



Family



Fun



## Handbook For New Families



And  
Fitness

For up to date information including the latest news please refer to our website:

[www.sllac.org.au](http://www.sllac.org.au)





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### About Little Athletics

The mission of Australian Little Athletics is: "To develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities." Almost 100,000 children compete in Little Athletics throughout Australia. In Tasmania, Little Athletics is administered by the Tasmanian Little Athletics Association Inc. (TLAA) and represented at a regional level by 18 Centres throughout Tasmania. The motto of Little Athletics is "Family, Fun and Fitness". Athletes compete in a range of athletics events appropriate to their age with parents helping to run and co-ordinate events. The emphasis is not on winning but athletes improving on their performances.

### Australia Day

We hold this event on Australia Day, with a later start normally around 9.30am. This is a fun day of competition, with the Aussie spirit. We have track and field events on offer, BBQ, raffle and some fun Aussie events for the tiny tots. It is open to all athletes from any centre from around the state. Normal club tops to be worn, but we love to see kids arrive in their Aussie gear of hats, flags, temporary tattoos etc. A Small gate fee of \$2.00 per athlete is charged. All athletes receive a certificate of participation.

### TLAA State Run Meets

These are optional events that the TLAA offer, to encourage participation, competition and friendships between the centres. It's a great opportunity to compete against other children from around the state and have a bit of fun.

The *Northern Centre Challenge day*, is a fun and 'taster' day of state meets and is open to all registered athletes. It's held at St. Leonards against the other eight northern centres. Athletes normally do two track events and 2-3 field events. Athletes gain points for participating and for obtaining PBs in the events. Points are also awarded for the number of athletes from each centre as a percentage of their total numbers. There is a perpetual trophy up for grabs based on the centre with the most points. Athletes compete in *centre* uniform.

The *State Relay Championships* are held alternately each year in the south (Domain) or the North (St. Leonards). Firstly whoever wants to enter nominates and then we put them into teams depending on their fastest times. U6 to u8s will do heats and finals in the 4x100 relay and all other age groups will do the 4x100 and 4x200 relays heats and finals. Medals and ribbons are given to place getters. Participation ribbons will be handed out too. Athletes compete in *centre* uniform.

The *Northern & Southern All State meets* are held in both ends of the state. The Northern event is at St. Leonards and the southern one is at the Domain. These events are open to all registered athletes. Athletes will do both track and field events. Program of events is listed in your manual. Athletes compete in *centre* uniform.

The *State Multi and Walks Championships* event is offered to athletes in the u9 – u15 age groups only. This too is held in Hobart one year then Launceston the next. Athletes compete in *club* uniform

The *State Individual Championships* is open to those who qualify for the events twice, and is only open for u8 – u15 age groups. Athletes compete in *club* uniform

Constitution and By-Laws of the centre are published on the SLLAC web site. These are provided so that rules and requirements are available for all centre members.

Please read your manual you received in the registration bag for more information on these events.

## Safety and Regulations

The centre of the arena is out of bounds due to javelins and discus being thrown in that area. If it is necessary to cross to the other side of the arena, please walk around the outside of the track, and look out for participating athletes.

The rock area near the BBQ is also out of bounds.

All equipment is to be used only under adult supervision.

We are a sun smart centre, so we encourage you and your children to wear hats, and to put on sunscreen and drink plenty of water.

Smoking is not permitted anywhere inside the fenced area. Please consider the health of others and use the car park if necessary.

Please use the bins provided for all rubbish.

Toilets are not a play area; please ensure all children respect this by not making a mess with toilet paper and hand towels.

Children left at the Centre without supervision WILL NOT be allowed to compete.

Older siblings who are above competition age are accepted as guardians for this purpose.

## Centre Multi Event and Walks Championships

This is an extra centre meet we hold to give our athletes experience competing in a multi-event. It is only open to our centre athletes. It works on a points system for the day, and whoever in each age group and gender has the most points after the 5 events, wins. We give out medals for 1st, 2nd & 3rd and ribbons to 8th place.

The Walks Championships part of the day is a separate competition, and athletes must have competed in at least 2 walks events throughout the season at our centre to be able to compete. We give out medals and ribbons for this too.

## Centre Championships

These championships are only open to our centres registered athletes, who have participated in at least 25 events at our centre meets. (And have the 25 badge or greater sewn on). Athletes must compete twice in each event at our centre to be eligible for that event at centre championships.

Most track events will have heats and finals. (Long distance and walks are normally straight out finals, depending on number of entrants).

We run our Centre Championships at the end of the season as three separate meets, (3 days) as Programs 1, 2 & 3.

In all track and field events we give out medals for the first 3 place getters and from 4<sup>th</sup> to 8<sup>th</sup> place they will receive a ribbon.

## About Our Centre

South Launceston Little Athletic centre (SLLAC) is made up of six clubs based around local primary schools. They are Glen Dhu, Norwood, Sacred Heart, St Leonards, Summervale and Youngtown. Even if you don't attend these schools you are still able to join any one of the clubs of your choice.

Each club is run by a committee of volunteer parents, who take on the roles of President, Team Manager, Secretary, Treasurer, trainer, official, and general site helpers. All parents are expected to help in some capacity.

Our centre also has a strong committee of elected volunteer parents who make the decisions on how the centre runs throughout the season, from setting the dates of competition through to entering the weekly results of the athletes. They also work tirelessly throughout the off season to make sure everything is ready to go before the start of each season.

Please free to contact any of the committee for any further information or issues you have via the contact details listed in the TLAA Information Manual. The committee relies on the support of parents to assist with the setting up and running of the program. During competition the Arena Manager is responsible for the running of the program and should be advised if there are any issues with the running of events.

## Parent Help

All parents are expected to help each week with some sort of duty. There are many duties that need to be carried out each meet for it to run smoothly and efficiently. At each field site we need one Chief Official and four helpers. Helper's jobs are; recorders, someone to spike, pull through the measuring tape, rake the pit, or retrieve the throwing implement. These jobs are normally allocated by your club we need people at track events too. Starter, start marshal, timing equipment operators, 'ticket tent' recorders, and race walk officials. Some of these duties are allocated by your club and some scheduled by the centre. We also need people to run the canteen which is allocated a clubs on a weekly basis.

There are other jobs that the centre committee perform each week, such as data entry of all track and field events, registrar, announcer, arena manager, and first aid officer.

## Uniform

All athletes are required to wear the correct club uniform and appropriate footwear. Each club have a set uniform and you are able to purchase that through the club.

At State (TLAA) meets we mostly run as a centre. SLLAC have centre tops, (blue, red and white) that we hire out for a minimal fee.

Most people buy their own shorts (plain red), but we do have a small quantity of shorts that can also be hired.

We also have centre (SLLAC) hoodies, jackets, training polo tops and bucket hats for sale.

## **Fees**

All children are able to try little athletics for two weeks, to see if they like it, and by the third week they must have their registration fee paid. To register you will need proof of age - Birth certificate or Child Health Book.

All clubs charge the same the registration fees and the table below indicates the prices, showing the family discount for two or more children:

1 Child - \$110

2 Children - \$200

3 Children - \$270

4 Children - \$320

Tiny Tots - \$30

U14 / U15 Dual registration - \$60

The following week after the child has registered; they will receive a bag with their name badge, TLAA and any sponsor badges, ticket book, TLAA information manual, and promo material.

## **Competition**

Competition starts in October and runs through to March. Competition days are normally held on Saturdays and occasionally on a Sunday or a twilight meeting through the week. Competition is open to all children, of all abilities, aged from 5 to 14 years old (age as the 1<sup>st</sup> of October of that year). We also run a Tiny Tot program for those little ones who have an older sibling registered with us.

SLLAC conduct various athletic events including but not limited to sprints, hurdles, race walks and long distance track events, discus, shot put, javelin, vortex, turbo javelin, high jump, long jump, triple jump and skills development events.

Each week athletes compete in a throwing event, a jumping event and 2, 3 or 4 track events depending on their age. A competition program rotates over a 3 week period, i.e. programs 1, 2 & 3. The events for each program are detailed on the event program on the SLLAC web site.

All competition meets start with a warm up that takes about fifteen minutes, the announcer then will call for age groups and events to be marshalled.

Marshalling for field events is just inside the arena, next to the path. Track events are marshalled at the start line of that event. Once children are marshalled they will then have their name marked off on the sheet and head to the site with the official and parent helpers.

Training is either held at South Launceston Football ground at Youngtown, or at one of the local primary schools depending on which club you choose to join with.

Competition is always held at the St. Leonards Athletic Track. Each club has a designated spot to sit as a club, and we encourage this to promote 'team spirit'.

## **Ticket Books**

Each week the athletes will receive from their team manager tickets from the previous week's competition meet. There is a ticket for each event participated in which details the date, event, performance, whether it is a personal best (PB) and also whether a qualifying performance has been achieved. Qualifying performances are used for State Individual Championships and also for Gold Star Achievement awards. We encourage you to paste these into the ticket book provided in the registration bag. It is a great way to see how the athletes are progressing over the season, and something they can keep as the years go by.

## **Reward Badges**

All children have an opportunity to gain reward badges, from participation, personal best, and gold star badges. More information on these is in your manual.

## **Canteen**

We operate a canteen as our main fundraiser and ask everyone to support it. We sell hot and cold food and drinks, such as pastries and toasted sandwiches, salad rolls and sandwiches, icy poles, bottled water and flavoured drinks, and a variety of snacks. We also run a BBQ at all our twilight meets and special events.

We are also lucky enough to have a coffee van in attendance most weeks, from which we receive a percentage of the takings.

## **Cancellations**

The St. Leonards track is classed as an all-weather track, which means we can still hold the meet if we have light rain. If the committee decides it is unsafe to hold the meet, we will post it on our website, 'tweet' through twitter and if able, announce on the local radio station. We would then endeavour to re-schedule that meet either on an extra twilight meet or try and spread those events out over a normal meet, over a few weeks.

## **Photography**

Each week we have a photographer who takes photos of the athletes competing at the events for our web site. If you don't want your child photographed please let us know.

## **Fundraising**

One of our main fundraisers for the centre are the profits we make from the canteen. We do hold a parent event throughout the season, such as a funny money/auction/trivia night, to raise extra funds needed for our championship medals, trophies, new equipment and to help support our athletes who make the state team.

Each week the club, who has set-up, has the opportunity to sell raffle/lucky number tickets to raise funds for their own club.