

Season 2023/24 Handbook



Glenbrook
Little Athletics



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

SEASON 2023/24 COMMITTEE MEMBERS	
President	Stephen Gardiner
Vice President	Erica Rawlinson
Secretary	Claire Webber
Treasurer	Callum Patton
Registrar	Renaë Dixon
Competition Manager	Matt Corbett
Equipment Officer	Cameron Paterson
Grounds Officer	Jason Rawlinson
Championships Officer	Elizabeth Paterson
Results & Records	Bronwyn Jackson
Coaching Coordinator	Stuart Godwin
Canteen Manager	Holly Murphy
Age Manager	Ben Berriman
Uniforms Officer	Ruth Corbett
Child Protection / Grievances	Karen Ali
Publicity Officer	Ali Peters
NSW Public Officer	Erin Hurst
General Committee	Rachel Kitching Hayden Perry

Communication

At Glenbrook we feel the key to a successful season is through good communication with our members. To achieve this, we use a number of 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)**

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 for the centre.



- **Facebook - 'Glenbrook Little Athletics Centre'**

The Centre has a Facebook page that is used to provide the most regular updates to members.



- **Team App**

Throughout the season it is necessary for us to get important information out to parents, especially in relation to cancellations due to wet weather and age groups allocated to equipment setup.

Download '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 where to go for your next event.

- **PA Announcements**

Be alert for announcements made over the public address system during the course of 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 change, please let the Registrar know.

Contacting 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.
- By mail: We still use the tried and tested 'snail mail'. You can write to us at PO Box 110 Blaxland, N.S.W. 2774
- By email: glenbrooklacpresident@gmail.com

Calendar – 2023/2024 season

Tue 5th Sept 6-8pm	Registration pack collection Day 1	Glenbrook Oval
Sat 16th Sept 2-4pm	Registration pack collection Day 2	Glenbrook Oval
30 September	Competition Day 1	Glenbrook Oval
7 October	Competition Day 2	Glenbrook Oval
14 October	Competition Day 3	Glenbrook Oval
21 October	Competition Day 4	Glenbrook Oval
28 October	Competition Day 5	Glenbrook Oval
4 November	Competition Day 6	Glenbrook Oval
11 November	Competition Day 7	Glenbrook Oval
18 November	Competition Day 8	Glenbrook Oval
25 November	Competition Day 9	Glenbrook Oval
2 & 3 December	Western Ranges Zone Championships	Kurrajong Bilpin (McMahons Park)
9 December	Competition Day 10	Glenbrook Oval
16 December	Competition Day 11	Glenbrook Oval
23 December	No Competition	
30 December	No Competition	
6 January	No Competition	
13 January	Competition Day 12	Glenbrook Oval
20 January	Competition Day 13	Glenbrook Oval
27 January	Competition Day 14	Glenbrook Oval
3 & 4 February	Region 3 Championships	Dubbo
10 February	Competition Day 15	Glenbrook Oval
17 February	Competition Day 16	Glenbrook Oval
24 February	Competition Day 17	Glenbrook Oval
2 March	Competition Day 18	Glenbrook Oval
9 March	Competition Day 19	Glenbrook Oval
16 March	Competition Day 20	Glenbrook Oval
22-24 March	State Championships	Sydney Olympic Park

Saturday morning competition

Program of Events

Our weekly competition operates on a 3-week cycle. The athletes are arranged into age groups and, with the exception of Tiny Tots, compete in 4 to 6 events each Saturday. Over the 3-week cycle they compete in each event once or twice (see page 9 for the list of events for each age group). Our first day of competition is Program A, the next is Program B, then Program C.

Please be patient in the first few weeks of competition. There can be delays or programming changes until 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 that have been 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 8.00 when announcements will start. 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. The announcements made at the start of 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.

Age Group Management/Age Managers

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

The Age Manager role is being introduced to GLAC in 2023/24 and they will become key figures 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 in which 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 the children in their age group. Training and ongoing support from our Age Manager Coordinator will be provided.

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 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.

Duty Roster and Parental Assistance

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

Parents are needed to 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 prior to each competition day we will post details of the age groups that have been allocated to each task.

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.

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.

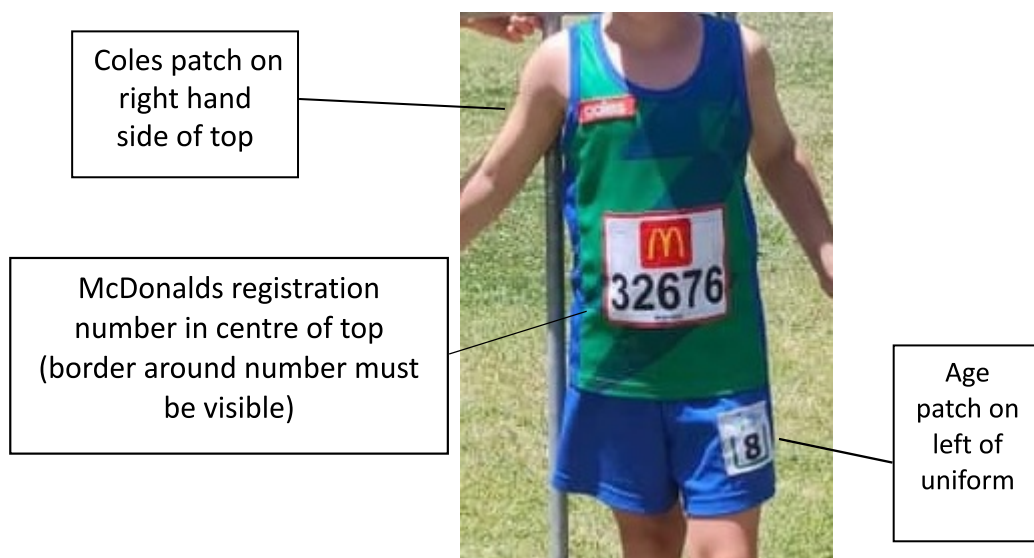
Uniform

Uniform, Numbers and Age Patches

Every athlete from Tiny Tots to U17 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 logos at all. Uniforms may be purchased every Saturday, see the Uniform Officer. We may also have some second hand uniform available for a small donation. There must not be any branding, markings or advertising material on the uniform.

Every athlete will be issued with:

- individual registration number
- age patch
- Coles sponsor patch (for Zone competition)



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 may wear spikes in jumps events and running events that do not have a pack start, as well as for javelin.
- U13–U17 athletes may wear spikes in jumps events, javelin and all running events.
- Spikes are not to be worn for walks 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 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 in the U6 age group 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 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.

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 LANSW carnivals for the 2023/24 Season.

State Relay Championships	11-12 November 2023	Sydney Olympic Park Athletics Centre
Zone Championships	2-3 December 2023	Kurrajong Bilpin (McMahons Park)
Region Championships	3-4 February 2024	Dubbo
State Combined	2-3 March 2024	Glendale
State Championships	22-24 March 2024	Sydney Olympic Athletics Centre
State Cross Country & Road Walks	7 July 2024	Venue TBC

Details of these events, as well as registration information will be communicated via Team App and our Facebook page.

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

Sprints	
50m	U6-U7
70m	U6-U10
100m	U6-U17
200m	U6-U17

Middle distance	
300m	U6
400m	U8-U17
500m	U7
700m	U8
800m	U9-U17

Distance	
1500m	U11-U17
3000m	U13-U17

Hurdles	
U8-U9	60m
U10	60m
U11-U12	80m
U13BG, U14G	80m
U14B, 15G	90m
U15B-U17G	100m
U17B	110m
U13/U14	200m
U15/U17	300m

Walks	
700m	U9
1100m	U10-U11
1500m	U12-U17

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.

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, please contact your Age Manager or a committee member who will provide basic instruction. 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	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 in a controlled manner after the discus has landed.

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.

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	5kg (green)

- 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	
U11 & U12	400g
U13G, U14G	400g
U15G, U17G	500g
U13B, U14B	600g
U15B, U17B	700g

- 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	
U6-U7	50cm board, 50cm from pit
U8-U10	50cm board, 1m from pit
U11-U17	20cm board

- 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.
- U6 to U10 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 indentation in the sandpit made by the athlete, whether this be from the foot, hand or other parts of the body.
- U11 to U17 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.
- Competitor places are based on the furthest 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 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	
U11-U17	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	
U9-U10	Scissor mat
U11-U17	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 U9 and U10 age group 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 U11+ 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 U6 age group and above are entered into the centre's computer each week. You can access these results and track personal bests using ResultsHQ. Go to www.resultshq.com.au & log in with the email address you provided to the Centre at registration.

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 season are listed on the centre 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

In order to qualify for these Awards a child must have attended and competed for approximately 65% of the competition weeks held that season.

Age Champions U6-U17

The Age Champions are determined by athletes' 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 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.

The Joel Milburn Trophy (Junior Encouragement Award)

This trophy is awarded to the junior (U6 – U10) 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. In order 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 (U11-U17) 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 U9-U17 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)

Bob Leach Trophy (Club Person of the Year)

This trophy is awarded to the Club Person of the year. Bob Leach and his family were 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 is 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.

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.