



BRACKEN RIDGE BRANCH LITTLE ATHLETICS CENTRE

2016 - 2017

SIGN ON HANDBOOK

Jetstar 



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1 CENTRE OPERATION

1.1 What is Little Athletics?

Little Athletics is a national organisation catering for over 100,000 children across Australia. It is based on the philosophy of **Family, Fun and Fitness** and encourages family involvement.

In Little Athletics we perform many of the same events that mature athletes do - but with minor modifications to keep it safe and to allow children of varied ages and ability to compete with high levels of personal achievement. Our Centre aims to allow young kids 'to enjoy athletics'.

1.2 How does it run?

The children are arranged in age/gender groups depending upon numbers. For time efficiency the groups are spread across the event areas and move from event to event in turn after the whole group has completed their event.

Parents man each event area and complete the measuring and recording tasks. After the assigned events for that age group have been completed optional grouped long-distance track and field events are available before the night is complete.

1.3 Weekly Program

The total program covers both track and field events. Each week four/five events are planned on a rotational basis so that at the end of the cycle the total program has been completed by all age groups. Events may be either added or deleted at the discretion of the Centre committee.

Please complete the Athlete Absentee Register if athletes are sick, injured or on holidays.

An athlete warm-up commences at 6.00pm with announcements taking place immediately after. Warm-ups take typically ten minutes at the commencement of the program and all athletes must participate.

1.4 Age Groups

The age divisions in Little Athletics are determined by rulings on a state basis and the child remains in that group for the whole of the season. Our Centre runs U6 to U17 age groups. For example, if a child is 9 before or on 30 September then that child will be in the Under 10 age group all season. If the child is 9 on 1 October or later then he/she is in the Under 9 age group.

1.5 Proof of Age

We require proof of age to be supplied at time of registration. A birth certificate, baptism certificate or baby clinic card is sufficient proof of age.

1.6 Participation

We prefer all athletes to attempt all the events offered, unless there is a valid reason for not doing so. We will not force any competitor to undertake any event, but our philosophy of competition is to face up to those events where confidence is lacking or where winning is not guaranteed.

1.7 Behaviour

Little Athletics is not a weekly period for nuisance behaviour. Inappropriate behaviour spoils the time for everyone and will be penalised. Age marshalls carry a yellow inappropriate behaviour reporting sheet.

1.8 Parental Assistance

To smoothly run a normal program of athletics events, around **80 parents** are needed each and every competition night. Their tasks are easy to learn and perform and require no previous experience or athletic knowledge.

Coaches and judges will be available for clarification and to perform the more specialised event tasks, such as ruling on fouls or technique advice.

The following parent helpers are needed:

1.8.1 Age Marshalls

This task is to accompany a specific age group for the evening, guiding the children from event to event. We have laundry baskets to aid in carrying water bottles, jackets and shoes.

Age marshalls complete the field event record sheet and write out the competitor's individual performance ticket.

The field event sheet and folder must be returned to the Records Officer at the end of the evening.

1.8.2 Field Event Assistants

General help is needed at most field events to allow the events to run smoothly. These assistant tasks include 'spiking' the throw or jump landing to allow measurement by the event judge, returning the thrown item to the next thrower and raking the sand pit smoothly for the next jumper.

There will be event judges to run these events and to guide the assistants.

1.8.3 Track Event Assistants

Every competitor is given a time for individual track events so time keepers and place judges are needed each week. The track event tasks include performing timekeeping using the available stopwatches, placing competitors into finishing order to receive performance tickets and writing out athlete performances on to track sheets.

1.8.4 Parent Roster

A roster levy is paid upon registration of athlete. The roster levy will be refundable at the end of the season if parents/guardians complete **half of the total number of competition nights scheduled for the 2015/2016 season**. It is a requirement that you **MUST** complete a portion of your roster **BEFORE** the Christmas break (if you sign-on before Christmas) and a portion **AFTER** the Christmas break. Scheduled Competition nights are adjusted depending on the date of athlete registration and/or cancelation of competition nights beyond the Centre's control. E.g. rain. **If the required number of roster commitments are not fulfilled, you will forfeit your roster refund and your child WILL NOT be eligible to receive a trophy at the end of the season.**

****Please ensure that your name is recorded by the Officials/Roster Officer on the night that you work. Your signature on the roster sign-on sheet will guarantee you are credited with all the rosters you have completed.**

1.9 Uniforms

Children representing Bracken Ridge must wear the correct uniform and of the correct colour. Polo shirts (same for boys and girls), shorts and bike pants are available for purchase at the centre. **Board shorts or any other shorts other than the official uniform are not to be worn and athletes can be penalised for this. If compression garments are worn they must be royal blue or plain black.** Upon full registration each child receives a registration number which is to be attached to the front centre of the polo shirt and an age label which is to be attached in the form of a pocket (to hold the performance tickets) to the left sleeve of the polo shirt. The Jetstar patch is to be stitched onto the right front chest of the polo shirt.

Stitch cloth registration number to shirt front.



To hold performance tickets, stitch vinyl age label on 3 sides to form a pocket, leaving the top side open.

1.10 Footwear

It is compulsory for athletes to wear footwear in all events:

Only Under 11 to Under 17 athletes are permitted to wear spikes:

- ◆ Competitors in the U6 - U10 age groups may not wear spike shoes.
- ◆ U11 - U12 athletes may wear spike shoes in all laned track events, jumping events and javelin.
- ◆ U13 - U17 athletes may wear spike shoes in all track events (excluding walks) and for jumping events and javelin.

Spikes must be carried to the event area and put on only at the **START** of the event. They must be removed immediately after completion of the event.

Under 10's and lower are not permitted to wear spike shoes even with the spikes blunted, removed or blank spikes substituted.

Sandshoes / Waffles must be worn at all other times (e.g from event to event). **No thongs or slides** are allowed.

1.11 Keeping in Touch

- Committee
 - please feel free to approach us with your queries and any comments or suggestions which may improve our centre.
- Noticeboard
 - each week special items of interest will be placed on a noticeboard at the centre.
 - ALL carnivals throughout the season are advertised on the noticeboard as well as the nomination forms for these carnivals
- Newsletters
 - Throughout the season a newsletter is produced and emailed to parents and families who have provided their email addresses. There are limited copies printed, however one copy will be displayed on the noticeboard and extra copies will be available from the front desk.
- Web Site
 - There is lots of interesting information on our web site. **www.brackenridgela.asn.au**
 - Facebook

1.12 Smoking

LAQ regulations state that smoking is not permitted on or around the arena. The designated smoking areas are the car parks. We ask that you think of the children competing!

1.13 Canteen

The canteen operates as a service to you and is run by volunteer parents just like you. We offer an assortment of hot food, cold drinks, some lollies and crisps. The coffee van is present most Friday nights. Times of operation for the canteen are 5:45 pm till 8:45 pm approximately.

1.14 Committee

The Centre is coordinated by a group of **volunteer** parents who basically ensure the nights run smoothly, together with the rostered parental help. They meet once per month midweek to discuss season progress and to handle the next month's affairs.

1.14.1 Committee Positions and Responsibilities

The Committee positions and responsibilities include:

Centre Manager - coordinates committee involvement

Assistant Centre Manager - assists in all areas and assumes Centre Manager position if he/she is not available.

Treasurer - looks after our financial affairs

Secretary - takes care of centre correspondence and meeting minutes

Officials Officer - organises officials accreditations and ensures judges are available

Roster Officer - arranges parent roster

Registrar - takes care of athlete registrations and details

Coaching Co-ordinator - takes warm ups and midweek coaching sessions

Arena Manager - ensures competition night runs smoothly

PR/Fundraising Officer - responsible for public relations issues & organises raffles etc

Equipment/Grounds Officer - organises field marking, mowing and equipment maintenance

Nominations Officer - responsible for submitting athletes nominations for carnivals

Uniforms Officer - coordinates purchases and sale of centre uniforms

Records Officer(s) - keeps master records of athlete weekly performances

Program Officer - coordinates weekly program and rotation

Canteen Co-ordinator - manages canteen operation

Team Managers - looks after athletes at carnivals

General Members - no official position but a good way to get involved.

1.15 To the Parents

1.15.1 Common parent concerns:

"My child has just joined Little Athletics and he/she's worried about not being as technically skilled in some events as the other athletes".

This situation can commonly occur in the field events, where various levels of techniques can be used and the more difficult technique usually gets the best performance. All children can feel uneasy here. We try to emphasise that the individual effort and goals are what each competitor should strive for. Some of the skills can take years to master properly. Encourage your child to watch the basic movements of the better athletes.

"It's a bit rainy looking - I wonder if Little Athletics will be on"

We have developed a simplified program for wet weather, where the competition is safe but still damp. Competition will cease if it is pouring or lightning is around.

"We've missed a few weeks - maybe our children have fallen too far behind the rest of the athletes to go back"

It only takes a few minutes for most children to feel comfortable again. Again they should try to concentrate on their own personal levels, and not dwell on those of other athletes.

"I've forgotten what someone said about such-and-such"

Most committee members know generally what's going on and how to do things. Just approach them. They were first timers once too. Their phone numbers are in the Yearbook.

1.15.2 Things we'd like the parents to remember

- Smile when helping on roster - it helps everyone (you included) enjoy the day better
- Help your child fill out their performance book and discuss their progress - they appreciate it
- Compliment your child when they've put in a good effort
- Nominate early for other carnivals - closing dates are often final and can easily slip by
- Try to get your child to understand that poor behaviour from them ruins the day for everyone else as well
- Encourage your child when competing at other carnivals to have a go in all events available to them. It only costs a little more, the day passes quicker and personal bests are regularly attained
- Aim to be at carnivals well before their event is scheduled
- Place names on removable clothing items, especially hats
- Check the noticeboard, facebook, website and listen to announcements each week for news and upcoming competitions

1.16 To the Children

1.16.1 Common Child Concerns

"I can't throw or jump as well as some of the other children in my age group - it's hopeless trying to match them"

Some of the events do require skills which may take a lot of time, practice and effort to perform well. Children should try to be patient and steadily improve their own performance levels, and not so much on purely beating someone else's. Try and learn from the better athletes.

1.16.2 Things we'd like the children to remember:

- Respect all other athletes' performances - whether excellent or average
- Competition at other Centres or meetings can bring out personal bests
- Watch the technique of the better athletes and learn from them
- Listen to the coaches who offer help on technique correction
- Ensure your track event performances are recorded after you receive your ticket (field event recording is done for you)
- Keep your performance book up-to-date – it's easier to review your progress against the levels you are aiming for
- Be a good sport at all times
- Don't make excuses when someone outperforms you
- Treat the helping parents with respect and courtesy - without them your night may be ruined

2 SPECIAL COMPETITIONS

There are other competitions during the season which athletes can compete in for a moderate cost per event or per athlete. Participation is *not* compulsory at any, however we may have to ask individually for participation at Regional Relay Championships to fill our teams (otherwise the rest of the team cannot compete).

2.1 Regional Carnivals

There are two large carnivals where our Centre competes against the other seven centres in our region (the LAQ Metropolitan North Region) - the Regional Relay Championships and the two-day Regional Championships.

2.1.1 Regional Relay Championships (November)

This carnival is the only meeting where athletes compete in teams. Each team consists of either 4 athletes for track events or 2 athletes for field events. The team result is the combination of all members of that team. Those teams finishing 1st, 2nd or 3rd qualify to compete at State Relay Championships held at the QSAC track, Nathan, Brisbane where the equivalent successful teams from the other State Regions compete together. The events involved are:

- Track: 4x70m, 4x100m, 4x200m, 4xmedley - depending upon age group
- Field: discus, shot put, long jump, high jump.

2.1.2 Regional Individual Championships (February)

This meeting is where competitors can choose up to five events to compete in and individual performances are recorded. All available events are open for entry. Competitors finishing 1, 2, 3 and 4 (or reach the State Qualifying level) qualify to compete at the State Championships held at QSAC, Nathan, Brisbane (or North Queensland every four years) track, where the equivalent successful athletes from the other State Regions compete together.

2.2 Other Carnivals

Special days are held throughout the season for specific age groups to compete in nominated events against similarly aged athletes from the other Centres. There is no qualifying standard entry for these carnivals, just a submitted nomination with payment. A multi-event meeting (Pentathlon) is included. Throughout the season various centres hold their own carnivals. Carnival entry forms are available from the noticeboard.

Athletes who compete at recognised LAQ meetings, for Bracken Ridge Little Athletics Centre (in Centre uniform) can present their performance tickets to the centre Records Officer for inclusion on their personal record sheet. These will be taken into consideration when assessing levels for trophies. Relay days are not included as they are team events. National, International & School competition results are not considered.

3 PERFORMANCE LEVELS

One of our centre's aims is to improve the athletic performance of all of our members and to provide some incentive for children to strive to achieve. Rather than emphasise winning, we prefer to reward striving for accepted performance standards.

At Bracken Ridge we recognise five graded levels of performance:

GREY	represents participation with only a moderate level of athleticism
GREEN	represents a standard that can be achieved by about 80% of athletes
RED	a good standard of performance attained by about 50-60% of athletes
BLUE	a level that is achieved by about 15-20% of athletes and is a very good standard
GOLD	a level set at exactly halfway between the Blue level and the Australian Little Athletics record for the particular event (this is an excellent standard indeed achieved by top 3 – 5% of athletes) – U9 to U17 only. The Gold performance must be achieved twice but cannot be performed in the same event at the same carnival e.g. heat & final

The LAQ issues a performance ticket record book, and boys (blue) and girls (pink) green/red/blue McDonalds performance levels chart for all age groups and all events. The applicable one is issued to all children at the beginning of the season. Each event has its own graded levels of performance, so a child could, say, be at different levels in different events (this actually is the most common case).

It is important to keep your performance record book up to date in order to check your current level and as a means of determining which events could be improved to attain a higher achievement level.

4 TROPHIES

4.1 Eligibility

At the end of each season we hold a trophy presentation. **All eligible athletes will receive a trophy**, coloured and sized based upon a season performance assessment.

(To be eligible an athlete must attend a minimum of 60% of centre competition meets both before and after the mid-season break, excepting sickness and family holidays.) Parents must also meet their roster requirements for their child's trophy eligibility (see page 4, section 1.8.4)

4.2 Size and Colour

The performance assessment works as follows:

- the 'colour' of the trophy is determined using the McDonalds cards. To attain that colour the athlete must have achieved that level twice in that event.
- the 'size' of the trophy is determined by the number of events in which the athlete has twice exceeded the above colour performance level - a small trophy for the minimum two events and a large trophy for five events,

Example 1 - if the athlete has bettered red level in only one event but has done it five times, with all other performances of green level, then the trophy level is 'large green' because the red level was not attained in two events and green level was achieved in five events

Example 2 - if the athlete has bettered red level in two events but only twice in each event, with all other performances of green level, then the trophy level is 'small red'

Example 3 - if the athlete has bettered blue level in one event twice, red level in only one event five times, with all other performances of green level, then the trophy level is 'small red' because the red level was exceeded in two events

Example 4 – if the athlete has bettered gold level in one event twice, blue level in three events five times, then the trophy level is 'small blue' and the additional gold level trophy is awarded

Example 5 – if the athlete has not bettered green level twice in two events then the trophy level is 'small grey' (there is only one grey size).

5 ALCOHOL POLICY

Little Athletics Queensland has a zero tolerance on the consumption of alcohol during any sanctioned event. There will be no sale or consumption of alcohol during the conduct of any Little Athletics activity.

The Little Athletics Queensland Board of Directors shall deem the consumption of alcohol during competitions or activities a breach of the LAQ Code of Conduct and is subjected to disciplinary action.

Where alcohol is consumed at a Little Athletics function, the following measures will be taken:

- Alcohol will not be served to minors
- Alcohol will not be served to any person who is intoxicated
- Low alcohol and non-alcoholic drinks will be available
- Food options will be available when alcohol is served
- Persons who have been drinking will be encouraged to use safe transport options

6 ANIMAL/PET POLICY

Bracken Ridge Little Athletics Centre requests that NO animals/pets are to be brought to the Centre immediately before, during or immediately after Centre Competition and designated training nights. The Centre area includes all track, field and grass areas inside of and up to the timber bollards that surround the facility. The ONLY exception to this request is if the animal and/or pet are a specified 'Service' animal.