

GLENBROOK

LITTLE ATHLETICS



SEASON HANDBOOK

2018/2019

www.glenbrooklac.org

COMMITTEE

All our Committee members, officials, age managers and other helpers are volunteers. The club has no paid employees. It is an enormous but rewarding job to organise the athletic activities for our children for the whole season and run the Saturday competition each week.

The committee, whose members are shown below, meet on the third Wednesday of each month throughout the year. Any member is welcome to attend, please contact the secretary for further details.

COMMITTEE MEMBERS

President	John McKervey
Vice President	Adrian Cusack
Secretary	Claire Webber
Treasurer	Andrew Harris
Registrar	Renae Dixon
Competition Manager	Matt Webb-Johnson
Equipment Officer	Shane Hinchliffe
Grounds Officer	Rick Goehner
Championships Officer	Jon Mills & Taryn Jackson
Results & Records	Bronwyn Jackson
Coaching Coordinator	Stuart Godwin
Canteen Manager	Belinda Hill & Glenn Price
Uniforms Officer	Belinda Allport
Child Protection / Grievances	Wayne Kitching
Publicity Officer	Shannon McKervey
NSW Public Officer	Michael Lee
General Committee	Karen Ali
	Haider Ali
	Danyon Dowton

Communication

At Glenbrook we feel the key to a successful season is through good communication with our members. To achieve this we utilise a number of different ways to communicate with you.

Web site

Our website contains a wealth of information about the centre as well as links to register and other carnival related information. Regular news updates make this one of the most up-to-date news sources of the centre.

Facebook

The Centre also has a Facebook page that is used to provide updates to members.

Team App

The Centre is in the process of setting up a new App for information; many families may use it already for sport or schools

Notice Board

There is a notice board on the wall near the equipment room. Please check the board regularly to keep up to date with what is going on.

PA Announcements

Be alert for announcements made over the public address system during the course of a Saturday morning competition.

E-mail addresses

The club regularly sends emails to families with updates or important information. If you did not put your email address on registration form or details change please let the Registrar know.

Contacting Us

There are a few ways to contact us.

- In Person: The committee are very approachable if you have a question or some feedback, feel free to come up and talk to us.
- By Mail: We still utilise the tried and tested 'snail mail' feel free to write to us at PO Box 110 Blaxland, N.S.W. 2774
- By Email: You can send us an email through the contact us section of our website.

Calendar - 2018/2019 Season

Date	Event	Venue
Sat September 22nd	Competition Day 1	Glenbrook Oval
Sat September 29th	Competition Day 2	Glenbrook Oval
Sat October 6th	Competition Day 3	Glenbrook Oval
Sat October 13th	Competition Day 4	Glenbrook Oval
Sat October 20th	Competition Day 5	Glenbrook Oval
Sat October 27th	Competition Day 6	Glenbrook Oval
Sat November 3rd	Competition Day 7	Glenbrook Oval
Sat November 10th	Competition Day 8	Glenbrook Oval
Sat November 17th	Competition Day 9	Glenbrook Oval
Sat November 24th	Competition Day 10	Glenbrook Oval
Sat December 1st	Competition Day 11	Glenbrook Oval
Sat December 8th	Competition Day 12	Glenbrook Oval
<i>Sat December 15th</i>	<i>W. Ranges Zone Carnival</i>	<i>Glenbrook Oval</i>
<i>Sun December 16th</i>	<i>W. Ranges Zone Carnival</i>	<i>Glenbrook Oval</i>
Sat December 22nd	No Competition	
Sat December 29th	No Competition	
Sat January 5th	No Competition	
Sat January 12th	Competition Day 13	Glenbrook Oval
Sat January 19th	Competition Day 14	Glenbrook Oval
Sat January 26th (Aust Day)	Competition Day 15 TBC	Glenbrook Oval
Sat February 2nd	No Competition	
<i>Sat February 2nd</i>	<i>Region 3 Carnival</i>	<i>Dubbo</i>
<i>Sun February 3rd</i>	<i>Region 3 Carnival</i>	<i>Dubbo</i>
Sat February 9th	Competition Day 16	Glenbrook Oval
Sat February 16th	Competition Day 17	Glenbrook Oval
Sat February 23rd	Competition Day 18	Glenbrook Oval
Sat March 2nd	Competition Day 19	Glenbrook Oval
<i>Sat March 2nd</i>	<i>State Multi Championships</i>	<i>Dubbo</i>
<i>Sun March 3rd</i>	<i>State Multi Championships</i>	<i>Dubbo</i>
Sat March 09 th	Competition Day 20 (last comp)	Glenbrook Oval
<i>Fri March 15th</i>	<i>LANSW State Championships</i>	<i>SOPAC</i>
<i>Sat March 16th</i>	<i>LANSW State Championships</i>	<i>SOPAC</i>
<i>Sun March 17th</i>	<i>LANSW State Championships</i>	<i>SOPAC</i>

Saturday Morning Competition

Program of Events

Our Saturday carnival operates on a 3-week cycle. The athletes are arranged into approx. equal sized groups and with the exception of Tiny Tots, compete in 4 to 6 events each Saturday, over a 3-week cycle compete undertaking all the events once or twice. Our first day of competition is Prog A; the next is Prog B, and so on.

Please be patient in the first few weeks of competition. There are often delays or programming changes until our registration numbers are finalised.

Tiny Tots

In accordance with LANSW policy, Tiny Tots do not compete in events and no results are recorded. Our program for Tiny Tots or 'play training' covers the activities of running, jumping and throwing in a modified form taking into consideration the developmental stages and requirements of young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the Under 6 age group.

Start Time

Competition will begin promptly at 8.15am; if an athlete misses an event due to being late they will not be able to make it up. Please make sure you arrive in sufficient time to read the Notice Boards and prepare properly for the Competition day ahead.

Age Group Management

All the athletes are organised into their age groups and are accompanied around the field to their events by their parent helpers.

Wet Weather/Disruptions

If it has been raining during the week or on Saturday and you are not sure if competition will be on, the club's website/Facebook page and TeamApp will be updated by 7.30am. We have also in recent years been affected by Bushfire activity and dust-storms, you can check these updates anytime. Always assume Comp is on unless otherwise been informed.

Duty Roster and Parental Assistance

Little Athletics is run by ALL the parents for the benefit of ALL the children. It is essential that ALL parents assist in the many activities each Saturday morning while their child is there. Parents are needed every Saturday to act as officials, officials' helpers, timekeepers, BBQ and canteen assistants, equipment return etc.

Parent Attendance

All athletes **MUST** be accompanied by a parent/guardian during Saturday competition. This is especially important if an athlete is injured or if competition is cancelled due to bad weather. If a child is on their own and we cannot contact a parent, unfortunately we are obliged to inform the local Police.

Parent Obligations

Parental assistance is required to complete each Saturday competition. All parents are asked to undertake one of the many roles that are needed to be filled each week.

As well as being essential to the running of the carnival each week, it is also a good way for new parents to get to know other parents, both in their child's age group and throughout the club.

Canteen and Barbeque

The canteen and barbeque are usually manned by one or two Committee Members, assisted by duty rostered parents. Both are open every Saturday morning, and are an important source of funding for the club. Please try to support these activities if you can.

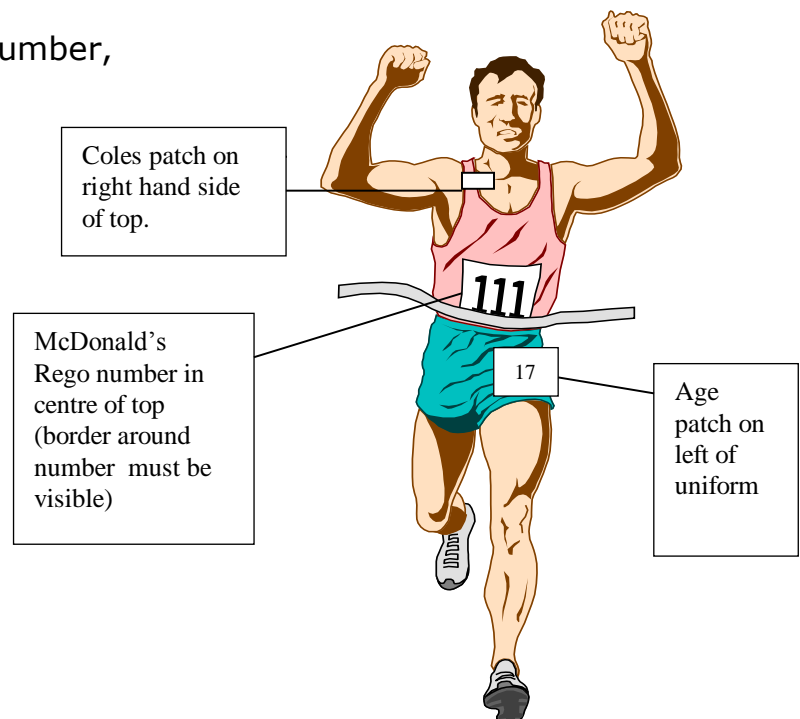
UNIFORM

Uniform, Numbers and Age Patches

Every Tot-U17 athlete must wear a Glenbrook uniform at all Club, Zone, Region and State competitions. This includes the normal Saturday competition. The Glenbrook singlet and crop tops are green with blue trim and feature our logo. The shorts or bike shorts are blue with no logos at all. Uniforms may be purchased every Saturday, see the Uniform Officer. There must not be any markings or advertising material on the uniform, this includes the maker's label.

Every athlete will be issued with:

- An individual registration number,
- An age patch.
- A coles patch.



SAFETY AND OTHER RULES

Running Shoes

Shoes must be worn in all events.

Children in Tiny Tots, U6-U10 age groups may not wear spikes at all. U11 & U12 athletes in jumps events and running events that do not have a pack start may wear spikes (U11 & U12 athletes may wear spikes in Javelin).

U13 –U20 athletes may wear spikes in jumps events, Javelin and all running events. Children wearing spikes must take great care with them.

Spikes must be put on just before each event and taken off immediately on finishing before leaving the track or the event area.

Sun Safety

GLAC recommends that hats should be worn at all times except if the athletes wish to take them off during events. Athletes are allowed to wear hats in all events and, except in the high jump, will not be penalised in any way if they fall off. If an athlete's hat dislodges the bar in the high jump it will be ruled a foul.

Sun block is available for all athletes and parents. It is recommended that T-shirts be worn over singlet or crop tops while not competing. Please ensure your child has a water bottle and encourage plenty of drinks during the morning.

Working with Children

GLAC endorses the LANSW '**Codes of Behaviour**' and '**Codes of Conduct**', including its '**Personal Protection and Intervention Policy**'. Of utmost importance is the safety and well-being of all children and adults. Depending on current legislative requirements we may require a declaration, or background check to be completed.

Any concerns regarding the well-being of a child can be aired verbally to the Centre Child Protection Officer and then must be put in writing addressed to the Centre Secretary.

Pacing

Please let the athletes do it by themselves! Parents **ARE NOT** to run on or alongside the track to urge their children on. This is against the rules of athletic competition and if any records are set under such circumstances they will not be recognised. Please cheer and encourage ALL children, not just your own.

No Smoking

All Blue Mountains City Council facilities have been designated strictly **NO SMOKING** areas, and GLAC will enforce this ruling in order not to be in breach of its oval use agreement.

No Animals

Please leave your pets at home when coming to the Saturday morning competition.

Visiting Athletes and Unregistered Children

Athletes registered with other LANSW centres are welcome to compete with us on Saturday mornings, provided they can show proof of registration with another centre.

Insurance

All registered Little Athletes and parent officials are covered by insurance taken out by Little Athletics Australia

Please report any injury or accident to the Secretary as soon as possible.

COACHING

Athletes will run, jump or throw best if they have the right technique. Children who want to improve their performance levels, should attend our club coaching sessions which are provided free of cost to all registered athletes.

In the first few weeks we encourage athletes of all ages to attend to learn the basics and then U8+ athletes for the remainder of the season.

One of our basic aims is to teach children fundamental skills for each event (as distinct from fitness training).

Each season the club needs more parents to come forward to be trained as Track and Field coaches to ensure that we can provide adequate coaching in all events. Are you interested? Please contact the Coaching Co-Ordinator for more information.

Club Coaching Sessions

Coaching sessions are conducted at Glenbrook Oval on Tuesday and Thursday afternoons starting at 5.30pm during the season by our coaches, subject to their availability. Further information is available on our website.

CHAMPIONSHIPS

Selection Criteria

Whilst Little Athletics is about promoting Family, Fun and Fitness and catering for children of all standards of athletic ability, there is also a program of representative events that provide opportunities for competition against athletes from other centres.

All athletes are eligible to enter LANSW carnivals as long as they are registered with Glenbrook LAC , compete regularly at Saturday morning Comp and their parents are available to assist at the Carnival as parent helpers.

All the representative carnivals are run by volunteers and parents for the athletes. As a condition of entry to these carnivals, each club has an obligation to provide a number of officials or parents on the day of the carnival to assist with the running of the event.

At each carnival it is quite likely that a parent of GLAC athletes competing at the carnival will be required to act as an official or helper for a short time.

Below are details of LANSW carnivals for the 2018/19 Season.

Zone Championships

Glenbrook is in the **Western Ranges Zone** along with Bathurst, Blayney, Cowra, Canowindra, Katoomba, Kurrajong/Bilpin, Lithgow, Oberon, Kandos/Rylstone and Springwood. The Zone Championships are the qualifying stage to progress to the Region and State Championships.

Athletes from the Under 7 age groups and above compete in the full range of events appropriate to the age group. There is also a Junior Relay Team (one athlete from each of the Under 9, 10, 11 and 12 age groups) and a Senior Relay Team (one athlete from each of the Under 13, 14, 15 and 17 age groups) for both boys and girls.

Athletes may not compete in any more than 4 individual events (plus the relay) except for U13-U17 who may enter up to 6 events. A program of events will be released a number of weeks before the closing date for entries to enable decisions to be made as to which events an athlete should contest.

The first 6 placegetters from each event will qualify for the Region Championships. The next 4 best performances in each event from the combined results of all zones in our region will also be invited to compete at the Regional Championships. Additional information on the qualification process is available on the LANSW Website.

Children from the Under 7 age groups do not proceed past Zone level. Medals are awarded to 1st, 2nd and 3rd places from this age group in each event. Depending on the number of entrants for an event heats and finals may be run in track events.

Zone Championships will be held at Glenbrook Oval, 15th & 16th December 2018.

Region Championships

Western Ranges Zone is one of 2 zones in **Region 3**.

The Region Championships for Region 3 is held over one full weekend in February each season. The program and event format is similar to the Zone Championships excluding the Under 7 age groups.

All athletes will receive certificates and the first 3 placegetters receive medals.

The first 2 place getters in each event from the U/9 age group and above will be invited to compete at the State Championships held at the Sydney Olympic Park Athletic Centre (SOPAC) at Homebush in March. The next 8 best performances in each event from the combined results of all regions will also be invited to compete at the State Championships. Additional information on the qualification process is available on the LANSW Website.

The Region Championships will be held at Dubbo Athletic Centre, 2nd & 3rd February 2019

State Championships

The program of events for State Championships is conducted over a Friday night as well as Saturday and Sunday. All finalists in each event receive certificates and the first 3 place getters receive medals.

The level of competition at State Championships is extremely high. It is only the exceptional athletes at their age level who qualify for State.

State Championships will be held at Sydney Olympic Park on Friday night 15th, 16th & 17th March 2019

State Relay Championships

The State Relay Championships, held each November, is a team event where clubs may enter both track relay teams and field relay teams. No athlete may compete in both track and field relay teams.

The first 3 place getters for each event receive medals, all finalists receive certificates.

Place getters in the field relay format are decided on the multi point system where points are allocated based on the result achieved.

Further information will be available closer to the event.

State Multi Event

The State Multi Event Championship is open to athletes in the Under 7 age groups and above and is held over a weekend in early March usually in a regional location.

Athletes take part in 4, 5 or 6 events (depending on the age group) over the 2 days. No finals are run and points are awarded to the athlete depending on the result in accordance with the LANSW multi points table. Placings are awarded based on accumulated points scores.

State Multi will be held at Dubbo on 2nd & 3rd March 2019

State Cross Country & Road Walks

State Cross Country and Road Walks are held annually, these events are now held separately in conjunction with events from Athletics NSW.

Cross Country is open to U7 – U17

Road Walks is open to U9 – U17

State Cross Country & Road Walks this season will be held at TBA

EVENT DETAILS AND RULES OF COMPETITION

The general rules of competition are given in the following pages, and additional information can be found on the LANSW web site: www.lansw.com.au.

Local rules may be applied when the Committee deems practical.

Track Events

The following events are held:

Sprints

50m U6-U7
70m U6-U10
100m U6-U17 ANSW U20
200m U6-U17 ANSW U20

Middle Distance

300m U6
400m U8-U17 ANSW U20
500m U7
700m U8
800m U9-U17 ANSW U20

Distance

1500m U11-U17 ANSW U20
3000m U13-U17 ANSW U20

Hurdles

Age	Distance		
U8-U9	60m	U14B, U15G	90m
U10-U11	60m	U15B-U17G	100m
U12	60m	U17B	110m
U13BG, U14G	80m	U13/U14	200m
		U15/U17/U20	300m

Walks

700m U9
1100m U10-U11
1500m U12-U17 ANSW U20

Race walking is 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.

Judges report competitors who infringe the rules. This may lead to disqualification from the event.

Field Events

Only brief details are provided here; these are not the full rules. If there is uncertainty on how to perform any of these events properly or the rules, please contact a committee member who will provide basic instruction. Please try to ensure that athletes understand the proper rules. Full instructions are also available on the website www.lansw.com.au

Discus

U6-U7	350g
U8-U11	500g
U12-U13	750g
U14-U15, U17G	1kg
U17B,U20	1.5kg

Competitors have up to three throws. The athlete may enter the circle from any direction, but **must** leave from the rear half of the circle after the discus has landed in a controlled manner.

To measure the throws:

- a prong, with the zero end of a measuring tape attached, is placed on the near edge of the imprint mark made by the discus or the marking pin;
- the tape measure is drawn tight through the centre of the throwing ring;
- the distance of the throw is measured at the point where the tape crosses the inner edge of the ring;
- The measurement is made to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

Places are determined by the best performance of all trials.

Shot Put

U6 500g (pink)

U7 1kg (blue)

U8 1.5kg (yellow)

U9-U11, U12 2kg (orange)

U13, U14, U15G, U17G 3kg (white)

U15B 4kg (red)

U17B, U20 5kg (green)

Competitors have up to three throws. Measurement is similar to that described for discus. When a competitor takes a stance in the circle, the shot must be held in one hand touching or in close proximity to the neck or the chin in front of the ear and the hand must not be dropped below this position during the put. The shot must not be taken back behind the line of the shoulders.

No part of the athlete's body or clothing is permitted to touch the outside of the circle or the top of the ring, during the throw. The athlete must not leave the circle until the shot has landed. The athlete may enter the circle from any direction, but must always leave from the rear half of the circle and in a controlled manner.

Javelin

U11 & U12 400g

U13G, U14G 400g

U15G, U17G 500g

U13B, U14B 600g

U15B, U17B, U20 700g

No part of the athlete's body or clothing is permitted to touch beyond the defined throwing line during or after a throw. An athlete must leave the throwing area from the rear. The javelin must land so that the imprint mark made by the leading edge of the javelin is within the inner edges of the marked sector.

Measurement is similar to that described for discus.

Long Jump

U6-U7 (50cm board 50cm from pit)

U8-U10 (50cm board 1m from pit)

U11-U17 ANSW U20 (20cm board)

Competitors have up to three jumps and jump from a mat covered in sand near edge of the pit (for the Under 6s to Under 10s) and from a white line (for the Under 11s to Under 17s). An athlete must take off on one foot from behind the front of the take-off mat or line and land in the sandpit.

For junior athletes, a jump is measured from the front of the imprint of the foot on the mat to the closest indentation in the sand made by the athlete.

For senior athletes a jump is measured from the front of the line to the closest indentation in the sandpit made by the athlete, whether this be from the foot, hand or other parts of the body.

Competitor places are adjudged by the highest jump distance of each competitor.

A foul jump (no-jump) is recorded if:

- any part of the athlete's take-off foot crosses the front or side edge of the take-off mat or line;
- after completing a jump, the athlete walks back through the sandpit;
- in the course of landing, the athlete touches the ground outside the sand pit nearer to the take-off point than the nearest break in the landing area made by the jump;
- The athlete does not land in the sandpit.

Triple Jump

U11-U17 ANSW U20 (20cm board)

Competitors have up to three jumps and jump from the standard board to the sandpit. The rules for measurement and no-jumps are the same as the long jump.

High Jump

Note that the bar height is checked with the measuring stick perpendicular to the ground at the lowest point of the bar - **that is, the middle of the bar**. The outer edges must measure equal heights and be set so that the centre of the bar is at the stipulated height.

A competitor does not have to start jumping at the starting height but may commence jumping at any height above the starting height. Athletes must take off from one foot.

An athlete is eliminated from the event after three consecutive failures. It is considered a failure if the athlete knocks the bar off the supports or any part of the athlete's body touches the ground or landing area beyond the plane of the uprights without clearing the bar. If the bar falls off without being hit by the athlete e.g. strong wind, mats hitting the uprights, it is not considered a failure.

Athletes in the U9 and U10 age group must undertake their jumps scissor style, any other style will be considered a foul.

It is also regarded as a failure if the athlete takes an unreasonable time to complete the jump, as adjudicated by the person running the event.

Athlete Results, Records and Awards

Results

All of our athlete's results from the U6 age group and above are entered into the centre's computer each week. Which parents can access via a username/password.

Records

For a record to be achieved in a field event the measurement of the distance must have been checked by 2 committee members at the actual time of measurement. In the case of high jump, 2 committee members must have checked the height of the bar BEFORE the record equalling or breaking jump. For track records with manual timers at least 2 stopwatches must have been used with the slowest time taken and being checked by 2 committee members at the time.

The GLAC records held at the end of the 2017/18 Season are listed on the centre website.

Dave Apps Memorial Achievement Awards U6-U20

These award the improved performance of each child.

Points are awarded each week, on the following basis.

- 1 point for COMPETING in each event, each week
- 2 points for EQUALLING their personal best performance
- 3 points for IMPROVING on their personal best performance

In order to qualify for these Awards a child must have attended and competed, for approximately 65% of the Competition weeks completed.

Trophies will be awarded at our annual presentation.

Centre Championships U6-U17

The Centre Championships are determined by the children's performances throughout the season; we do not have a specific Centre Championship Day.

In order to qualify for these Championships in every event, a child must have competed in that event, for at least 65% of the occasions that the event was held.

In events in which they qualify, they will have their best performance for the season determined for each event.

The children will have their place in each event determined by these results, and will be awarded points based on their placing.

The Child with the highest aggregate point score in each age group will receive the Age Champion trophy.

These awards will be made on the Centres Presentation Day.

100 Club

In recognition of attendance, athletes receive 1 point for each day of competition they attend.

This continues through the season, and each subsequent season attended.

At 100 weeks they join the '100 club' and receive an embroidered club shirt.

At the beginning of the season a running tally will be posted on the noticeboard.

The Joel Milburn Trophy (Jnr Encouragement Award)

This trophy is awarded to the junior (U6 – U12) child or children, who have shown dedication by their regular attendance and participation, but have not been awarded the Age Champion or 1st, 2nd, 3rd Dave Apps Memorial Achievement trophy.

In order to qualify for this Award a child must have attended and competed, for approximately 80% of the time that competition is held.

This award is determined by a vote of the committee

The June Calkin Trophy (Snr Encouragement Award)

This trophy is awarded on the same basis as the above trophy, except that it is awarded to a senior child (U13 - U17).

The Greg Dickson Shield (Athlete of the Year)

This trophy is awarded to an athlete in the U9 – U17 age groups, that has achieved the highest level of performance at Championship level. The athlete must have progressed through the qualifying process at Zone and Region.

The winner of this award is determined through this points calculation.

State: 1st (12 points) 2nd (10 points) 3rd (8 points) 4th (6 points) 5th (5 points)
6th (4 points) 7th (3 points) 8th (2 points) 9th-24th (1 point)

The Jack Reid Trophy

This trophy is awarded to the Glenbrook athlete who achieves the best performance through the season at Athletics NSW State Carnival events.

Sullohern Cross Country Award

This trophy is awarded to the athlete who achieves the best performance at the LANSW/ANSW Cross Country Event 2017

Karl Rugg Road Walks Trophy

This trophy is awarded to the athlete who achieves the best performance in the LANSW/ANSW State Road Walk Event 2017

Bob Leach Trophy (Club Person of the Year)

This trophy is awarded to the Club Person of the year. Bob Leach and his family have been involved with the club for over 20 years. Sadly, Bob passed away in 2001 and this award is presented in his honour. This award is open to any member who has contributed to the successful operation of the Centre in a season. Nominations may be made by any adult member and are called for in February of each year.

The winner of this award will be determined by a vote of the committee

Russell Peters Trophy

This trophy is awarded to the athlete in the U13 – U17 age groups who achieve the highest SEASON point score in Dave Apps achievement points. This award recognises the athlete who has regularly attended and has improved their results.

Reg Thompson Trophy

This trophy is awarded to the athlete in the U6 – U12 age groups who achieve the highest SEASON point score in Dave Apps achievement points. This award recognises the athlete who has regularly attended, and has improved their results.