



Girraween Little Athletics Centre

Season 2025-2026 Handbook



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A NOTE FROM THE PRESIDENT

Welcome to the 2025–2026 Little Athletics Season at Girraween Little Athletics Centre (GLAC).

On behalf of everyone at GLAC, we're so excited to welcome you to what we know will be a fun, active, and rewarding year. Whether you're joining us for the first time or returning for another season, we hope you and your family enjoy everything our community has to offer.

Little Athletics is all about family, fun, and fitness — and there's something for everyone to get involved in. Our focus is on helping children grow in confidence and ability, make new friends, and most importantly, enjoy themselves through sport. Whether they're running, jumping, or throwing, the goal is always to be your best — not the best. That's the heart of Little Athletics.

We're proud to be a volunteer-run centre, and we simply couldn't do it without the generous support of our families. Volunteers are essential to the success of our Friday night meets and weekly training sessions. If you're able to lend a hand — whether by helping with coaching, taking on a committee role, or assisting on Friday nights — we'd love to hear from you. You'll find that volunteering is a great way to connect, make new friends, and be part of your child's sporting journey.

Please Note: parental involvement is an important part of the season. Each family will be expected to help out regularly, and this will be a condition for athletes to participate in key events like Centre Championships. To make it easier, we'll continue using our Friday night sign-up system to coordinate helpers.

Child safety is our top priority.

We are committed to being a child-safe centre and are constantly reviewing our policies and procedures to ensure the wellbeing of all our athletes. It is essential that a parent or nominated guardian is present at the grounds at all times during both training and competition. Unfortunately, age groups without adequate supervision or assistance will not be able to train or compete. We strictly follow the guidelines from the Office of the Children's Guardian:

<https://ocg.nsw.gov.au>.

You'll find loads of helpful information on our website at www.glac.org.au, and we also encourage you to follow us on Facebook and join our WhatsApp group. You'll be able to sign up via QR code during registration days. These platforms are for you — we love seeing your photos, stories, and updates, so please get involved and share the fun!

And don't forget — our canteen and BBQ are open every Friday night! Every dollar raised goes directly back into improving equipment and facilities for our athletes, so your support really makes a difference.

If you have any questions throughout the season, please don't hesitate to come and see me or chat with one of our friendly committee members. We're always happy to help.

Here's to a fantastic 2025–2026 season filled with fun, friendships, and personal bests!

Karen Farrugia

President

FRIDAY NIGHT COMPETITION

When: Every Friday Night

Time: From 5.30pm

Where: The 25/26 season will start at Gipps Rd Sporting Complex, Greystanes, and move to CV Kelly Park, Girraween after ground maintenance is finished.

Season Starts: Friday 5 September 2025

Season Ends: Date TBC in March 2026

Christmas Break: We will take a break from Friday 19 December 2025 and return on Friday 9 January 2026

Format: We operate on a two-week program – Week A & Week B. Each week athletes rotate through a variety of events each week. Each Age Group will have an Age Manager that will take the children to and from each event following that week's program. All groups will need 4-6 parent helpers through the night.

Events: The following activities typically take place on a Friday night:

- Running: sprints (70m, 100m, 200m), middle distance (400m, 800m), hurdles
- Jumping: long jump, triple jump, high jump
- Throwing: shot put, discus, javelin
- Walking: race walking events

Eligibility for certain events may vary depending on the athlete's age.

Wet Weather: If it has rained during the week or on Friday afternoon and there is uncertainty about whether the weekly competition will take place, information will be provided in the WhatsApp group and on the Facebook page by approximately 5pm. Alternatively, Sportsground Closures can be found on the Cumberland Council Website:

<https://www.cumberland.nsw.gov.au/sport-ground-closures>

Uniform: All children must wear the centre uniform with registration numbers and age numbers attached to the front of the shirt. For more information, please visit the Uniform section of our handbook.

IMPORTANT CHANGES FOR 25/26 SEASON

Venue: Girraween Little Athletics will be starting the season at Gipps Rd Sporting Complex - Gipps Rd, Greystanes while CV Kelly Park is closed for some much needed drainage works. A modified program may be in place while we are using Gipps Rd Sporting Complex. We hope to return to CV Kelly Park later in the season but a date has not yet been confirmed.

Structure: Age managers will continue to lead our age groups through their program; however, officials will be appointed to run field events. This is to try to ensure the smooth running of our nights and to keep groups moving.

It will also provide opportunities for those who are undertaking the community officials' courses to gain experience. We encourage all parents and ex-athletes to undertake the community officials course to help officiate on Friday nights as well as our gala days and zone carnivals. Please see a committee member for information.

Changes for Region Championships: Field events will be three attempts then top 8 will only have 1 extra attempt. 14's and above must use blocks in laned track events **whether wearing spikes or not.**

SAFETY AND OTHER RULES

As with all organised activities, Little Athletics operates under a set of established rules designed to ensure the safety and well-being of athletes, parents, and visitors. We respectfully request that both children and parents comply with these guidelines to ensure that Friday night events remain safe and enjoyable for everyone. It is mandatory that all athletes are registered with LANSW prior to participation.

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 all NSW Athletics sanctioned events.

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

Girraween Little Athletics is committed to fostering a safe, respectful, and inclusive environment for all participants, families, and volunteers. Our Code of Conduct outlines the standards of behaviour expected within our community, with a strong emphasis on child safety, respectful communication, and responsible adult conduct. All members are encouraged to familiarise themselves with the Code and uphold its principles throughout the season. The full Girraween Little Athletics Code of Conduct is available on our website at www.glac.org.au, under the Policies section.

Incident Management

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.

COMMUNICATION

All important information, including carnival entry dates, re-registration details, and championship updates, will be communicated to members via email—please ensure you check your inbox regularly to stay informed. For quick updates regarding Friday night competitions and training sessions, our WhatsApp group will be used.

Additionally, you can follow our Facebook page for news and updates about GLAC.

UNIFORM

All athletes at Girraween Little Athletics are required to wear the official centre uniform during competition. This includes a singlet or crop top with the registration bib number securely attached to the front centre, directly beneath the logo, ensuring the sponsor logos are fully visible.. Bibs must be sewn or pinned at all four corners for stability and visibility at the finish line. The age patch must be sewn onto the left shoulder of the singlet.

Black shorts are to be worn. During the cooler months it is wise to wear a black or white shirt only under the singlet top for warmth.

Uniforms are available for purchase during designated registration days or training sessions.

Singlet



Crop Top



Age Patch & Bib Positioning



Training Uniform

A pink club training shirt is compulsory for participation.

Training Shirt



Footwear

Do we need special shoes? No, regular running shoes are fine.

Spikes can be worn from 11's upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. 13's 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. **Any athlete found walking in spikes between events will be asked to remove them immediately and repeat offenders will have their spikes confiscated for the remainder of the evening.**

Spikes can be used at training for 11's up at the coaches' discretion.

Under no circumstances are football boots to be worn for training or competition.

COACHING

At Girraween Little Athletics, our coaches are dedicated volunteers—just like our committee members. They generously give their time to support our athletes and are not financially compensated. Please understand that coaching availability may occasionally change due to work commitments, and sessions may be limited or cancelled at short notice. To stay informed, we encourage all families to join the club's WhatsApp group for real-time updates.

Coaching Schedule

Coaching is held on Monday and Wednesday evenings for athletes aged 7–17.

- Warm-up: 5:45pm – 6:00pm
- Session 1: 6:00pm – 7:00pm
- Session 2: 7:00pm – 8:00pm

Athletes may choose to train in up to two disciplines per evening, depending on availability. Please note:

- Some events (e.g. High Jump, Walks, Javelin) require extended time and will span both sessions. Athletes training in these events must arrive for Session 1 and will not be able to participate in a second discipline.
- Athletes aged 7 and 8 may only attend Session 1.

Training Requirements

- A pink club training shirt is compulsory for participation.
- Athletes arriving late may be excluded from training for safety and session flow.

- Training is only permitted under the supervision of a Girraween coach. Individual or unsupervised training during club sessions is not allowed due to safety and insurance considerations.

Event Availability

Due to limited coaching resources, not all events will be offered each night.

- Please check the WhatsApp group for the evening's schedule.
- Athletes should only attend if they are willing to train in the events available that night.

Zone & Region Training

- Up until Zone Championship entries close, all athletes aged 7–17 are welcome to attend training.
- After entries close, training will be restricted to zone athletes only.
- Once Region qualifiers are confirmed, coaching will be further limited to those athletes.

Parent Supervision

Parents must remain at the ground during training.

- Athletes without a parent present will not be permitted to train.

External Coaching Policy

Athletes who receive external coaching in a specific discipline outside of Girraween will not be eligible for coaching in that discipline during Monday or Wednesday sessions.

- They may still train in other disciplines offered by Girraween.
- This policy helps avoid conflicting coaching styles and ensures consistency for the athlete.

CENTRE CHAMPIONSHIPS

To compete in Centre Championships, athletes' parents or guardians must complete at least 6 volunteer sessions at training or competition before Christmas Break. For details, see **volunteering**.

The competition is "multi-event," with each performance earning points toward overall placement—better results mean more points. Tiny tots will play games and receive a trophy at day's end.

Trophies go to the top three in each age group; all other participants get competitor trophies.

Centre Championships will be held at C V Kelly Park in 2026 (date TBC).

VOLUNTEERING

There are a number of areas where parents can volunteer to meet the criteria for Centre Championships. These areas include:

- Helping your child's age group with measuring, spiking, raking, retrieving, recording
- Canteen/BBQ
- Track - finish line, starting, hurdles (moving between distances, standing up knocked down ones), timekeeping
- Arriving early to help set up the field/packing up at end of night
- Washing a box of volunteer vests
- Training nights – fill age manager folders with recording sheets

Not sure how to do some of these? Our committee members and trained parent helpers are more than happy to show and teach you.

CHAMPIONSHIPS & CARNIVALS

Throughout the season, there are a variety of championships and carnivals that athletes can choose to participate in. As each event approaches, we will share further details to help families prepare and get involved.

Holroyd Shield (Sunday TBA October – 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.

Garth Robinson (Sunday 19th October 2025 – 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. Competition outside our centre is great for your child's development allowing them to compete against children from other centres.

Zone Championships (Friday 28th November – Sunday 30th November 2025 – Fairfield)

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

Regional Championships (13th February – 15th February 2025- Narellan)

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

NSW Junior Championships (12th March – 15th March SOPAC)

The NSW Junior Championships are the state championships for the 13's – 17's age groups. Entry is via qualification from region championships for the 13's – 15's ages and direct entry for the 16's and 17's.

NSW Little Athletics Championships (21st March – 22nd March SOPAC)

The NSW Little Athletics Championships is for the 9's – 12's age groups and entry is via qualification from the regional championships.

POINTS & AWARDS 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.

Points Score

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.

FREQUENTLY ASKED QUESTIONS

What happens if it is raining?

If it rains, please check our Facebook page or the WhatsApp group for updates. If training or competition is cancelled after it has already started, parents will need to collect their children promptly for safety reasons. Since parents and

carers are required to stay at the ground during events, this ensures no children are left unsupervised if an early finish is necessary.

I want to volunteer. Who should I contact?

If you're interested in volunteering, please speak to a committee member, visit the canteen, or email glac51@bigpond.com for more information.

Where can I get more information?

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 www.lansw.com.au