

Wallsend Athletics Club



Little Athletics - Athlete Information

2019-2020 Season

www.wallsendathleticsclub.org.au

info@wallsendathleticsclub.org.au

Club Night

Club competition is held on a Monday night, Federal Park Wallsend - starting at 5:30pm.

A short warm up will start at 5:30pm for all athletes to participate in, as lead by our Club Captains and senior athletes. Competition will commence shortly after.

Groups compete according to age and gender. Where the group is small, boys and girls may be combined as one group.

We conduct a weekly competition on a 3 week rotation, where each athlete competes in a combination of Runs/Throws/Jumps and novelty events (for younger age groups).

The following is the program for the U6 age group.

Week 1	Discus	100 metres	Bean bag	Orange race	50 metres
Week 2	70 metres	Long jump	200 metres	Steeple chase	Sack race
Week 3	300 metres	Hoopla	Minty & spoon	50 metres	Shot put

For all other age groups, the weekly program is available on the website by navigating to [Centre Information -> Weekly Program](http://www.wallsendathleticsclub.org.au/program/) (http://www.wallsendathleticsclub.org.au/program/)

Communication

General information is available on our club [website](http://www.wallsendathleticsclub.org.au) (http://www.wallsendathleticsclub.org.au)

Please like and follow our facebook page (Wallsend Athletics Club) for information and updates. We will be regularly posting information about club night (eg: weather cancellations, bbq, canteen, parent roster), and competition events.

Each week a newsletter will be available, this will also contain important information. A link on the facebook page will be available to download the newsletter, and it will also be emailed to registered athletes via our mailing list.

If you have any questions at any other time, our email address is: info@wallsendathleticsclub.org.au. Committee members are also available in the clubhouse during competition nights if you would like to discuss anything in person.

Dual Registration

To help promote the pathway into senior athletics, Little Athletics NSW and Athletics NSW provide what is called 'dual registration' for athletes in the U12 to U17 age groups.

Dual Registration means that an athlete becomes a member of both Little Athletics NSW and Athletics NSW, without having to pay a registration fee for both. Through dual registration, a member can participate in the relevant events and activities of both organisations, allowing them to experience the broader world of athletics, while still retaining their links with Little Athletics. All U12 to U17 members will automatically become a member of Little Athletics NSW and Athletics NSW when they complete their Little Athletics registration.

Your Role as a Parent

It is a requirement for all athletes that participate in club night, event or competition that a parent or guardian is to be present at the field for the entire duration. Where a child is left unattended, the parent or guardian will be contacted and reminded of parental responsibilities. Please understand that all athletes are entitled to participate in a safe and fair environment. Your children are your responsibility, and it should not be left up to other parents or the club to supervise your children.

We also require the assistance of parents to help out on club nights. There are various jobs and roles that need to be done, including:

- Setting Up
 - o Equipment like hurdles, high jump, novelty races need to be setup before commencing. Helpers should arrive at 5pm to assist with this job
- Canteen / BBQ
 - o Help selling food, preparing and cooking the bbq
- Uniform sales
 - o Uniforms are available for purchase in the clubhouse, helpers are required particularly during busy times at the beginning of the season
- Packing Up
 - o Equipment that is setup at the beginning of the night needs to be packed away once events are completed
- Age Group event manager
 - o Each age group (girls & boys) have a clipboard and result forms that require filling out. It is the age group manager's responsibility to record results for each athlete.
- Age Group event helpers
 - o Each event requires assistance to run. It is dependent on the event as to what is required. Some examples include
 - Retrieving equipment (Discus, Shot Put)
 - Measuring (Discus, Shot Put, Long Jump, High/Triple Jump)
 - Raking Sand (High/Triple Jump)
- Race starters
 - o For all running races, a race starter is required. Training can be provided to anyone that is interested in this job.

This year, we'll be using an online roster system to co-ordinate helpers for all age groups each week. Please look out for the post on facebook for the sign up details.

Results

Weekly results are available on the website (after they have been recorded in the system). See the Results menu and then navigate to the required option for personal results, and season bests.

Canteen

Our canteen has a variety of drinks, lollies, snacks and bbq food available to purchase on Monday night. This year we are also introducing new healthy options including more snack and dinner choices. Keep an eye out on the newsletter and facebook posts for the menu each week.

Competition

Throughout the year, there are additional events (Gala Days) held at the weekend for athletes to compete in against other clubs in the area.

These events are suited to all levels of ability, and are a great way to get outside and be active on the weekend, have a fun day with friends and meet some new friends from other clubs.

Our club host a Gala Day each year. This year it will be on Sunday October 27th, at Federal Park Wallsend. It's a great event to be involved in, please come along and invite your friends! More information to be provided closer to the date.

Besides local carnivals, the club will also participate in the Zone Championships at the beginning of December. Entry is available for all athletes, in the events of your choice. Our club is part of Port Hunter Zone, and this championship event allows our athletes to represent the club and compete against other clubs in our zone. While this is a great first step towards competitive athletics for all, it also provides a progression for competition on to Regional, State and Nationals levels.

Club nights run during school holidays, however we will be taking break over Christmas/New Year.

Uniform

To participate in club night and events, all athletes are required to wear the Wallsend Athletics club uniform. This consists of the club orange/black top and black shorts.

Tops are available in a variety of styles – crop top, racerback or standard singlet, or t-shirt. These are available for purchase (\$35) from the club night.

Black short or tights are up to the individual to purchase.

There are 3 patches that are supplied:

- LA NSW Number patch – to be placed on the front of uniform top. ANSW (Dual Registration) numbers must be worn on front and back of uniform top.
- LA NSW Age patch – to be placed on the bottom left side of shorts
- Coles sponsorship patch – to be placed on the top right of uniform top

Training

Training for all registered athletes is conducted on Thursday nights (5:00pm, and then 5:30pm once daylight savings starts).

Our Coaching Co-ordinator Robert Browne will communicate which event coaches that are available on Thursday night using facebook. Look out for the post each week, as training sessions are subject to coach availability. Training is free, and strongly encouraged for beginners who are new to Little Athletics, and also for those more experienced that are looking to develop or refine their skills.

We have specialist coaches available for unique events (Javelin, Pole Vault) that don't run as part of regular weekly training. If you're interested in this, please come and see a committee member and we'll get you in touch with a coach.

Becoming an Official

If you're interested in becoming more involved in Little Athletics as a parent, you might be interested in becoming an Official. Little Athletics provides education – under the *Australian Athletics Officials' Education Scheme (AAOES)* which is a joint initiative of Athletics Australia and Little Athletics Australia.

Little Athletics has basic courses which are suitable for parents who help at centre level where you will learn more details about events to help you officiate at club level. These Level 1 courses are available online, can be completed in your own time and there is no requirement for a practical assessment.

If you would like to continue and obtain further qualifications, AAOES has a total of 3 levels and provides a pathway for officials who wish to progress from centre level to national level.

For more information, please see the Little Athletics NSW Website – [Officials Education Scheme](https://lansw.com.au/officials-education-scheme/) (<https://lansw.com.au/officials-education-scheme/>). Our club committee are also able to provide more information and answer any questions, please email us info@wallsendathleticsclub.org.au.

Committee

For the 2019/2020 season, our club executive committee is as follows:

President	Karren Watson
Senior Vice President	Peter Herd
Club Vice President	Peter Watson
Club Secretary	Bob Ryan
Little Athletics Secretary	Lisa Goeldner
Club Administrator	Lee Grant
Senior Registrar and Recorder	Therese Whitehead
Little Athletics Registrar	Michelle Vogt
Athlete Club Captains	Amy Phillips and Thomas Phillips
Coaching Director	Robert Browne
Treasurer	Michael Phillips

Club meetings are held on the first Friday of the month, Wallsend Diggers at 7:30pm. All new and existing families are welcome to attend. If you have any concerns or issues to raise, please come along – or alternatively use the email address info@wallsendathleticsclub.org.au to contact the club.