

# GLENBROOK

## LITTLE ATHLETICS CLUB



2024/25

# HANDBOOK



# COMMITTEE

All of 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 [glenbrooklacsecretary@gmail.com](mailto:glenbrooklacsecretary@gmail.com)

## 2024/25 Committee members

**President** Stephen Gardiner

**Vice-President** Matt Corbett

**Secretary** Erica Rawlinson

**Treasurer** Callum Patton

**Registrar** Ruth Corbett

**Competition Manager** Matt Corbett

**Equipment Officer** Cameron Paterson

**Grounds** Jason Rawlinson

**Results & Records** Rhona McGee

**Coaching Coordinator** Stuart Godwin

**Canteen Manager** Holly Murphy

**Age Manager** Ben Berriman

**Uniforms Officer** Rensae Dixon

**Child protection/Grievances** Karen Ali

**Publicity Officer** Stacy Magagna

**NSW Public Officer** Rachel Kitching

**General Committee** Simon Bestley | Liam Murphy



# CALENDAR 2024/25

31 August	working bee
31 August	first rego day
14 September	second rego day
21 September	Age Manager training
21 September	competition day
28 September	competition day
28 September - 2 October	NSW All Schools Championships
5 October	long weekend - no comp
12 October	competition day
12 October	Treloar Shield
19 October	competition day
19 October	Treloar Shield
26 October	competition day
26 October	Treloar Shield
2 November	competition day
2 November	NSW 3000m Championships
9 November	competition day
9 November	Treloar Shield
10 November	Valour State Relay Championships 8's-12's
16 November	competition day
16-17 November	State Relay Championships 13' (U14) - Masters
23 November	competition day
23 November	Treloar Shield
30 November	competition day
30 November	Treloar Shield
7-8 December	Zone - Springwood

14 December	Christmas Fun Day
14 December	Treloar Shield - final
11 January	competition day
11 January	Illawarra Track Challenge
17-19 January	NSW Country Championships
18 January	competition day
25 January	long weekend - no comp
25-26 January	NSW Combined Championships 13's (U14) - Masters
1-2 February	Regionals - Dubbo
8 February	competition day
15 February	competition day
21-23 February	NSW Masters Championships
22 February	competition day
1 March	competition day
1-2 March	NSW Combined 7's - Opens
8 March	competition day
13-16 March	NSW Junior Championships 13's (U14)- U20
15 March	competition day
20-23 March	NSW Open Championships
22 - 23 March	State Championships

# COMMUNICATION

At Glenbrook, we believe the key to a successful season is good communication with our members. To achieve this, we use several different channels. We recommend that you make use of all of them to ensure that you receive all of the necessary information.

## **Website ([www.glenbrooklac.org](http://www.glenbrooklac.org))**

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

## **Facebook – 'Glenbrook Little Athletics Centre'**

The Centre has a Facebook page that provides our members with regular updates.

## **Team App**

Throughout the season, we send important information out to parents via the 'Stack Team App', including competition cancellations (due to wet weather) and the weekly set-up roster. You can download the 'Stack Team App' from the Apple or Google Play app store. Log into the app and search for "Glenbrook Little Athletics".

## **Noticeboard**

There is a noticeboard on the wall near the equipment room. Please check it regularly to keep up-to-date with what is going on. You will also find an oval map to help you find the location of each event.

## **PA Announcements**

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

## **Email**

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

# UNIFORMS

Every athlete from Tiny Tots to U20 must wear a Glenbrook uniform at all club, zone, region and state competitions. This includes the weekly Saturday competition. The Glenbrook singlet and crop tops are green and blue with our logo. The shorts or bike shorts are royal/navy blue or black with no logo. Uniforms are available for purchase every Saturday. See the Uniform Officer. We may also have some second-hand uniforms available for a small donation. There cannot be any branding, markings or advertising material on the uniform. Every athlete will be issued with:

- Coles patch on the right-hand side at the top
- individual registration number
- age patch
- Coles sponsor patch (for zone competition)





# **SATURDAY MORNING COMPETITIONS**

## **Program of Events**

Our weekly competition operates on a three-week cycle. The athletes are arranged into age groups and, with the exception of Tiny Tots, compete in four to six events each Saturday. Over the three-week cycle, they compete in each event once or twice (see pages 11-13 for the list of events for each age group). Our first day of competition is Program A, the next is Program B, and then Program C. Please be patient in the first few weeks of the competition. There can be delays or program changes while our registration numbers are finalised.

## **Tiny Tots**

In accordance with LANSW policy, Tiny Tots do not compete in formal 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 designed to prepare Tiny Tots for their introduction to athletics in the Under 6 age group.

## **Start Time**

Athletes should arrive at the oval by 7.45am when announcements will start. The competition will begin promptly at 8.00am. If an athlete misses an event due to being late, they will not be able to make it up. The announcements made at the start of the competition will include important information for that day, so please make sure you arrive with sufficient time to listen to these, read the notice boards and prepare properly for the competition day ahead.

## **Wet Weather/Disruptions**

If it has been raining during the week or on Saturday morning, the Club's website/Facebook page and TeamApp will be updated by 7.00am to let you know if competition day is going ahead. We have also been affected by bushfire activity and dust storms in recent years so we ask you to keep informed about local conditions. Always assume competition is on unless you hear otherwise.

## **Parent Attendance**

All athletes MUST be accompanied by a parent/guardian during Saturday competition. This is especially important if an athlete is injured or a 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.

## **Age Group Management/Age Managers**

All the athletes are organised into their age groups and are accompanied around the field to their events by parent helpers. The Age Manager plays a role in providing an enjoyable experience for our children each week. Our Age Managers will be responsible for caring for and nurturing our young athletes, providing a supportive environment where athletes can learn and develop. An athlete's enjoyment of the sport will depend upon their experience at GLAC and Age Managers will have the ability to ensure that this experience is a positive one. We appreciate that Age Managers are volunteers and thank parents for taking on this significant role.

Age managers will work with our other parents and carers to help develop our children's skills in running, jumping and throwing, making the most of every opportunity to actively encourage all children in their age group. Training and ongoing support from our Age Manager Coordinator will be provided.

## **Duty Roster and Parental Assistance**

Little Athletics is run by ALL parents and carers for the benefit of ALL the children. All adults must assist with the many activities that take place each Saturday morning while their child is competing.

Parents act as officials' helpers/timekeepers and help with BBQ and canteen, equipment set up/pack up etc. 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 others, both in their child's age group and throughout the Club.

During the week before each competition day, we will post details about which parents have been allocated to each task.

## **Canteen and Barbeque**

The canteen and barbeque are usually manned by 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.

# **SAFETY & OTHER RULES**

## **Running Shoes**

- Shoes must be worn at all events.
- Children in Tiny Tots, 6-10 age groups may not wear spikes at all.
- 11 and 12 athletes may wear spikes in jumps events and running events that do not have a pack start, as well as for javelin.
- 13-17 athletes may wear spikes in jumping events, javelin and all running events.
- Spikes are not to be worn for walk events.
- Children wearing spikes must take great care with them. Spikes must be put on just before each event and taken off immediately after finishing and before leaving the track or the event area.

## **Sun Safety**

GLAC recommends that hats 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.

Sunblock 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 Club's Child Protection Officer and then must be put in writing and addressed to the Club's 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 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 are strictly NO SMOKING areas, and GLAC will enforce this ruling in order not to be in breach of our 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. Unregistered children are not allowed to participate.

## **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 from 6's and older.

## **Club Coaching**

Coaching sessions are conducted at Glenbrook Oval during the season by our coaches, subject to their availability. Further information is available on our website.

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 ask to speak to the Coaching Coordinator for more information.

# **CHAMPIONSHIPS**

## **Selection Criteria**

Whilst Little Athletics is about promoting 'Family, Fun and Fitness' and catering to 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.

Every representative carnival is 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 each day of the carnival to assist with the running of the event. At the Zone and Region Championships, as well as some other events, parents & carers of GLAC athletes competing at the carnival will be required to help out for a short time.

Below are details of NSW Athletes championships and events for the 2024/25 Season. Details of these events, as well as registration information, will be communicated via Team App and our Facebook page.

## CHAMPIONSHIPS & EVENTS 2024/25

Sept 28-Oct 2	NSW All Schools Championships
Oct 12	Treloar Shield
Oct 19	TreloarShield
Oct 26	Treloar Shield
Nov 2	NSW 3000m Championships
Nov 9	Treloar Shield
Nov 10	Valour State Relay Championships (8's-12's)
Nov 16-17	State Relay Championships (13's (U14) - Masters)
Nov 23	Treloar Shield
Nov 30	Treloar Shield
Nov-Dec	HART Sport Zone Championships
Dec 14	Treloar Shield - Final
Jan 11	Illawarra Track Challenge
Jan 17-19	NSW Country Championships
Jan 25-26	NSW Combined Championships (13's (U14) - Masters)
Jan 31-Feb 2	Coles Region Championships Weekend One
Feb 7-9	Coles Region Championships Weekend Two
Feb 14-16	Coles Region Championships Weekend Three
Feb 21-23	NSW Masters Championships
Mar 1-2	NSW Combined (7's - Opens)
Mar 13-16	NSW Junior Championships (13's (U14) - U20)
Mar 20-23	NSW Open Championships
Mar 22-23	LANSW HART Sport State Championships (9's - 12's)

Venues TBC



# EVENT DETAILS & RULES OF COMPETITION

The general rules of competition are given in the following pages, and additional information can be found on the LANSW website:

[www.lansw.com.au](http://www.lansw.com.au). Local rules may be applied when the Committee deems practical. An outline of each age group and the eligible events are outlined below:

## Little Athletes (tots to 12yrs)

DOB	Tots	2019	2018	2017	2016	2015	2014	2013
Age Group		6	7	8	9	10	11	12
50m	Y	50	50					
70m		70	70	70	70	70		
100m	Y	100	100	100	100	100	100	100
200m	Y	200 pack	200	200	200	200	200	200
400m				400 pack	400	400	400	400
other	Y	300 pack	500 pack	700 pack				
800m					800	800	800	800
1500m							1500	1500
high jump					Scissor	Scissor	HJ	HJ
long jump	Y	LJ	LJ	LJ	LJ	LJ	LJ	LJ
triple jump							TJ	TJ
Discus	Y	350g	350g	500g	500g	500g	500g	750g
Shot Put	Y	500g	1kg	1.5kg	2kg	2kg	2kg	2kg
Javelin	TJ						400	400
walk (Club)					700W	1100W	1100W	1500W
hurdles Sprint (club)	Yellows	yellows	yellows	60m (45cm)	60m (45cm)	60m (60cm)	80m (60cm)	80m (68cm)



## Junior Athletes (13 - 19yrs)

DOB	2013	2012	2011	2010	2009	2008	2007	2006
Age Group	12	13	14	15	16	17	U20	
100m	100	100	100	100	100	100	100	100
200m	200	200	200	200	200	200	200	200
400m	400	400	400	400	400	400	400	400
800m	800	800	800	800	800	800	800	800
1500m	1500	1500	1500	1500	1500	1500	1500	1500
3000m		3000	3000	3000	3000	3000	3000	3000
5000m							5000	5000
high jump	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ
long jump	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
triple jump	TJ	TJ	TJ	TJ	TJ	TJ	TJ	TJ
Discus	750g	750g	1kg	1kg	M- 1.5kg	M- 1.5kg	M-1.75kg	M-1.75kg

					F- 1kg	F- 1kg	F- 1kg	F- 1kg
Shot Put	2kg	3kg	M- 4kg	M- 4kg	M- 5kg	M- 5kg	M- 6kg	M- 6kg
			F- 3kg	F- 3kg	F- 3kg	F- 3kg	F- 4kg	F- 4kg
Javelin	400	M- 600	M- 700	M- 700	M- 700	M- 700	M- 800	M- 800
		F- 400	F- 500	F- 500	F- 500	F- 500	F- 600	F- 600
walk (Club)	1500W	1500W	1500W	1500W	1500W	1500W	1500W	
Walk comp State only		3000W	3000W	3000W	3000W	5000W	5000W & 10000W	
Hurdles Sprint (club)	80m (68cm)	M-90m (76cm) F- 80m(76c m)	M-100m (76cm) F-90m (76cm)	M-100m (76cm) F-90m (76cm)	M-110m (76cm) F-100m (76cm)	M-110m (76cm) F-100m (76cm)	M-110m (99cm) F-100m(84cm)	
Hurdles Long		200m(76 cm)	300m(76 cm)	300m(76 cm)	M- 400m(84 cm) F- 400m(76 cm)	M- 400m(84 cm) F- 400m(76 cm)	M-400m(91cm) F-400m(76cm)	
Hurdles comp State only			M- 100m(84 cm)	M- 100m(84 cm)	M- 110(91c m)	M- 110(91c m)		

The following section outlines a summary of the general rules for each event.

## Race Walking

Race walking is a progression of steps taken so 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 stand around the track and report competitors who infringe the rules. This may lead to disqualification from the event.

## Discus

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 in a controlled manner after the discus has landed.

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.

### **Shot Put**

- Competitors have up to three throws.
- 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 in a controlled manner.
- Measurement is similar to that described for discus.

### **Javelin**

- Competitors have up to three throws.
- 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 leading edge of the javelin must make a mark and the imprint mark must be within the inner edges of the marked sector.
- Measurement is similar to that described for discus.



## Long Jump

- Competitors have up to three jumps.
- An athlete must take off on one foot from behind the front of the take-off mat or line and land in the sandpit.
- 6 - 10yrs age groups jump from a mat covered in sand near the edge of the pit. The jump is measured from the front of the imprint made by the athlete's foot in the sand take-off area to the closest mark in the sandpit made by the athlete, whether this be from the foot, hand or other parts of the body.
- 11yrs - U20's age groups jump from a white take-off board. The jump is measured from the front of the take-off board to the closest indentation in the sandpit made by the athlete, whether this be from the foot, hand or other parts of the body.

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 board.
- 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

- 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

9-10yrs: Scissor Mat

11yrs-U20: Flop mat

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

Athletes in the 9 and 10 yrs' age groups must undertake their jumps scissor style, any other style will be considered a foul.

- The head of the athlete must not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off).
- The head of the athlete must not be below the buttocks when the buttocks clear the bar
- The athlete's lead foot must touch the mat before any other part of the body.

All athletes in the 11yrs + age groups have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

## **ATHLETE RESULTS, RECORDS & AWARDS**

### **Results**

All of our athletes' results from the 6's age group and above are entered into the Club's online results system each week.

You can access these results and track personal bests using ResultsHQ. Go to [www.resultshq.com.au](http://www.resultshq.com.au) and log in with the email address you provided to the Club at registration.

## **Records**

For a record to be achieved in a field event the measurement of the distance must have been checked by two committee members at the actual time of measurement.

In the case of high jump, two 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 two stopwatches must have been used with the slowest time taken and being checked by two committee members at the time.

The GLAC records held at the end of the season are listed on the Club's website. <https://glenbrooklac.org/competition/club-records/>

## **End-of-year awards**

Trophies are awarded at our annual presentation.

Dave Apps Memorial Achievement Awards U6-U17

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

To qualify for these awards a child must have attended and competed for approximately 65% of the competition weeks held that season.

## **Age Champions 6yrs – U20**

The Age Champions are determined by athletes' performances throughout the season; we do not have a specific Centre Championship Day. 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 athletes will have their overall place in each event determined by these results compared to the other members of their age group and will be awarded points based on their placing. The athlete with the highest aggregate point score in each age group will receive the Age Champion trophy.



## **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. The latest 100 Club participants are posted on our website [www.glenbrooklac.org/roll-of-honour](http://www.glenbrooklac.org/roll-of-honour).

### **The Joel Milburn Trophy (Junior Encouragement Award)**

This trophy is awarded to the junior (6 – 10 years) athlete/s, 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. To qualify for this trophy 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 (Senior Encouragement Award)**

This trophy is awarded to the Senior athlete (11-U20) who has shown dedication by regular attendance and competition and missed out on an Age Champion or Top 3 Dave Apps Memorial Achievement trophy. This award is determined by a vote of the committee.

### **The Greg Dickson Shield (Athlete of the Year)**

This trophy is awarded to the athlete in the 9-U20's age groups, who has qualified to represent the Centre at the LANSW State Championships and achieved the highest level of performance across all their events. 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)

### **Michael Lee (Volunteer of the Year)**

This trophy is awarded to the Club Person of the year. Michael Lee and his family were involved with the club for over 15 years. Sadly, Michael passed away in 2022 and this award is presented in his honour.

This award is open to any member (who is not on the committee) who has contributed to the successful operation of the Club 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 is determined by a vote of the committee.

### **Russell Peters Trophy**

This trophy is awarded to the athlete in the 13 – U20's 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 6 – 12 years 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.

### **Sullohern Cross Country Trophy**

This award is presented to the best performance at the previous season's State Cross Country Championships.

### **Karl Rugg State Roadwalks Trophy**

This is awarded to the athlete with the best performance at the previous season's State Road Walking Championships.



# CONTACT US

There are a few ways to contact us.

**In-person:** The committee members are very approachable. If you have a question or some feedback, feel free to come up and talk to us.

**mail:** PO Box 110 Blaxland, N.S.W. 2774

**email:** [glenbrooklacpresident@gmail.com](mailto:glenbrooklacpresident@gmail.com)

**Facebook:** [Facebook.com/glenbrooklittleathleticscentre](https://www.facebook.com/glenbrooklittleathleticscentre)