

BOWRAL



LITTLE ATHLETICS

Club Handbook 2023/2024



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Welcome

Dear Parents & Carers,

Welcome to the 2023/2024 season. This is my second year as the elected President for the Bowral Little Athletics Centre. My name is Kath and my family (Jasmine, Grace and Mark) and I have been involved with the club for the past eleven years.

This is the 38th year of the Bowral Little Athletics Club and over my years of involvement with the club I have seen it grow from strength to strength. We have become one of the largest clubs in our zone, during this time with some outstanding results and a great, supportive community.

Whether you are a new family joining our club for the first time or a returning family, we welcome you. It is always a fun season for our young athletes to compete each Friday night at our club with the support of our community. Additionally, our athletes aged U7 -U17 can represent the club at the next level - the Zone competition in early December with the potential to progress to Regional and State events in early 2024 – see the calendar of events at the end of this club handbook.

The volunteer committee works as a collaborative team behind the scenes throughout the season and in the off season and I would like to express my gratitude to members of the committee for donating their time. Without volunteer support we would not be able to run such a great club. Support volunteers are needed to run each age group so please put your hand up and actively participate in your child's sport. Your child and the committee would be most grateful.

Bowral Little Athletics embraces the ethos of family, fun, fitness and companionship. We celebrate athletes for their participation and continuous improvement throughout the season.

This club handbook has been put together to give you as much information about the Bowral Little Athletics Centre as possible. It contains lots of useful information so please take the time to have a read.

The club is working closely with NSW Little Athletics and Wingecarribee Council to commence the 202/2024 season on October 6th

If you would like to join our committee, attend a monthly meeting or volunteer to be an age group manager, please reach out or email bowral.lac@live.com.au

Yours sincerely,

Kath Dumas

President - Bowral Little Athletics Centre

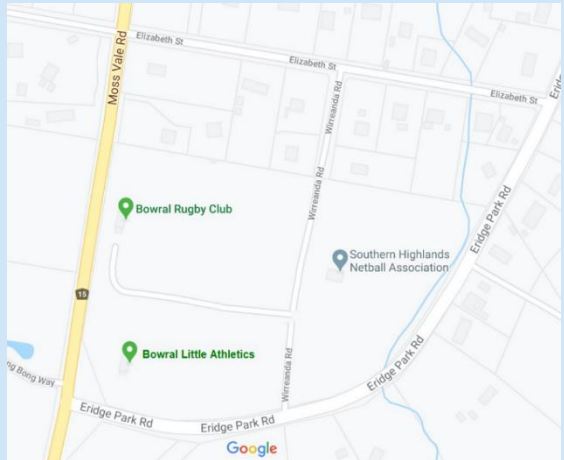


Find Us

Bowral Little Athletics Centre is located at Eridge Park Burradoo- You can access Eridge Park via Wirreanda Street, Burradoo.

Bowral Little Athletics Centre is co-located with Bowral Blacks Rugby Club and Southern Highlands Netball Association and is owned by Wingecarribee Shire Council.

Please note there is to be NO Smoking or Drinking at Eridge Park Athletics facilities as instructed by Council.



Communication

The club uses Facebook and Email as the two main forms of communication. Please see all contact details below;

- Facebook- <https://www.facebook.com/BowralLittleAthletics>. This page can be relied upon to provide the club's most up to date information.
- Email- bowral.lac@live.com.au
- Webpage- <http://bowrallittleathletics.org.au/>
- SMS the club on 0406 811 142

We will use these platforms to keep you informed of current events, weather cancellations and any other important information.



2023/2024 Season

Club Night Dates:

- Commences: Friday, 6th October 2023
- Ending: Friday 15th March 2024

Club Night Start Times:

- TINY TOTS - Sign in at 4.10pm for 4.15pm start
- U6 and U7 - Sign in & warm up 4.30pm for 4.45pm event start
- U8 to U17 - Sign in & warm up at 5.15pm for a 5.30pm event start

Christmas Holiday Break:

- Last night before break: Friday, 8th December 2023 (includes Christmas fun)
- Return from break: Friday, 12th January 2024

Club Night Cancellations

In the event of wet weather, smoke haze or extreme heat, the Friday night sessions may be delayed or cancelled. This information will be posted on the Facebook page by 4.00pm on Fridays.

BBQ - Friday Club Nights

We would like to run a Sausage Sizzle BBQ at our Friday Club nights to support our fundraising for the club. However, to make this happen we need volunteers to run this initiative. Are there any parents / carers / grandparents' volunteers to assist? We could put together a roster, if you could help, please let us know ASAP so we can make this happen.



Payments

Payments are made throughout the season for items such as uniforms, donations, and competition entry fees. If paying by direct deposit, please include your family surname as a reference and indicate what you are paying for if space permits. We also accept cash or card at club nights.

WE HAVE A NEW BANK ACCOUNT. The account details for any direct deposit are:

Bowral Little Athletics Club – Community Bank BDCU

BSB: 633 000 Account Number: 2000 98317

Uniforms

All members of the club must wear a club uniform with registration number, as well as age patch and Coles patch sewn on. Uniforms can be purchased from the registration table at the shed.

Please refer to the club's website for detailed information about the uniforms.

Pricing	
Singlet \$35.00 (unisex)	Shorts \$22.00 (unisex)
Crop Top \$35.00	Lycra Short \$25.00
Hoodies \$55.00	

Footwear

Appropriate footwear is compulsory for all athletes.

Spikes can be worn in U11 - U12 age group in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.

Spikes can be worn in U13 - U17 age groups in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.

Spikes must be removed immediately after each event and carried with the athlete. Spiked shoes are not necessary.

Please note some venues are mandating that athletes who wear spikes in events run entirely in lanes **must use** the supplied starting blocks.



Event Preparation - Volunteers

Club Night Volunteers

To help keep athletics enjoyable for all involved, **WE ENCOURAGE AND NEED YOUR HELP!**

The Bowral Little Athletics Centre is 100% volunteer run and the club requires the support of as many families as possible for club nights to run smoothly. Below are general jobs that need to be carried out at each club event-

- **SET-UP:** Event equipment is required to be collected from the equipment shed and taken to each event at each club night and training sessions. Volunteers that can assist the club on Friday afternoons prepare for events are welcomed. Please meet at the equipment shed from 3.30pm to assist.
- Equipment should be wiped down and cleaned before the first event commences.
- **PACK-UP:** At the conclusion of club nights, equipment from each event location should be taken back to the equipment shed for storage. Volunteers and athletes are encouraged to offer support.

Timers and Race Starters

The club is seeking volunteers to be available to learn and support the recording of times with the Automated Timing Gate system on the straight track and hand timed circle track events that are not automatically timed. We are also looking for volunteers to help with starting races. If any of these volunteer roles interest you, please contact the club. We need your support.



Age Group Managers

If you are a parent who would like to be an Age Group Manager, please contact us. We need each age group, male and female, to have its own Age Group Manager. This role can be shared from week to week depending on who is available. An age group will not be permitted to begin competition unless enough parents are on hand to either age-manage or assist their child's group. You do not need to have an athletics background. We have a committee of people on the field every week who can help.

The role of the Age Group Manager during club nights is as follows:

- Arrive 15 minutes before start time for briefing
- Check each child is signed in on the age group attendance register and wearing correct uniform
- Know the whereabouts of any parent/carer
- Assist children with basic techniques
- Take the group from one event to another and coordinate parent helpers with jobs such as time-keeping, measuring, and recording.
- Ensure all equipment is clean and accounted for and packed away tidily, ready for the next group
- Ensure that correct throwing weights are being used
- Return the recording folder to the registration table at the shed at the completion of your age group's events.

Assistants

Parents can also assist on any night with measuring throws or jumps and timing races. You do not need to have any specific athletics knowledge for these. If you are unsure of anything, your Age Group Manager or any committee member can assist.



Event Competition

Athletes and their parents/carers are to follow the below procedures when arriving to compete on club nights –

1. Club night arrival

Upon arrival, athletes/carers should proceed to their age group meeting point which will be spread out on the track see picture.

- Athletes are to line up at their age group meeting point which will be clearly marked.
- Parents are to sign the attendance register which will be located at each athlete's age group meeting point. Children must be signed in by a responsible person each week before they can begin.

Please do not drop your child/ren off and leave. Parents and/or guardians are required to stay at the ground with their child/ren and are asked to actively participate in the running of events and to be available to manage any behaviour or medical issues that may arise with their child.

2. Movement between events

Athletes are to stay with their age group during club night competition. When moving between events be mindful of what track events are on and only cross the track if it is clear. Support for other age groups and athletes is encouraged.

Meeting Points & Event Locations



Meeting Points & Event Locations

Event Start Locations

- | | | | |
|----------------|----------------|-----------------|----------------------------|
| A- Triple Jump | D- Shot Put #2 | G- Javelin | J- 200m |
| B- Long Jump | E- Discus #1 | H- High Jump #1 | K- 50m, 70m, 100m, hurdles |
| C- Shot Put #1 | F- Discus #2 | I- High Jump #2 | L- 400m. 800m. Walk |
| | | | M- 300m, 700m, 1500m |

Event Management

The below information provides an overview of how the club will manage club nights to ensure athletes are kept active and engaged and so events can run as smoothly as possible. We aim to run four events each club night.

Track Events

Generally, a separate track event will be run per age group for both boys and girls. Where athlete attendance permits, age groups or boy and girls' events may be combined.

- 50m/70m/100m/Hurdles- these events will be timed via the automated gates (see separate set-up instructions).
- 200m/300m/400m/500m/700m/800m/1500m/3000m/Walk- these events will be timed via a single time clock (multi-timer), located at the finishing line of the event. The nominated starter will be located at the starting line of the event.

Field Events

Separate field events will be run per age group for both boys and girls. Club nights will be scheduled to try and avoid age groups queuing at field events. Age groups should not proceed to their next event if another age group is still in competition.

- High Jump- the age manager will record all results. Volunteers are required to support the age manager with height bar movement.
- Long Jump/Triple Jump- the age manager will record all results. Volunteers are required to support the age manager with raking and measuring
- Shot Put- the age manager will record all results. Volunteers are required to support the age manager with shot put collection and measuring.
- Discus- the age manager will record all results. Volunteers are required to support the age manager with discus collection and measuring.
- Javelin- the age manager will record all results. Volunteers are required to support the age manager with javelin collection and measuring.



Athlete Participation

Parents/Carers are asked to support their children to compete safely and observe the following:

Water Bottles

- Athletes are required to bring their own water bottle (with their names marked on the bottle). The sharing of water bottles is not permitted.
- Athletes will be required to carry their water bottles from event to event.

Food

- Athletes are permitted to bring their own food as required and utilise the bins provided.
- Athletes will be required to carry their own food from event to event.

Equipment

- Field event equipment will be available at each *event hub* and is shared between all athletes - shot put, discus and javelin.

Spectating

All parents, guardians and athletes are encouraged to spectate and support all participants at our Club. Regardless of their position or performance in an event, all athletes love to have support from family and friends, so please show support whenever you can, for all of our athletes.

Taking into account our motto of 'Family, Fun and Fitness', spectators are reminded that all our athletes are just children, and the aim for our Club is to grow a love of athletics within each individual athlete through inclusion, support and companionship. So please feel free to encourage and support all athletes in a manner that is conducive to the environment we are trying to create.

Please also be mindful of certain exclusion areas that will be roped off each week, to allow for event volunteers to be able to conduct their required responsibilities.

Results, Recognition & Awards

Children are to be encouraged to always do their best and to aim to better their previous achievement in each event i.e.- their PB (Personal Best). Photos of your child can also be posted on the club's Facebook page from club night events and when they have achieved a PB or excelled in a competition. We normally award medals at our annual presentation for all athletes who have achieved a particular number of PBs over the course of the season.

Various awards are given at the conclusion of the season – Age champion & runner up, personal best medals and more. Please see our website for details of our point scoring system and the awards available.

Our club presentation for the 2023-2024 season will be held at the conclusion of the club season. The date and venue will be confirmed via email and Facebook in the second half of season.

The Results HQ System



At the end of each competition night, all results from the results folders are entered into the Results HQ system by some dedicated parents. Families can log on and view their individual results. Please follow these steps to log on.

TO VIEW YOUR CHILDREN'S RESULTS ONLINE

- Go to www.resultshq.com.au
- Type in the email address you used when you registered for Little Athletics
- Press "forgotten your password"
- An email will be sent to you with your password.
- Log onto www.resultshq.com.au again and enter email address and password.

For events using electronic timing equipment, results will be entered automatically and instantaneously. For all other results it may take a few days for the data entry person to type them in, so please be patient.

Electronic Timing Gates

The Electronic Timing Gates are used for the straight track events and the times are uploaded automatically onto the Results HQ system and individual results can be viewed by logging onto the system (see previous details on how to log on to the Results HQ system).

Please note - The Electronic Timing Poles are an expensive and sensitive piece of equipment. There are 4 laser beams that run between each pole. These must stay in alignment to work properly. It is especially important to keep children from touching the poles or running through them when they are not racing.



Traffic Flow

Athletes, spectators, and event organisers are to follow the below procedures when entering and exiting Eridge Park. Please be mindful that events at this venue involve children. Please be alert to pedestrians on the internal roads and parking areas and observe the speed limits.

Arrival

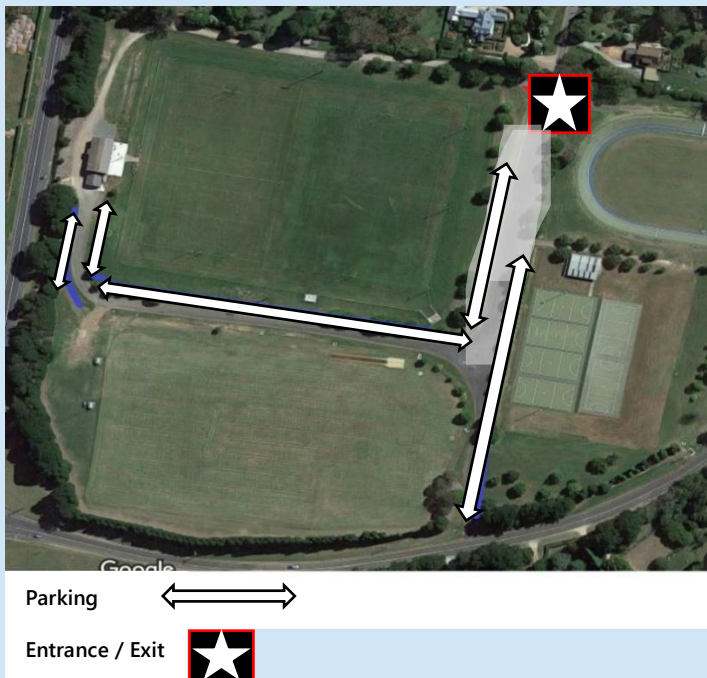
- Vehicle access will be via Wirreanda Street and entry via the main gate.

Parking

- Parking is permitted within the zones allocated on the below plan. Please do not double park. Ample parking is available within the permitted parking zones.
- Please avoid gatherings around parking areas.

Exiting

- Vehicle exit will be via the main gate onto Wirreanda Street.



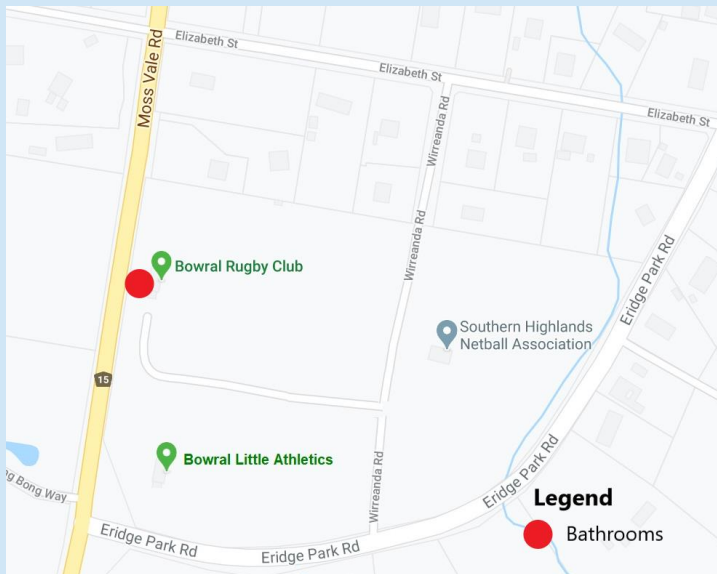
Bathrooms & Hygiene

Bathrooms are available during BLAC events and are located on the sideline of the Rugby field.

The bathrooms will be unlocked before athletes arrive and will be locked at the completion of club nights. Wingecarribee Council are responsible for routine cleaning. However, BLAC volunteers will spot check as required and ensure soap and paper towel is available.

Separate Male and Female bathrooms are available for athlete and spectator usage. The location of these facilities can be found on the below plan.

Children are to be accompanied to the bathroom facilities by a responsible adult.





First Aid

A trained first aid officer will be available at each BLAC event. A list of trained First Aid Officers will be signposted on the club's notice board located at the equipment shed.

If medical attention is required by an athlete, spectator or volunteer, the trained first aid officer will assess the incident and if required, contact emergency services.

Training

Training sessions will be held when coaches are available. Please check our Facebook page for confirmation. Volunteer parents and older athletes, some of whom have attained coaching accreditations, run these sessions.

The aim of these sessions is to improve overall fitness of the children, practice skills and have fun.

All registered members of the Bowral Little Athletics Club are welcome to come along.

If you are a parent that can offer training in an athletic discipline please contact the committee as we are looking for additional coaches.

Fundraising

For the 2023/2024 season we have several fundraising initiatives planned. Please be advised that none of these initiatives are compulsory but we would love your support in generating funds to help us purchase new equipment and cover the running costs for our club.

The club has a dedicated fundraising webpage to help raise funds for equipment. Check out the club's fundraising page at <https://asf.org.au/projects/bowral-little-athletics-centre/> and share within your own network and business contacts.

Specific details of other fundraising events to be announced throughout the season.



Championships & Carnivals

Little Athletics NSW runs a variety of Championships and Carnivals. All information can be found on their website www.lansw.com.au/championships/

These events may be subject to change. Please keep an eye on our Facebook page for details and updates on the championship season as information is provided by our association, LANSW.

State Relays – Saturday 11th (U8 to U11) and Sunday 12th (U12 to U17) November 2023. Sydney Olympic Park Athletics Centre, Homebush.

Zone Championships – 2nd & 3rd December 2023 at Beaton Park Wollongong (Tartan track). This event is open to BLAC registered athletes in the age groups U7 through to U17. (Back-up date 9th and 10th December 2022).

Regional Championships – 10th and 11th February 2024 at Beaton Park Wollongong (Tartan track). Athletes in the age groups U8 through to U17 progress through to this event after qualifying from their Zone Championships.

State Track and Field Championship – 22nd, 23rd and 24th March 2024 at Sydney Olympic Park Athletics Centre, Homebush. Athletes in the age groups U9 through to U17 progress through to this event after qualifying from their Regional Championships.

State Combined Event – 2nd and 3rd March 2024 at Hunter Sports Centre, Glendale. This carnival is open to athletes in the U7-U17 age groups only and entry is done online directly by the athlete only. At this carnival, athletes participate in ALL the events on offer for their age group and points are allocated for performances recorded in each event, based on the Little Athletics NSW Multi-Event Point score tables/system. The points across all events conducted for each age group are added together to determine final results.

PLEASE NOTE – Sydney Olympic Park Athletics Centre and some other venues mandate that, athletes who wear spikes in events run entirely in lanes **must** use the supplied starting blocks.



Committee

All Committee members support the club and athletes on a volunteer basis. The Committee welcomes your support in the running of the club. Please contact the club if you can volunteer, we still have some roles available, see vacancies below. Email bowral.lac@live.com.au

Current Executive Committee Members

President & Championships Officer – Kath Dumas

Vice President – Daniel Marmont

Registrar – Ash Longford

Secretary – Katie Blake

Treasurer – Leanne Rutledge

General Committee Members

Public Officer & Executive Committee Assistant - Elisha Hill

Scheduling & Weekly Results Recorder – Andrea Reko

Equipment & Grounds Manager – vacant

Coaching & Development – vacant

Uniform Manager - vacant

Timing Gates Manager – Cecelia Marmont

Social Media Manager - vacant

Tiny Tots Manager – Grace Shakeshaft

Race Starters – Daniel Marmont & Justin Reko

OH & S / First Aid – Daniel Marmont, Todd Hill, Kath Dumas,

Grievance Officer – Peter Blake

General Committee – Emma McGill, Kelly Neasy

“Little Athletics NSW aspires to provide the community with recreational athletics activities that contribute to the healthy development of our children.

Fun - Fitness -The development of skills -The building of character and self esteem-The fostering of good sportsmanship in a safe, positive, family-friendly and inclusive environment.”

**RUN, JUMP & THROW
WITH BOWRAL LITTLE A'S**

Sprints

Middle Distance

Hurdles

Long Jump

Triple Jump

High Jump

Discus

Shot Put

Javelin

Walks