

Tallawong Park Little Athletics Centre



2016-2017
Parent Handbook

Message from the President

Welcome to the 2016 - 2017 season of Tallawong Park Little Athletics Inc.

I am very excited to be the President of such a fun, family friendly club that I have been fortunate enough to be associated with for the past 22 years. I started at Tallawong Park as a little athlete in 1994 and after I finished competing I made the choice to join the committee in 2004.

Education, coaching and skill development for young athletes is something I am very passionate about. As a result of this passion I have been committed to coaching young athletes at Tallawong Park for the past 12 years. As I move into the role of President I hope to continue to influence and encourage little athletes to improve themselves rather than focus on competing against others.

Tallawong Park Little Athletics Centre (TPLAC) is run entirely by volunteers who are mainly parents that have their own children competing at the centre. Every parent is expected to get involved in their children's activities and events. I encourage you to come down and speak to a committee member about volunteering rather than be asked to help. There are many things that you can do to help out.

We are looking for 1 age manager, 1 assistant age manager and 2 helpers for each age group in both boys and girls. Some parents have already volunteered for selected age groups however, we are still looking for help with others. Please keep in mind that we will not run any events for age groups who do not have age managers or enough helpers.

We are also looking for volunteers to help as starters, timekeepers, place judges, track recorders, announcers and people to help with equipment, canteen and the BBQ.

We have a dedicated and hard working committee who take time out to make sure the club runs smoothly. By being a member of the committee you are able to contribute to the overall running of the club and will be able to help improve the club for the future. If you would like to join the committee please let myself or another committee member know.

We will be pleased to show you what needs to be done and will give you all the help and training you need. It is such a rewarding experience to make a difference to your child's sporting experience. If everyone helps share the load the night runs smoothly and the events are completed earlier. Please come and speak to a committee member or myself if you are interested in lending a hand where you can learn a new skill and help make a difference.

TPLAC is constantly updating its website throughout the season. Please take the time to log on where you will find a lot of helpful and interesting information about upcoming events. Our Facebook page is also growing larger each season with more people following and liking our page. This is a great place to keep updated with club information.

Finally, I have no doubt this will be a great season. I would like to wish all the athletes every success this season and remember it is not only about winning but also trying to better yourself. Participating in Little Athletics is a great way to spend time with family, while having fun, keeping fit and staying healthy.

Ben Abbott
President

Committee Members for 2016-2017 Season

Tallawong Park LAC committee is made up of parents who volunteer their time to ensure that our centre functions correctly. They meet each month throughout the year, all parents are welcome to contribute to the meeting. Our website will keep up to date with information regarding these meetings.

www.tallawongparkla.org.au

Position	Name	Email
President	Ben Abbott	president@tallawongparkla.org.au
Vice President	Kane Findlay	vc_president@tallawongparkla.org.au
Secretary	Mandy Sweeting	secretary@tallawongparkla.org.au
Treasurer	Glen Rogers	treasurer@tallawongparkla.org.au
Registrar	Kathryn Findlay	registrar@tallawongparkla.org.au
Championship Officer	Kane Findlay	championships@tallawongparkla.org.au
Coaching		
Uniform Officers	Debbie Rogers Melissa Capobianco	
Canteen/BBQ Officer		
I.T Officer	Vince Tabone	it@tallawongparkla.org.au
Equipment Officer	Tim Spindler	
Results/Records	Leah Spindler	records@tallawongparkla.org.au
Grievance & Member Protection	Kristie Sciberras	grievance@tallawongpark.org.au
General Committee	Julia Barbin	
General Committee	David Abuiso	

Life Members

Liz Maloney
Steve Dickinson
Rhonda Hodgins
Brett & Carol Murphy
Stephen & Una Hopkins
Ken & Elaine Croft
Bryan & Val James
Ossie & Hale Osman
Mark Millerd
Ben Abbott
Brad Bunting
Peter Willis

What happens on a Friday night?

Who: Girls and Boys from ages 3 years born before 1 October, through to 17 years of any ability.

Where: Tallawong Park Oval, Tallawong Park

Season Starts: Friday, 9th September, 2016

Season Ends: February 26th 2017 (Championship Day).

Christmas Holidays: Break for Christmas Friday, 16th December, 2016
Return from Christmas break Friday, 13th January, 2017

Start Time:	Tiny Tots	5:30 pm
	U6-U17 & Tiny Tots	5.45 pm

U6-U17: Each Friday evening begins when your age group is called for an event. The athletes must wait at the marshaling area for their age manager so they can be taken to their various event throughout the evening.

Tiny Tots: Tiny Tots will participate and complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 12 of the handbook).

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 close to 4pm. Alternately, you can friend us on Facebook and receive up to date information.

Emails: Emails are sent to all members through our clubs online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. These emails as well as Facebook and our website are the main contacts with you throughout the season.

Parent Participation: So that athletics is enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable.

During competition parents and/or guardians must stay at the ground with their children. Do not drop your children off and leave. Unsupervised child/ren can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

Age Managers: Are required to sign on and collect their Age Group folder from the Announcers desk before 5.45pm so you are ready to assist when first call is announced for your age group.

Uniform: You will be given a bright orange/green vest to wear, so you are easily identifiable to athletes.

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 Check

Of utmost importance is the safety and well being of all children and adults. All committee members and age managers must register with the working with children (WWC) site and provide the club with their WWC number before being involved with the activities of our centre.

No Smoking & Alcohol

There is a strict no smoking and no alcohol policy at Tallawong Park LAC.
There is no alcohol to be consumed on the grounds.

As of 7th January 2013, changes by the NSW Government to legislation on smoke-free outdoor areas came into effect across NSW.

These changes are a key strategy in reducing community exposure to second-hand smoke, tobacco-related harm and the uptake of smoking.

The smoke-free areas were chosen as they are public outdoor places popular with children and families, or which can be crowded, or at which there is limited opportunity to avoid second-hand smoke.
smoking is now banned in the following outdoor places:

- **Within 10 metres of children's play equipment in outdoor public spaces;**
- **Spectator areas at sports grounds or other recreational areas;**
- Swimming pool complexes;
- Railway platforms, light rail stops, light rail stations, bus stops, taxi ranks and ferry wharves;
- Within four metres of a pedestrian access point to a public building.

A penalty notice (Penalty: \$110.00) upon any person who fails to comply with the terms of any such notice.

Insurance

All registered athletes are covered by insurance taken out by Little Athletics Australia.

Parent volunteers must sign the sign on sheet which is located at the announcers desk to be 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.

Lost Property

Our lost property collection can be found at the canteen. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Tallawong Park LAC will endeavor to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Objective

The objective of the Centre is to provide the opportunity for families to participate in Athletics, so that children gain the benefits of:

1. Regular Exercise
2. Having Fun
3. Learning New Skills
4. Making New Friends
5. Improving Athletic Performances and Ability

Procedures

Complaints

If Parents have any concerns or complaints please follow these options

1. On the night please approach the member protection grievance officer (Una Hopkins).
2. Please forward them in writing to the grievance officer at grievance@tallawongparkla.org.au

Rules of Competition

Object

The object of these rules shall be to set down the requirements for competition for all meetings conducted by the Association or on behalf of the Association. All such meetings are to be conducted under the rules as set down in the I.A.A.F. handbook or as otherwise stated in the following paragraphs.

Attire

All athletes competing in Association meetings must be registered with the Association and shall compete in centre approved uniform as notified to the Association each year. Shirt/Singlet must at all times be tucked inside running shorts when on the area of competition, otherwise the athlete may face disqualification. Appropriate running shoes **MUST BE WORN** to all events.

Footware

Athlete's competing in U6, U7, U8 U9 and U10 age groups shall **not wear spiked shoes**.

Spiked shoes may be worn in the 100m, 200m, 400m, Hurdle races, Long Jump, Triple Jump, High Jump and Javelin in U11, U12, U13, U14, U15 and U17 age groups.

Due to council rules, spikes are no longer allowed on synthetic grass on long jump run ups.

All spikes must be put on at the event and removed immediately after completion of event, before leaving the field as it is dangerous to wear spikes outside the field and a point's penalty can be imposed.

Starting Blocks

Starting Blocks may be used at the discretion of the competitor for age groups 11 and older.

Code of Conduct

The implementation of the warning system has been successful over the years and we will keep it going.

The system is as follows:-

1. Verbal Warning – athletes will be warned verbally about their behaviour and this will be recorded.
2. Yellow Card – this will indicate the need for a second warning. Further incidents may lead to exclusion from an event. This will also be recorded by the Age Manager.
3. Red Card – this will result in the athlete being asked to leave the event and return to the parent(s). The Age Manager will report this to the Club President who will then consult with the parents about the possibility of the athlete returning for subsequent events for that night.

It is hope that this system runs smoothly and we expect the parents to make sure that their child(ren) are on their best behaviour at all times.

Guidelines

Judging and Marshalling

Judging the Events

Normally with a full compliment of Judges, each Judge is permitted one report per athlete. If a child receives 3 reports from three different Judges they will be disqualified. However, at Centre level we have a shortage of Judges, so our Judge has been empowered to give up to 3 reports per athlete and may disqualify any child not competing in their event correctly due to technique to perform the event. This is not meant to be hard on the children; it is more to show them their error so that they do not suffer the embarrassment of being disqualified when they compete elsewhere. Other Carnivals have full compliments of Judges and they are extremely strict. If we do not disqualify at Centre our children will never learn from their mistakes.

The athlete shall be notified of disqualification immediately after the event is concluded.

Under U9 to U12 are given verbal warnings and Under U13 to U17 are given card warnings.

IF YOU DO NOT INTEND TO COMPETE IN THIS EVENT PROPERLY PLEASE SIT THE EVENT OUT

MARSHALLING AREAS

All Track Events: Report to the Age Manager in the vicinity of the main entry gate to the oval. All children will be put into heats by their Age Manager.

All Field Events: Report to the Age Manager when your event is called in the vicinity of the main entry gate.

Please Note: At the time of printing this booklet all information is published as correct, however, changes may be made at the discretion of the committee due to unforeseen circumstances.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. Tallawong Park LAC is in the West Metropolitan Zone. The other centres in the West Metropolitan Zone are Blacktown, Doonside, Lethbridge Park, Michinbury, Mt Druitt, Prospect and Quakers Hill.

The West Metropolitan Zone is part of Region 6.

Zone Championships - 9th – 11th December 2016

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 West Metropolitan Zone. The Zone Championships are conducted at the Blacktown International Sports Park.

Regional Championships - 17th – 19th of February 2017

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in 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 are conducted at the Blacktown International Sports Park.

State Championships

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.

Please Note: for 1 week in December 2015 Friday night competition will be changed to a Wednesday night due to Zone Championships.

- **Wednesday 9th December instead of Friday 11th December 2015 (Zone).**
It is also possible that we will hold an additional Wednesday night competition before the Regional Carnival (Wednesday February 9th 2016). A decision closer to the date will be made and all families notified.

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

State Relay Championships 21st—22nd November 2005

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. Tallawong Park LAC will select teams to compete at this event.

State Multi-Event Championships - 5th – 6th March 2016

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.

Gala Days

Throughout the season other centres often host Gala Days and other special events, to which registered Little Athletes from other centres are invited.

For more information about these events please visit the LANSW website littleathletics.com.au

Championships & Carnivals

Interclub Challenge

The Interclub Challenge is held between Tallawong Park and Prospect Little Athletics clubs where points are allocated for finishing places in each event with the overall winner accumulating the most points awarded winner of the challenge. The challenge started in the 2010/2011 season, to help create team spirit and has created a fierce rivalry between the two clubs.

The challenge will not be held this season.

Centre Championships

This will be held on Sunday 26th February 2016, with a back up date in case of wet weather or any other reason, of Sunday 12th March 2016 to be held at Tallawong Park.

All registered Athletes ages U6 to U12 of the Centre are permitted to enter four events of their choice and Athletes U13 to U17 can enter up to 6 events from their respective age groups on Championship Day. We also run events for our Tiny Tots on the day.

Athletes Results

All athletes can view there results on the clubs web site www.tallawongparkla.org.au The results are usually published over the weekend following the Friday night competition.

By logging on and checking your results you will not only be able to see how you are progressing throughout the season you will also be able to check your information is correct.

Accessing Results

To access your results following these simple steps.

- Log onto the clubs web site www.tallawongparkla.org.au
- At the top of the home page Click on Results
- Click on My Results
- Enter your registration number (the number on your singlet)
- Enter your birthday day and month
- Click on Get Results
- Select date
- Athletes results are now displayed

Know your Field Events

SHOT PUT

The shot is a round metal ball. The shot must be put from within the circle and land within the radii of the 40 degrees angle. When the trial is completed the athlete must leave from the REAR OF THE CIRCLE. This shot is held in the fingers and placed under the jaw line in front of the ear and is pushed from this position with a straight arm. Throwing is not allowed (i.e. dropping the arm and hand behind the shoulder).

DISCUS

The discus is a platelike disc. The disc must be thrown from within the circle and land with the radii. On completion of the trial the competitor must leave from the RAR OF THE CIRCLE. To grip the disc, place it on the palm of the hand with the first joint of each finger closing over the rim. The thumb just supports the disc. Keep the index finger and the second finger close together, for they are the "power" fingers.

DON'T GO AND COLLECT THE SHOT OR DISCUS YOURSELF OR YOU WILL BE FOULED

HIGH JUMP

The athlete's task is to run up from the approach area and jump over a crossbar between rigid uprights. The crossbar is raised after each round and competitors remain in the competition until eliminated by three (3) consecutive failures. The athlete must take off from one (1) foot only (i.e. no dives or somersaults). Popular styles are Scissors, Straddle and Fosbury Flop. The Fosbury Flop is the most efficient and certainly the most enjoyable for Little Athletics. Under 9 age group must use the scissor style. This will be shown to all athletes at the start of the season.

LONG JUMP

This is exactly what it says – "Jump Long". It consists of three phases

1. Run up
2. Take off within the sandbox or behind the foul line
3. Land in the pit

It is foul to touch the ground on either side of the pit. The important things are speed in the run up and height in the take off. The distance of the jump is measured from the front of the toe in the take off box to the back of the heel or the closest mark to the take off point in the sand. Don't fall backwards.

TRIPLE JUMP

Long Jump rules apply for the run up, initial take off, landing and measuring of Triple Jump. Additional rules involve the hop, step and jump section. For the hop, the competitor must land on the foot from which he/she first took off. For the step, the competitor must land on the other foot. It is counted a foul if the competitor touches the ground with his sleeping leg at any point during the triple jump action. Keep the hop low and not too long.

JAVELIN

The Javelin is a 'spear' like implement. The Javelin must be thrown (not slung or hurled) from within the run up area and before the throwing arc. In order for a throw to be deemed 'fair' the tip of the head must strike the ground before any other part of the Javelin, within the landing area. The athlete must then wait till the Javelin has touched the ground before leaving the runway completely behind the throwing arc. The Javelin must be held at the cord grip in a "V", 1st finger or 2nd finger style grip.

Know your Track Events

The following is an excerpt of a memo from LAANSW:

“On the command SET all competitors shall at once and without delay assume their final SET position. Athletes may, where permitted by ground regulations, use a ‘standing start’ for all track events. Where a ‘standing start’ is used, an athlete who, immediately after the ‘Set’ command, moves either of their feet to take up their final starting position, shall be deemed to have complied with the rules of starting. Any competitor making a false start must be warned. This is affected by the marksman, with the raising of a yellow flag above the competitor. (In the absence of a marksman the Starter will warn.) If a competitor is responsible for two (2) false starts or three (3) in the case of combined events that competitor shall be disqualified. If the Starter is of the opinion that the start was not a fair one the Starter shall recall the competitors with a shot. In practice, when one or more competitors make a false start, others are inclined to follow and strictly speaking any competitor who does so has also made a false start. The Starter should warn only such competitors who in his/her opinion were responsible for the false start. If the unfair start is not due to any competitor, no warning shall be given.

STRAIGHT TRACK

Athletes on starters signal, run from start through finish remaining in the same lane at all times. Then they will be given a time and place ticket. Events usually conducted on the straight track are 50m, 70m, &100m. When crossing the finish line remember to run hard through it. Judging is based on the TORSO so arms, legs, head etc don't count. Remember don't look sideways or behind you - someone will go past you when you do - and this also slows you down.

CIRCULAR TRACK

Staggered starts are where lanes are graded out, such that you remain in your lane, but cover the same distance. The child starting in the outside lane appears to have a shorter distance to run than the child on the inside lane, however, the outside perimeter of the field is longer than the inside, and all children in fact, run the same distance. Children should be encouraged to get used to running in all lanes at various times during the season so that they do not develop a liking for any one lane which they may no get at Zone.

Pack starts are where you start across curved lines and run to an inside lane as soon as practicable. One variance to this is the 800m where you start in lanes but at a given point can cross to the inside lane. Distance of events will determine the starting area, but the finish line remains the same. (At Centre level the 800m is conducted as a pack start.)

HURDLES

Hurdles are obstacles on the track that the competitor must jump whilst racing. The hurdle when jumped from the correct direction is constructed so that when knocked will simply tumble and not hurt or interfere with the athletes’ progress. This is a sprint event, so don't jump too high. Keep the head level all the way by leaning forward at each jump. There is no penalty for knocking over hurdles. (60m, 80m, 90m, 100m, 200m)

WALKING EVENTS

RACE WALKING IS DEFINED AS:

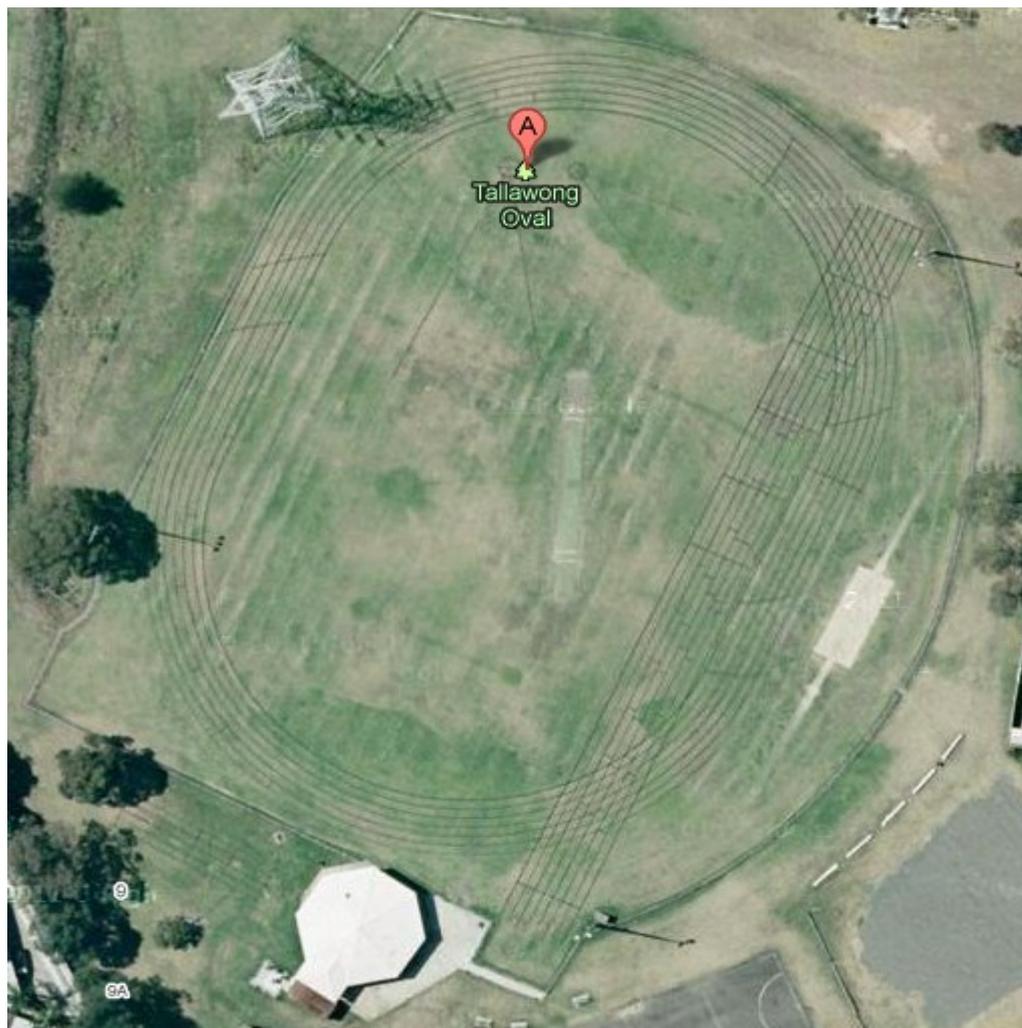
“A progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.”

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	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	X	X				
80m Hurdle								X	Girls		
90m Hurdle									Boys	Girls	
100m Hurdle										Boys	Girls
100m Hurdle											Boys
200m Hurdle								X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X
High Jump				Scissor	X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X
Shot Put	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)
Discus	350g	350g	500g	500g	500g	750g	750g	750g (G) 1kg (B)	1kg	1kg	1kg (G) 1.5kg (B)
Javelin						400g	400g	400g (G) 600g (B)	400g (G) 600g (B)	500g (G) 700g (B)	500g (G) 700g (B)

Tiny Tots - Play training activities and modified games.

Map of our Ground



Centre Uniform & Placement of Patches



Points Structure

Orientation Days

At the beginning of the season we conduct one orientation day whereby no times or distances are recorded in the centre system. No points are awarded to the athletes and attendance at these orientation days is included in the attendance calculations for the season.

Tiny Tots

Tiny Tots participate in play training activities only.

Measured And Timed Events

The aim of our centre's point score is to encourage all athletes to improve their own personal best efforts. TPLA award points for winning and personal best efforts. The number of points awarded is dependent upon the level of improvement attained. Points are awarded on the following basis:

Centre Friday Evenings

Athletes will receive 1 point for starting an event and the top eight places will receive 10, 8, 6, 5, 4, 3, 2, 1 points per event. Athletes will receive 1 bonus point for equalling a PB (Personal Best) and 2 bonus points for a new PB (Personal Best).

All athletes will receive a minimum of 1 point per event.

Zone Championships

Athletes in Finals will receive 8, 7, 6, 5, 4, 3, 2 and 1 point for the final 8. All athletes will receive 5 points for attendance.

Region Championships

Athletes in Finals will receive 12, 11, 10, 9, 8, 7, 6 and 5 points for the final 8. All athletes will receive 10 points for attendance.

Please Note: Bonus points for U7 & U8 will not be awarded at Zone due to U6 not competing at Zone, bonus points for U8 will not be awarded at Region due to U6 & U7 not competing at Region, bonus points are calculated towards Junior Champion which is for athletes U6 to U8.

State Championships

Athletes in Finals will receive 16, 15, 14, 13, 12, 11, 10 and 9 points for the final 8. All athletes will receive 15 points for attendance.

These are the recognised placing's from all these Championships.

Presentation Day

Our presentation day will be provided during the season and will be posted on our website and on Facebook. An invitation will be emailed to all families. More information on the web site and via Facebook. An invitation will be sent to all families.

End of Season Awards

To be eligible for a trophy, athletes must have completed 50% attendance for the season. This is to encourage children who can only attend alternate Friday nights due to family commitments. Should athletes not return after the Christmas break they will only receive a medal. If there is a good reason including injuries for this please notify the President as soon as possible. To be eligible for Age Champion, runner up or Most Improved awards, athletes must participate in 50% of events.

Age Champion

One boy and one girl in each Age Group with the highest total of points accumulated (according to the points allocation system explained page 14) shall be Age Champion. The next highest total will be runner up to the Age Champion.

Most Improved Awards

Athletes are awarded a point for each event they improve their times, jumps and throws in. One boy and girls in each age group who achieves the highest points are awarded these trophies (age champion and runner up are not eligible).

Encouragement Awards

These will be presented to all athletes who have achieved at least 50% of the season and have come back after Christmas.

Participation Awards

All other athletes who attend less than 50% will be awarded a medal for participation during the season. You must be present at the presentation to receive this award.

Senior, Intermediate and Junior Centre Champion—Boy & Girl

The awards go to the athletes who best benefit the title. The boy and girl who achieve the highest overall points for the season will be our Centre Champions.

Junior - U6 to U8

Intermediate - U9 to U12

Senior – U13 to U17

Champion of Championship Day

This is awarded to the athlete who averages the most points per event based on the LANSW multi point system, to be eligible for this award an athlete must compete in the maximum events on offer, U6 to U12 - 4 events, U13 to U17 - 6 events

Club Most Improved Award

This is awarded to the athlete who averages the most personal best points throughout the whole season.

10 Year Service

Athletes who compete for a continuous 10 years at the club will receive this award. Athletes will also receive a certificate from LANSW for 10 years service.

Some Other Frequently Asked Questions

- **Do we need special shoes?**

Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m Hurdles) long jump, high jump Javelin and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally only 10-15% of athletes at our centre use them.

- **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?**

Training is now part of the weekly program. Each age group receives one session of training every two weeks.

- **What happens if it rains?**

Please refer to page 4 of our handbook or visit our website Tallawongparkla.org.au

- **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. Tallawong Park Little Athletics also have qualified coaches who teach correct techniques on a Friday night.

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

You can contact any of the committee members at any time via the contact details page.

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at Tallawong Park LAC or contact Little Athletics NSW via their website littleathletics.com.au

Tallawong Park Little Athletics Code of Conduct

Tallawong Park Little Athletics Club members, volunteers and staff are committed to the mission of the organisation to provide recreational activities including sports, arts and life-skills that provide young people with the chance to lead and enjoy a good life.

In participating in our programs or activities, our members, volunteers and staff are entitled to expect a safe environment and agree:

- To **respect** the rights, dignity and property of other members, volunteers, staff and other participants in activities, including their feelings, opinions and personal space;
- To **not abuse or harass** others, physically or psychologically, or place them in danger, or treat them in a discriminatory way, or take advantage of them;
- To be patient and considerate of others, and to respect their **privacy**;
- To help the organisation provide a **safe environment, safe equipment, and safe activities**, and to report breakages and malfunctions;
- To follow the organisation's **rules and policies** and **reasonable directions** of staff or supervisors; and
- To **report problems** or behaviour that put them or others at risk of harm or abuse.



CODES OF CONDUCT

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.

Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, always follow the appropriate procedure/s in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.

PENALTIES FOR BREACHES OF CODES OF BEHAVIOUR

The principles of natural justice will be observed when making decisions on breaches of the Codes of Conduct and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Conduct that occur at events conducted by the LANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management and could include banning families from future participation in the sport.



BEHAVIOURAL GUIDELINES

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

These Behavioural Guidelines aim to give everyone a guide to what is expected of them if they are part of Little Athletics, be it participating, volunteering or standing on the sideline cheering for their child, relative or friend. The guidelines set down what is an acceptable standard of conduct and behaviour and reflect the principles upon which Little Athletics is based.

Acceptance of, and compliance with these guidelines will ensure that Little Athletes will develop good sporting behaviours and be an enjoyable sporting experience, encouraging them to remain involved in sport or otherwise be active throughout their lives.

We ask that everyone take the time to read the guidelines and make a personal commitment to always behave in accordance

Athletes

1. Compete according to the rules.
2. Work equally hard for yourself and/or your Centre.
3. Always address officials in a polite manner.
4. Be a good sport. Acknowledge all good results, whether they are made by your Centre or friends or an athlete from another Centre.
5. Only cheer good performances, not when other competitors make an error or don't perform well.
6. Treat other competitors with respect.
7. Do not act smart or 'cocky'.
8. Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
9. Cooperate with your coach, Centre-mates and other competitors. Without them there would be no competition.
10. Participate for your own enjoyment and benefit, not just to please parents and coaches.
11. Remember that all that is ever requested of you is to

BE YOUR BEST.

Parents, Relatives & Spectators

1. Remember that young people are involved in Little Athletics for their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on the child's efforts and performance rather than winning or losing.
4. Encourage athletes to always participate according to the rules.
5. Applaud good performances and efforts from all competitors.
6. Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
7. Recognise the value and importance of being a volunteer.
8. Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for your child's involvement and enjoyment.
9. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.



BEHAVIOURAL GUIDELINES

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)



Officials

1. Officiate according to the rules and where subjective judgment is necessary decide on the basis of what is fair to all athletes. Be impartial.
2. Be consistent, objective and courteous when making decisions.
3. Avoid any situation which may be perceived as a conflict of interest.
4. Accept responsibility for all actions taken. If you make a mistake, admit it.
5. Condemn unsporting behaviour and promote respect for all competitors.
6. Emphasise the spirit of the competition rather than the errors. Do not 'over officiate'.
7. Ensure that your behaviour and comments are always positive and supportive.
8. Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
9. Place the safety and welfare of the athletes above all else.



Coaches

1. Remember that young people participate for fun and enjoyment and winning is only part of their motivation.
2. Be reasonable in your demands on the young athlete's time, energy and enthusiasm.
3. Operate within the rules and spirit of Little Athletics and teach your athletes to do the same.
4. Ensure that the time athletes spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
5. Avoid over-attention to the talented athletes; the 'just-average' need and deserve equal time.
6. Ensure that equipment and facilities meet relevant safety standards and are appropriate to the age and ability of all athletes.
7. Display control, respect and professionalism to all involved with Little Athletics. Encourage athletes to do the same.
8. Explain to athletes and their parents what you are aiming to achieve and why.
9. Show concern and caution toward sick and injured athletes. Follow medical advice when determining whether an injured athlete is ready to recommence training and competition.
10. Obtain suitable qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.

Administrators

1. Ensure all young people have equal opportunities for participation.
2. Ensure that rules and equipment are modified to suit the age, ability and maturity level of athletes and that equipment and facilities are safe.
3. Provide quality supervision and instruction.
4. Be fair, considerate and honest in all dealings.
5. Resolve conflicts fairly and promptly through established procedures.
6. Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
7. Support the efforts of coaches and officials and help improve the standards of coaching and officiating.
8. Involve, where appropriate, members in planning, leadership, evaluation and decision making related to the actual activity.
9. Ensure that everyone involved in Little Athletics emphasises 'fair play' and not winning at all costs.
10. Develop Codes of Conduct and Behavioural Guidelines and encourage everyone to follow them.
11. Make it clear that abusing young people in any way is unacceptable and will result in reporting and appropriate disciplinary action.

