

Wallsend Athletics Club

(Incorporating Wallsend RSL Little
Athletics Centre)



2025-26 Centre Handbook

info@wallsendathleticsclub.org.au

Welcome to Another Fantastic Season at Wallsend Athletics Club!

We're thrilled to have you join us for another exciting year of athletics at **Wallsend**. Our mission is simple: to encourage children and adults alike to get active, build their skills at their own pace, and most importantly, have fun while creating lasting friendships.

Athletics is all about **running, jumping, throwing — and enjoying the journey**. At Wallsend, we celebrate individual growth and effort, with a strong focus on achieving your **personal best**. Whatever your goals, we're here to support you every step of the way — and we encourage you to never lose sight of that.

Our Club Runs on Volunteers

Wallsend Athletics Club wouldn't exist without the dedication, energy, and passion of our incredible volunteers. From setting up equipment to officiating events and running BBQs, every helping hand plays a crucial role in keeping the club running smoothly.

Throughout the season, there will be plenty of opportunities for **parents, guardians, and athletes** to get involved. Whether you can spare a little time or a lot, your contribution makes a real difference and helps us continue to grow as a club and a community.

♦ *Please note: All athletes under 18 must have a parent or nominated guardian present at the grounds at all times.*

We're Here for You

If you have any questions, feedback, or need assistance during the season, please don't hesitate to speak with me or any member of our committee. We're here to help and ensure everyone enjoys a safe, rewarding, and fun-filled season.

Here's to a successful year of personal bests, community spirit, and unforgettable moments. Let's make it a great one!

Lee Grant

President

Stay Connected

For all the latest updates and event information:

- Visit our website: www.wallsendathleticsclub.org.au
- Follow us on Facebook and instagram: *Updates, reminders, and last-minute announcements — including wet weather cancellations — are posted regularly.*

Our **Facebook page** is also your space! Feel free to share photos, stories, and season highlights — we love seeing your experiences and celebrating your achievements.

Committee Members for 2025-26 Season

| Wallsend Athletics Club Officers and Officials as elected at the AGM on May 2nd, 2025 | |
|---|--|
| Club President | Lee Grant |
| Senior Vice Presidents | Peter Herd Karren Watson |
| Vice President | Paul Goeldner |
| Club Secretary/L.A Secretary | Rob Browne |
| Club Administrator | Breanna Grant |
| Treasurer | Nicole McAleer |
| Registrar (LA + Snr) | Tanya Baldwin |
| Results / Recorder | <i>vacant</i> |
| Athlete Captains | Rob Browne Fiona Gibson |
| School Liaison Officer | Samantha Manning |
| Publicity Officers | Kristen Payne Rob Browne Paul Goeldner Mel Holahan |
| Safety Officer | Paul Goeldner |
| Member Protection Officers | Lee Grant Karren Watson |
| Grounds Officers | Dave Browne Peter Watson Max Teasdale Rob Browne Peter Herd Keith Smith |
| Equipment Officers | Max Teasdale Peter Watson Dave Browne Rob Browne |
| Club Coaches | Co-ordinator: Peter Watson Rob Browne Peter Herd Paul Goeldner Max Teasdale Dave Browne Heather Scott Hayden Steele |

Club Meetings

Wallsend Athletics Club Committee meets on the 1st Friday of the month (except no meeting in January) and is held at Wallsend Diggers at 7.30pm. The meeting lasts 1 ½-2 hours and all are welcome.

What happens on a Monday night?

Who: Girls and boys from ages 3 years born before 31st December, through to Seniors of any ability.

Where: Federal Park, Boscawen Street, Wallsend

Season Starts: Monday 15th Sep 2025

Season Ends: Monday 23rd March 2026

Christmas Holidays: Last night before Christmas Monday 15th December 2024

Return from Christmas: Monday 12th January 2026

(Will not run on Australia Day 26/1/26)

Time: All ages 5.30pm start.

It is hard to give a finish time as the program changes each week as we compete on a 3-week cycle. Most weeks are finished between 6.30 and 7.30pm (depending on age group).

All athletes: Each Monday evening begins with any important announcements. Before the announcements, the athletes are to meet in front of the baskets, at the 50m line. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various event throughout the evening.

Tiny Tots: Each Monday evening Tiny Tots will meet at the 100m line. Tiny Tots then head out to the western end of the field to complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the 6's age group.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 7 of the handbook). ***It is important to have athlete number sewn or pinned on by week 3. After this time points will not be awarded.***

Wet Weather: If it has been raining during the week/weekend (or Monday) and you are not sure if our weekly competition will be on, we will attempt to have the information on our

website and Facebook page close to 4pm. Unless the ground is obviously not able to be used (or closed by council) the decision is left until late as have cancelled based on predictions previously and could have gone ahead.

Emails: Emails are sometimes sent to some or all members through our clubs online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. If you select 'NO' to the mailing list option for your child/ren when you complete your online registration, you will not receive these important details.

Parent Participation

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions. Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races.

During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will, be excluded from competition.

Equipment out: requires the assistance of parents from the age group to collect from gear shed

Equipment in: please return all equipment to gearshed (especially if last age group of night). Parents are also asked to help with packing away high jump mats at completion of nightly competition.

Timekeeping & Recording requires the assistance of parents and if there are not enough volunteers each night then the events will not run.

This season we will be asking that each age group have a minimum of 3 "age managers". They will be responsible for collecting age basket and entering of results into results HQ app. Other parents will be responsible for assisting at event eg raking pits, collecting throwing implements etc

BBQ & Fundraising

While we don't operate a full-time canteen, we do sell **cold drinks** and aim to fire up the **BBQ every couple of weeks**. These BBQ days will be announced in advance on Facebook and at the grounds.

Every sausage sold helps raise funds for **new equipment**, which directly benefits all of our athletes — so your support is always appreciated!

Safety and Other Rules

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Monday nights in safety. All athletes must be registered before they participate, or signed on for 2 week trial for new athletes. Please refer to Little Athletics NSW/ ANSW for full policies that apply.

Please be aware that spikes are to be worn at event only and not in between events eg. Put on at start line and remove at finish line.

Working with Children

Of utmost importance is the safety and wellbeing of all children and adults. Persons holding certain positions will be required to sign a member protection declaration form. Additionally, we ask all parents to be vigilant and report to the committee anything they feel is of concern in regard to the safety of children.

No Smoking (including vaping) & Alcohol

There is a strict no smoking and no alcohol policy at Wallsend RSL LAC. There is no alcohol to be consumed on the grounds.

Insurance

All registered athletes and parent volunteers who are helpers are covered by insurance taken out by Little Athletics Australia. If you as a parent are injured it must be reported to Committee immediately.

Lost Property

Our lost property collection can be found at the table outside meeting room. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Wallsend AC will endeavour to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. Wallsend RSL LAC is in the Port Hunter Zone. The other centres in the Port Hunter Zone are Raymond Terrace, Newcastle City, Stockton, Adamstown/New Lambton, Medowie, Port Stephens, Tilligerry, and Thornton. The Port Hunter Zone is part of region 4. There is an 8-region structure- 4 metropolitan and 4 country.

Zone Championships

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from 7's-17s age groups from all centres within our Zone are eligible to compete at the Port Hunter Zone. The venue will change from year to year. 7's age group do not progress beyond zone.

Regional Championships

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February and location changes depending on which Zone is hosting (Central Coast, Hunter, Lake Macquarie, Port Hunter). 8's age group do not progress beyond Regional.

Please note new for 2024/25 and will remain the same for 2025/26

- ***9-12's progress to State championships as per previous years (top 2 from each region plus 8 next best qualifiers from all Regional Championships).***
- ***13-15's – the next 8 best qualifiers will be based on results from Regional Championships, Treloar Shield and Country Championships.***

State Championships

The State Championships are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 3-day carnival. You must have progressed from the Regional Championships to be able to participate at this championship (9's- 15's). 16-17's will be able to enter State by direct entry and only need to attend Zone/Regional for competition experience.

Other events for direct entry to State Championship are:

12's -Hammer throw and Pole Vault

13-15's - Hammer throw, Pole Vault and Steeple chase.

Little Athletics NSW hold other championships throughout the season. Some details are below: -

State Relay Championships

The State Relay Championships, held in November of each year at Sydney Olympic Park Athletic Centre, is a team event where centres can enter both track and field relays

State Combined Championships (previously State Multi)

The State Combined Championships is open to all registered athletes and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run, and points are awarded to the athlete based on their performance on the day.

Cross Country & Road Walk Championships

Cross Country Championships & Road Walk Championships are held in June and July each year. These championships are open to all registered athletes who compete over appropriate distances depending on their age group.

Gala Days

Throughout the season other centres often host Gala Days and other special events, to which registered Little Athletes from other centres are invited.

Important Dates for 2025-26

| | | |
|---|---|--|
| 8 th Sept 2025 | Rego pick up/uniforms 5.30-7.00pm | |
| 15 th Sep 2025 | First night of competition | |
| 26 th Oct 2025 | Wallsend Gala Day | Federal Park, Wallsend |
| 2 Nov 2025 | Zone Combined | Tilligery |
| 15 th -16 th Nov 25 | Zone Championships (Port Hunter Zone) | Port Stephens |
| 17 Nov 25 | Coles Community Round (Mon Club competition) | Federal Park |
| 15 th Dec 2025 | Last club night before Christmas break | |
| 12 th Jan 2026 | First night back after Christmas break | |
| 17-19 Jan 26 | Country Championships | Dubbo |
| 26 Jan 26 | AUSTRALIA DAY -Committee decision made not to run | |
| 13-15 Feb 26 | LA Regional Championships | Maitland |
| 12-15 Mar 26 | NSW Junior State Championships (13's +) | Sydney Olympic Park Athletics Centre (SOPAC) |
| 19-22 Mar 25 | NSW Open State Championships | Sydney Olympic Park Athletics Centre (SOPAC) |
| 21-22 Mar 25 | LA State Championships (9-12's) | Sydney Olympic Park Athletics Centre (SOPAC) |
| 23 rd March 26 | Last night | |

Centre Uniform & Placement of Patches

Club shirts are available for purchase on a Monday night at club meeting room and cost \$45 each. There are a variety of styles (crop, racerback, singlet, tshirt)

For the first 3 weeks new athletes can wear alternate t-shirt until they get club shirt sorted.



Shorts/tights – These are black and are self provided

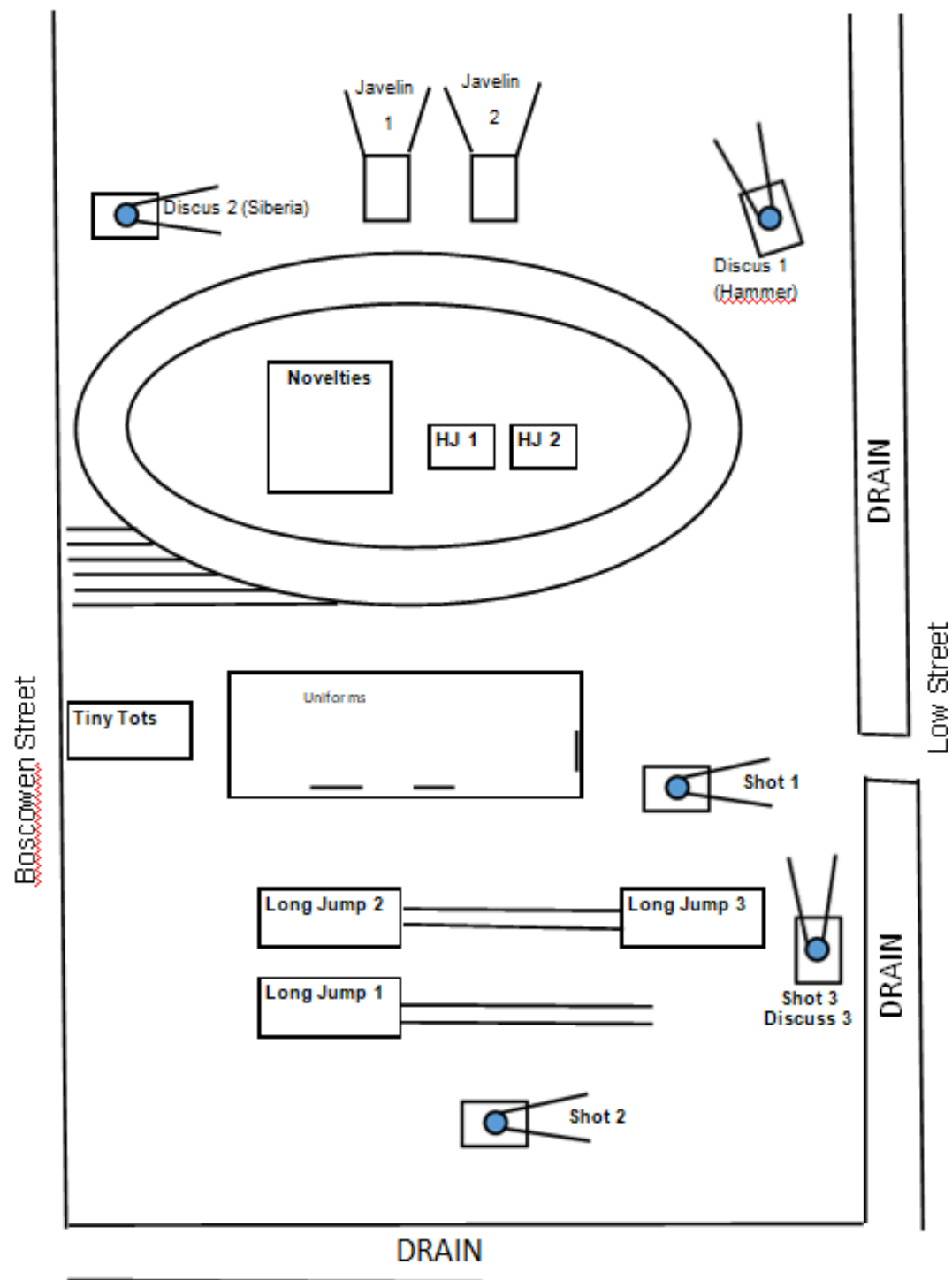
Some athletes wear orange gripstar socks and we will also sell these at the club, as well as hair accessories, and are optional items.

REGISTRATION NUMBERS

- LANSW Number should be placed on the front of uniform top. Red border can be removed if need space eg crop top.
- **New for 2025/26 season is that the Coles logo is incorporated into the age patch (yippee- less sewing) and is to be placed on the front of the shirt (opposite to club logo side)**
- **If there is limited space eg small crop top the age patch can overlap the bib number as long as number, coles and McDonalds logos are not covered or removed.**

If no number worn after Week 3 of attending then competition points will not be awarded.

Map of our Ground



Events For Each Age Group

(subject to change)

Week 1

| | | | | | |
|------------|--------|--------|---------------|----------|-------------|
| TT | 50m | 100m | TT activities | | |
| 6's | 50m | 100m | Discus | Bean Bag | Shuttle |
| 7's | 50m | 100m | Discus | Steeple | Bean Bag |
| 8's | 100m | 700m | Shot | Hoopla | Novelty |
| 9's | 70m | 100m | Long | Steeple | Turbo Jav |
| 10's | 70m | 100m | 800m | Long | Discuss |
| 11's | 70m | 100m | 1500m | Jav | Triple Jump |
| 12's | 70m | 100m | 1500m | Jav | Long |
| 13's -15's | 200m H | 100m G | 1500m | Shot | High |
| 16's + | 200m H | 100m G | 1500m | High | Hammer |

Week 2

| | | | | | |
|------------|-----------|--------|---------------|-------------------------|-------------|
| TT | 70m | 100m | TT activities | | |
| 6's | 70m | 200m | Novelty | Steeple | Long |
| 7's | 70m | 200m | Hoopla | Novelty | Shot |
| 8's | 100m HC | 200m | Shuttle | Long | Discuss |
| 9's | 100m HC | 200m | 800m | Shot | High |
| 10's | 200m | 800m | 1100mW | Turbo Jav | Shot |
| 11's | 200m | 800m | 1100mW | Discuss | High |
| 12's | 100m HC | 200m | 800m | Discuss | Triple Jump |
| 13's -15's | 80-100m H | 200m G | 800m G | Long | Jav |
| 16's + | 100m H | 200m G | 800m G | Discuss (M) Long (F) | Hammer |

W walk
HC
handicap
G graded
H hurdles

Week 3

| | | | | | | | |
|------------|--------|---------|---------------|---------|---------|------|-----|
| TT | 50m | 70m | TT activities | | | | |
| 6's | 50m | 300m | Minty | Hoopla | Shot | | |
| 7's | 50m | 500m | Minty | Shuttle | Long | | |
| 8's | 60m H | 70m | 400m | Beanbag | Steeple | | |
| 9's | 60m H | 70m | 400m | 700m W | Discuss | | |
| 10's | 60m H | 70m | 400m | 100m H | High | | |
| 11's | 80m H | 400m | 100m HC | Shot | Long | | |
| 12's | 80m H | 400m | 1500 W | Shot | High | | |
| 13's -15's | 400m G | 1500m W | 3000m | Discus | Triple | | |
| 16's + | 60m | 400m G | 1500m W | 3000m | Long | Shot | Jav |

Some Other Frequently Asked Questions

- **Do we need special shoes?**

Spikes can be worn from 11's upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally only 10-15% of athletes at our centre use them.

- **What level of ability does my child need to be to join?**

Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

- **When is training?**

Club training on a Thursday from 5.30pm (5pm winter - non daylight savings), and the best part is it is FREE for registered athletes. Covers most events and can be negotiated with those coaches available or contact Coaching Co-ordinator

- **Will my child be taught the correct technique or have access to coaching?**

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Wallsend Athletic Club also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Monday evenings.

- **I want to volunteer. Who should I contact?**

You can contact any of the committee members at any time. Contact details are on page 3 of the handbook

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at Wallsend AC or contact Little Athletics NSW via their website littleathletics.com.au