other parents must stay at the ground due to Child Protection requirements. No unregistered children are allowed on the field at any time during competition or training, this includes toddlers and babies in prams.

## **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.

## **Athletes Responsibility**

Athletes have the right to participate in an environment that is clean, safe, friendly, cooperative and secure. 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.

# GLAC – Code of Conduct Policy

Please see the Code of Conduct policy available on the web site. This applies to both athletes and parents.

## 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.

Any offence may result in suspension of access to GLAC sanctioned events.

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

## **Holroyd Shield (Sunday 8<sup>th</sup> October 2023 – Smithfield)**

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.

## **Garth Robinson (Sunday 13<sup>th</sup> October 2024 – Smithfield)**

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.

## **Zone Championships (Friday 29<sup>th</sup> November – Sunday 1<sup>st</sup> December 2024 – Bankstown**

Zone Championships are the qualifying stage process to regional and state championships. Further details will be available closer to time.

## **Regional Championships (End of January, 2025)**

Regional Championships are the next qualifying stage to the State Championships for age groups up to 12's. Further details will be made available as they become available.

## **State Championships (TBA)**

The State Championships are usually during March, at Sydney Olympic Park Athletic Centre. The details for "Junior" athletes qualifying for state are still being worked through. For the 12's and younger the progression zone – region – state applies

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

# **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.

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 6 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.

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

Centre Championships will be held at C V Kelly Park 2025(Date to be confirmed).

## 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.

### **When is training?**

We have training 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 1 or both sessions.

### **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.

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

Speak to a committee member, come to the canteen or email [glac51@bigpond.com](mailto: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](mailto:glac51@bigpond.com) or contact Little Athletics NSW via their website [lansw.com.au](http://lansw.com.au)