



Thornton Little Athletics



Season 2007 - 2008

Yearbook

Thornton Little Athletics Major Sponsors

**East Maitland Bowling Club
Beresfield Bowling Club
Fetterplace Real Estate**

Thornton Little Athletics Advertising Sponsors

**Hunter Concrete Pty Ltd
Tony Cant Real Estate
Hunter Precast Concrete Pty Ltd
Thornton Pharmacy
Hunter Buildings
R&D Meats
Crystal Clear Pool Services
Thornton Home Hardware
Aquarius Carwash
Thornton Mowers and Chainsaws
Thornton Newsagency
Steads Cycles and Fishing Tackle
Kris Lee Hair and Beauty**

Supporting Sponsors

**Rebel Sport
Thornton McDonalds**

Please support these businesses that support our club. Without the generous support from these local businesses our club would not be able to provide much of the equipment that is essential for the successful running of a little athletics centre. The committee would like to encourage all families to support the above businesses where possible.

2007 - 2008 COMMITTEE

PRESIDENT

Tony Veale

SECRETARY

CENTRE COACH

Terry Matthews

EQUIPMENT OFFICER

Damien Phillpotts

RECORDING OFFICER

Christine Scott

REGISTRAR

Noel Skimmings

GROUNDS CO-ORDINATORS

Robert Smee

Chris Pappas

UNIFORM OFFICER

Cassie Caldwell

OVAL BOARD DELEGATE

Terry Matthews

Noel Skimmings

ZONE DELEGATES

Robert Smee

Tony Veale

CHAMPIONSHIP OFFICER

Henry Coppins

TREASURER

Corinna Nugent

CANTEEN SUPERVISOR

BBQ SUPERVISOR

The Centre is looking for further volunteers to fill the vacant positions on the committee. Urgent assistance is required on competition nights. If you are able to assist please contact one of the above committee members.

To contact the committee please call 0408 133 646 and leave a message.

East's *"The Club For All Ages"*

**East Maitland Bowling Club
East's Leisure & Golf**

EAST'S
Now two great clubs!
East Maitland Bowling Club & East's Leisure & Golf

East Maitland Bowling Club

Billabongs Family Restaurant
Open 7 days for lunch & dinner
All you can eat

Includes: carvery, seafood, asian, salads, great array of desserts, tea & coffee.

East's Leisure & Golf Club

Whispers Brasserie
Open 7 days for lunch & dinner
Take advantage of our great shop-a-docket specials Monday to Friday
Terrific steaks, schnitzels & seafood!



PRESIDENTS REPORT

Welcome to the 2007 – 2008 Little Athletics season at Thornton and on behalf of the centre I wish you an enjoyable and successful year. As you are probably aware Thornton Little Athletics Centre, like much of the rest of the Thornton area is continuing to grow and this allows us to provide your children with better facilities and equipment to enjoy their athletics experience.

There have been some additions to the committee as well as some of our long serving volunteers take a well earned break. I would like to welcome Christine Scott (Recorder), Robert Smee and Chris Pappas (Grounds Coordinators) to the centre. **The efforts of these people cannot be underestimated but we still need more volunteers to allow the centre to function properly particularly on competition nights where age group managers and timekeepers are crucial.**

This year has again seen healthy support from local businesses and clubs for sponsorship of our centre and I encourage all of you to support these sponsors that help us. Again Rebel Sport at Greenhills has come on board with the MVP program. In your registration pack you would have received a 15% discount voucher for a one off purchase as well as a MVP card which gives you 5% discount at rebel all year, and a further 5% is credited to the centre to cash in later in the season.

Something new to the centre this year has been the introduction of online registrations and the removal of the paper based system we were all used to. This is an initiative of LAANSW which was trialled with some centres last year and is now the **ONLY** way to register at any centre. We trust that this has gone smoothly and should make registration faster and more convenient for you, any problems please see myself or Noel Skimmings our Registrar.

In addition to this please visit our new website, created by our webmaster Damien Philpotts, there are links to many athletics related sites, athletes can check out their results, look for upcoming carnivals, view photos of club nights and get training tips.

On the track itself we had a very good season last year with **15 of 19 athletes making finals at the zone competition and nine of those athletes qualifying for the Regional carnival at Glendale???** Four of our athletes, Emily Coppins, Alex Tupou, Katie Smee and Phillip Hall all continued to proudly represent Thornton at the state titles at Homebush with Katie Smee achieving silver medals in both the U9 girls 100m and 200m events, an outstanding achievement !

Well done to all!!

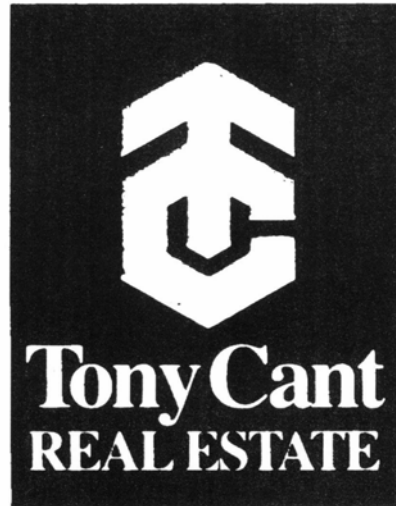
All in all we should experience a wonderful season, one in which your children should most importantly enjoy the Little A's experience, learn some new skills, meet some new friends and perhaps enjoy success at competition.

STOP PRESS !!

As you have probably already seen, Maitland City Council has erected fencing at the eastern and western ends of our oval to deter the motorbike riders. This was as a result of many letters that were sent to the council signed by our parents asking them to do something about the problem. Thank you to all who signed a letter and to the Council for listening, our oval will now be a safer place.

Yours in Athletics

Tony Veale
Centre President



**7 Railway Avenue,
Thornton. NSW 2322**

Phone: 49663350



IMPORTANT DATES AND INFORMATION

COMPETITION NIGHTS:

Thornton Little Athletics Centre competition nights take place every Wednesday evening at 5.30 p.m. at Allan and Don Lawrence Oval.

SEASON START:

First competition night for 2007 - 2008 season is:

Wednesday 5th September 2007

CHRISTMAS BREAK:

Last competition night for 2006 is **Wednesday 12th December, 2007** and first meet back after the break is **Wednesday 16th January, 2008**.

SEASON FINISH:

Last night of competition for 2007 - 2008 season is

Wednesday 12th March, 2008.

ZONE AND REGIONAL CARNIVAL DATES

Zone Multi event –

Zone Carnival –

Regional Carnival –

REGISTRATIONS:

PROOF OF AGE IS REQUIRED AT REGISTRATION FOR ALL NEW ATHLETES

There can be no refund of registration fees as part of this fee is paid to the Little Athletics Association to cover insurance and other costs.

INSURANCE COVER:

This is included in the registration fee for all athletes. All parent helpers and volunteers are covered under the LAANSW insurance policy, all helpers must sign the volunteers book held in the canteen to be eligible.

UNIFORMS:

The wearing of the correct uniform is a requirement for all competition meetings. Disqualification from competition is possible due to the incorrect uniform being worn.

GIRLS - Black and purple singlet top with black shorts or bike pants or black and purple bodysuit with or without legs or black and purple two piece 'crop top' suit.

BOYS - Black and purple singlet top with black shorts or bike pants.

PLEASE NOTE: The age patch is to be placed on the left-hand shoulder of the shirt. The athlete's individual registration number is to be firmly attached to the front and centre of the shirt and to be clearly visible at all times. The centre number (217) is to be firmly attached to the back and centre of the shirt.

All sponsorship logos, names etc must be visible at all times.

Uniforms can be purchase from the uniform officer, Cassie Caldwell

REGISTRATION NUMBER, AGE PATCH AND CENTRE NUMBER must be worn on all competition nights and at all carnivals for insurance eligibility reasons and every child must comply with this rule. Those who do not comply will be ineligible to compete

FETTERPLACE REAL ESTATE

ABN 85 142 133 207

Mobile: 0414 431 355

www.fetterplacere.com.au
info@fetterplacere.com.au

Phone: 4964 1455 Fax: 4964 1722

1/30 RAILWAY AVENUE, THORNTON NSW 2322



Crystal Clear Pool and Spa Service

- * **Regular pool Maintenance**
- * **Chemical sales**
- * **Pumps and Filters**
- * **Chlorinators and Cleaners**

* **FREE Water Testing**



PH: 4966 4066

FAX: 4966 4096

22 RAILWAY AVE THORNTON 2322

HUNTER PRECAST CONCRETE ARE PROUD TO SPONSOR:

THORNTON LITTLE ATHLETICS



**MANUFACTURERS OF:
PRECAST PANEL PRODUCTS**

- ***CIVIL**
- ***INDUSTRIAL**
- ***COMMERCIAL**
- ***ARCHITECTURAL**

Phone: 4966 8277

Fax: 4966 8299

63 Bonville Avenue, Thornton

Danny Rae
Plumbing Service
Pty Ltd
THORNTON



24 hours – 7 days
Plumber – Drainer- Gasfitter
All Domestic and
Commercial Services

Phone / Fax – 49662063

Email – dannyrae@networksmm.com.au

PO Box 199 Thornton NSW 2322

ABN- 60 067 056 759

Thornton Little Athletics Wet Weather Policy

For the safety of all involved there will be times throughout the season that competition nights will be called off. The committee will endeavour to give as much notice as possible but on occasion's a decision could be made quite late.

Reasons why competition nights will be called off –

- Wet weather. If it is raining or threatening to rain.
- Lightning associated with thunderstorms.
- High wind. Wind affects some events E.g. High Jump & Long jump.
- If Maitland Council have closed the ground. This usually occurs after many days of wet weather. While it may not have rained during the day of competition the council can close the ground for additional days to allow it to dry out. This is out of the committee's control
- Extremely high temperatures. Again the safety of our athletics could be at risk if competing in high temperature as such the night may be cancelled.

The committee will always try its best to have all competition nights go ahead. However our first priority is the safety of all members of the club.

If a night is to be cancelled a message will be left on the Clubs mobile phone.

Please ring 0408 133 646 and listen to the voice mail for the message.

Thank you for your cooperation and understanding

AIMS AND OBJECTIVES

The primary aim of Little Athletics is “the development of children, with emphasis on positive attitudes and a healthy lifestyle through family involvement in athletic activities”.

It is an active recreation for children up to the age of fifteen years. A wide range of running, jumping, throwing and walking events is conducted. Competition is graded so that children of similar age and ability compete with each other and the emphasis is placed on participation and personal improvement rather than winning.

The children and their parents belong to Little Athletics Centres, which are affiliated with a State/Territory Association. Parents are involved in all aspects of the activity, as coaches, officials, administrators and spectators. They form the committees that administer Centres and conduct the weekly competition. By encouraging children to participate in regular physical activity, Little Athletics helps them to lay the foundation for a healthy lifestyle. By involving the parents in all aspects of its activities, it provides opportunities for families to participate together and to share experiences; and by bringing so many parents and children together in an atmosphere of friendly co-operation it can benefit the whole community. The philosophy of the Little Athletics movement is summed up in the slogan:

“LITTLE ATHLETICS FOR FAMILY, FUN AND FITNESS”

THE FAMILY

One of the basic reasons for the continued development and enthusiasm generated by Little Athletics has been to attempt to meet the needs of the children as part of the family unit. Little Athletics is more than a sport. It is a community-oriented organisation that enables the entire family to do something together. Parents are involved in the program as voluntary helpers or officials. They share in many experiences with the children. Little Athletics provides a vital communication bridge between parent and child. This link can have benefits far beyond the years spent in the Centre. Society has, increasingly, produced subtle and damaging pressures on family and community relationships. The FAMILY CONCEPT approach to programming counteracts those pressures.

FUN

All children like fun . All children need fun. The weekly competition provides fun through participation, in an enjoyable sport, with friends in the same age group. There are special activity and novelty events; particularly for the younger children. A wide range of interesting, enjoyable and FUN programs are presented in the form of trips, camps and carnival events.

FITNESS

The community has become increasingly aware of the value of physical fitness. A fit body can mean an alert mind and a decrease in the incidence of many physical ailments. Combined with FAMILY involvement...FITNESS can be...FUN in the happy environment of a Little Athletics Centre.

REMEMBER

* Little Athletics is a family sport. All members of the family can participate in their own way. The Little Athletics slogan is “FAMILY, FUN AND FITNESS”.

* The success of our centre depends on the participation of the whole family on Wednesday nights.

Assistance by parents is essential and always appreciated. If are not sure how you can help out, please contact a committee member. Details are located in the front of the year book.

Whilst every effort is made to ensure the safety and well being of all athletes on Wednesday nights it remains every parent's responsibility to be present at all times to protect the well being of their own child.

PUT PHOTO OF REGIONAL REPS HERE

THORNTON PHARMACY

4966 5359

"Caring for your health"



At Thornton Pharmacy we offer personal, professional and confidential advice on prescription and non – prescription medicines, with written information about your medications to take home. Our Pharmacist is accredited with the AACP to review your medications in consultation with your doctor.

Shop 6, Thornton Shopping Centre
Thornton NSW 2322
A Quality Care Pharmacy

R&D QUALITY MEATS

SHOP THORNTON SHOPPING CENTRE

49664012



PORT HUNTER ZONE EVENTS

1. ZONE MULTI EVENT

This event involves centres from the Port Hunter Zone - Woodberry, Raymond Terrace, Newcastle City, Stockton, Tilligerry, Wallsend R.S.L., Port Stephens, Medowie, Adamstown-New Lambton and Thornton. Each age group competes in five or six events during the carnival. Athletes receive points for their performance in each event and the point score for each athlete accumulates after each event. Athletes must compete in every event in their age group to be eligible to win first place in their age group. Once dates are confirmed they will be placed on notice board on competition nights

2. ZONE CHAMPIONSHIPS

The Zone Championships are held over two days of competition and all athletes in the U7 to U5 age groups are eligible to enter. Athletes nominate a maximum of four events which they would like to compete in at Zone. Athletes should select events that they are competitive in, as a 1st, 2nd or 3rd place in an event at Zone qualifies the athlete to compete at the next level of competition, which is the Regional Championships. Athletes in the U7's receive a medal for 1st, 2nd or 3rd place in an event but do not progress to Regional. Zone Championships Once dates are confirmed they will be placed on notice board on competition nights.

3. REGIONAL CHAMPIONSHIPS

To be eligible to compete at this carnival athletes must qualify at the Zone Championships. Athletes in U9's to U5's who achieve a first, second or third place at Regional will be presented with a medal and will qualify to compete at the State Championships in Sydney. Athletes in U8's who come first, second or third in an event at Regional will be presented with a medal but do not proceed to the State Championships. Once dates are confirmed they will be placed on notice board on competition nights.

4. STATE CHAMPIONSHIPS

The State Championships are held at Sydney International Athletic Centre at HOMEBUSH.

Check club notice board for venues and times, or ask a committee member for any help needed.

CENTRE EVENTS FOR EACH AGE GROUP

TINY TOTS (Play Training only)

50m, obstacle course, tug of war, orange race, long jump, bean bag toss, walking beam, big boppa balls

UNDER 6

50m, 70m, 100m, long jump, discus, shot-put, orange race, obstacle, sack race, relay

UNDER 7

70m, 100m, 200m, long jump, discus, shot-put, sack race, obstacle, orange race, 500m pack start

UNDER 8

70m, 100m, 200m, 400m, long jump, discus, shot-put, 60m hurdles, 700m pack start

UNDER 9

70m, 100m, 200m, 400m, 800m, long jump, discus, shot-put, high jump, 60m hurdles, 700m Walk

UNDER 10

70m, 100m, 200m, 400m, 800m, 1500m, long jump, high jump, 60m hurdles, discus, shot-put, 1100m Walk

UNDER 11,12

100m, 200m, 400m, 800m, 1500m, long jump, triple jump, high jump, 60m hurdles, discus, shot-put, 1100m Walk

UNDER 13, 14, 15

100m, 200m, 400m, 800m, 1500m, long jump, high jump, triple jump, discus, shot-put, javelin, 90m hurdles, 1100m Walk

PERSONAL PROTECTION AND INTERVENTION POLICY

POLICY STATEMENT

The Little Athletics Association of New South Wales Inc. is firmly committed to a co-ordinate and comprehensive approach to promote the protection of children and adults. In accordance with the NSW Government principles for child protection and intervention, the Little Athletics Association of New South Wales Inc. aims to promote a

safe environment for all children and adults and to recognise and notify suspected child abuse and neglect.

The Little Athletics Association of New South Wales Inc. is committed to the belief that all children have a right to feel safe at all times.

LITTLE ATHLETICS CODES OF BEHAVIOUR

1. Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
2. Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
3. Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
4. Never ridicule or yell at a child for making a mistake.
5. Remember children are involved in Little Athletics for their enjoyment, not yours.
6. If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember most officials give time and effort for your child's involvement.
7. Support all efforts to remove verbal and physical abuse at Little Athletics activities.
8. Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
9. Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
10. Avoid the use of bad language.

Failure to comply with code of behaviour can lead to suspensions or dismissal to the club.



TROPHIES AND AWARDS



ELIGIBILITY FOR AWARDS AND TROPHIES

Only those athletes who have competed in at least 75% of competition nights, (Tiny Tots participation is 50%) will be eligible to receive a participation trophy at the close of the season.

PORT HUNTER ZONE TROPHY / ATHLETE OF THE YEAR.

This trophy is presented to the Boy and Girl Athlete of the Year. Athletes are eligible to win this award if they have participated in two Zone events held during the season i.e. at least one Zone Multi event and the Zone Championships Carnival. At the end of the season all the athletes eligible for the award are given points based on attendance, participation, enthusiasm, behaviour and performance.

Eight points are awarded for 1st place in an event down to two points for 7th place and one point for participation after 7th place. For bettering a personal best, athletes are awarded 5 points, for equaling a personal best, 1 point. Athletes can gain 5 points by attending a Zone Multi Event and 5 points for attending the Zone Championships.

The boy and girl athlete with the highest number of points is awarded the Port Hunter Zone Trophy.

CLUB PERSONS OF THE YEAR

The Shaw Shield is awarded to the Junior Club person boy and girl (tiny-tot to Under 9) and the Matthews Medallion is awarded to the Senior Club person of the year (Under 10 and above).

These awards are aimed at the athlete that represents the club to the highest levels of cooperation, sportsmanship and behaviour. This is not purely competition results but also personal traits.

The point score is based on effort, behaviour, improvement, co operation and personal manners. Each week age managers will award points to athletes in their age group on a 3, 2, 1 basis.

CENTRE RECORDS

A certificate is awarded to athletes in recognition of the athlete breaking an existing club record in an event. These certificates record details of the new record and are presented each month to successful athletes.

*Note: Centre records are not recognised for the first **two** point scoring nights of the season. The first night is not a point scoring night; hence there is a total of **three** nights before any records are taken each season.*

A committee member needs to be present to witness the measuring of a field record. Track records are automatically accepted if double timed.

PARTICIPATION IN REPRESENTATIVE EVENTS

Athletes can also be involved in more serious competition if they wish by nominating to represent the centre at Zone level. If successful at Zone, athletes may qualify to represent our centre at Regional level and if successful they will qualify for the State titles which are held at the Sydney International Athletic Centre in March.

REPRESENTATIVE AWARDS

A printed T-shirt is presented to athletes who represent our centre at Regional level and a club jacket suitably decorated, is presented to athletes who represent our centre at State level on their first representation. Each subsequent representation earns a badge to be sewn on the jacket. After three years a new jacket is awarded.

STATE REPRESENTATIVES 2006 -2007

RULES OF COMPETITION

SHOES ARE TO BE WORN FOR ALL COMPETITION EVENTS.

TRACK EVENTS

1. Two false starts result in a disqualification.
2. U9's and older are permitted to wear spiked shoes.
3. No spiked shoes (not even with spikes removed) are permitted in any race over 400 metres.
4. A race is completed and a time is measured when the torso reaches the finishing line.
5. Starting blocks are optional.

6. An athlete must keep to allotted lanes from the beginning to the end of an event. Straying out of your lane in a laned event could result in disqualification.
7. For 100m, 200m and 400m events the starter's instructions will be: "On your marks" – athletes take their marks at the starting line. "Set" - when all athletes must be completely still on the starting line.
8. When all athletes are "set" the starter will fire the starting pistol.
9. For 800m, 1500m and 3000m races the instructions will be "On your marks" and when the athletes are steady the pistol will be fired.

SHOTPUT AND DISCUS

1. The competitor must not leave the circle until the implement has landed, and then must leave in a controlled manner, from the rear half of the circle only.
2. It shall be a foul throw if the competitor, after entering the circle and commencing to make a throw, touches with any part of their body, the top of the circle or the ground outside.
3. The implement must land within the marked 40 degree sector lines (on the line is outside the sector).
4. The measurement of each throw will be taken from the nearest mark made by the fall of the implement, to the inside of the circumference of the circle, along the line, from the mark to the centre of the circle.

SHOTPUT distances will always be recorded to the nearest centimetre (0.01m) below the distance measured, if the distance measured is not a whole centimetre.

SHOTPUT NOTE

- a. The shotput shall be touching the underside of the chin, and the hand shall not be dropped below this position, during the action of putting.
- b. The shot must not be brought from behind the line of the shoulder.

DISCUS distances will always be recorded to the nearest even centimetre (0.02m) below the distance measured; if the distance measured is not a whole centimetre.

LONG JUMP

1. Start markers are to be placed along the side of the track, clear of the runway.
2. A 500mm take-off area is provided for U6's up to and including U12's. A 200mm board is provided for U13's, U14's and U15's. For the U6's and U7's events the 500mm take-off area is positioned 1/2 metre from the edge of the pit. For U8's to U12's the 500mm take-off area shall be positioned 1 metre back from the edge of the pit. For the older age groups the 200mm board is positioned 1 metre back from the edge of the pit.
3. The distance jumped is measured as the shortest distance from the nearest break in the landing area, made by any part of the body or limbs, to the imprint made on the 500mm take-off area, by the take off foot. For jumps made from the board, the measure is taken from the take-off line, or take-off line extended, to the break in the pit. The take-off line is the front of the board. Distance shall always be recorded to the nearest centimetre (0.01m) below the distance measured, if the distance measured is not a whole centimetre. Where no contact is made with the 500mm take-off area (*i.e.* the athlete takes off behind the 500mm take-off area) the jump is recorded and

measured from the front of the 500mm take-off area.

4. Fouls are recorded when:

- a. The take-off foot extends past the front edge of the take-off board or square.
- b. The competitor leaves the pit by walking through the pit towards the take-off point.

TRIPLE JUMP

1. This is a "hop - step - jump" movement into the pit.
2. The hop shall be made so that the competitor shall first land upon the same foot as that from which they shall have taken off; in the step they shall have landed on the other foot, from which consequently the jump is performed. If the competitor while jumping touches the ground with the "sleeping" leg it shall not be considered a failure.
3. For the triple jump, provision of three, take-off boards is required, at 5 metres, 7 metres and 9 metres back from the pit. Competitors may change their take-off board once only, once the competition has started.

HIGH JUMP

1. A competitor is permitted to place markers to assist run up, provided they do not interfere with any other competitor's run up line.
2. A competitor must take off from one foot only.
3. A nominal 90 seconds time period is allowed to complete each jump attempt. Balked attempts are not registered as jumps completed. An unreasonable delay in an attempt may be recorded as a failed attempt.
4. A failed attempt is recorded when the competitor removes the bar during an attempted jump. (If the bar is dislodged by means other than the competitor the competitor is not penalised.)
5. A competitor is disqualified when three consecutive failures are recorded.

THE ROLE OF THE PARENT HELPER

TIMEKEEPER

The Chief Timekeeper should attend to these duties:

- * Issue each timekeeper with a stopwatch in working order and make sure they are familiar with operating and reading the watch.
- * Control the transceiver or other means of communication with the starter.
- * Ensure that all timekeepers and judges are in position and ready, before notifying the starter that the event may proceed.
- * All timekeepers must start the watch at the instant the smoke or flash of the gun is seen - NOT when the sound of the explosion is heard.

AGE GROUP MANAGER

It would be greatly appreciated if Age Group Managers are able to take the same group each week as the athletes become familiar with their group manager and this

ensures the smooth running of competition nights and makes the night more enjoyable for everyone. If this is not possible perhaps two or three parents might like to rotate the role.

The age group manager shall be responsible for:

- * The conduct of the members of their age group. 'Where any athlete disrupts other athletes, the Age Group Manager shall in the first instance seek the assistance of the parent or guardian and, in their absence, or if the disruption continues, bring the matter to the attention of a Committee member. The Committee member will assist the Age Group Manager to resolve the issue. Should further disruption occur, the Age Group Manager is to advise the Centre President who is then to report to the next Committee meeting for review and to settle on an appropriate course of action.
- * The accuracy of the results for their group. Ensure that a committee member checks and witnesses a result if a performance equals or betters an existing centre record in order to validate the record.
- * The application of the rules of competition of the Association and the Centre.
- * Checking attendance of group members and recording on attendance sheet.
- * The Age Group Manager is also responsible for their group competing in the following events -Long jump and Triple Jump, Shot Put and Discus, and High Jump. The Age Group Manager must act as the official if no official is present at the event. It is a good idea to enlist the help of other parents to act as officials whose role it is to assist age group managers in marking and recording of events and in ensuring the safety of the athletes within the age group.
- Allocating points for the Clubperson of the year awards. These are 3, 2, 1 points awarded to athletes who display sportsmanship, responsibility good manners and behaviour and who help the age group manager with events.

LONG JUMP AND TRIPLE JUMP OFFICIALS

1. Before competition begins, the officials should make sure that the sand pit is free of any objects and that the pit is level with the run up.
2. When the sand is very dry, it is advisable to dampen the sand to make it easier to judge the exact break made by the athlete.
3. The duties of the relevant officials are:
 - * Two officials to manipulate the measuring tape and ensure that the jump is legal.
 - * One official to rake the sand after each jump.
4. After a successful jump has been completed, one official selects the break in the sand made by any part of the athlete's body which is closest to the take-off board or mat and marks it with a steel spike or similar object.
5. A second official reads the measurement and records the performance.
6. As soon as the measuring is complete, the first official rakes the sand the next competitor is called to make a jump.
7. Three rounds of trials are conducted, with athletes competing in the same order in each round.

HIGH JUMP OFFICIALS

1. Make sure that all equipment is safe for use before each competitor jumps. Sufficient bags must be available to prevent an athlete falling between the bags and striking the ground.
2. At regular intervals the landing area must be checked.
3. The platforms which support the cross bar, should face the opposite uprights so that the bar may fall either forwards or backwards if touched by a competitor.
4. The duties of the relevant officials are:
 - * Two officials to replace the bar.
 - * One official to record results.

SHOTPUT AND DISCUS OFFICIALS

1. Prior to the event, officials must ensure that all competitors are well behind the throwing circle. Only when it is their turn, may competitors approach the circle.
2. The specific duties of the relevant officials are:
 - * One official should check that the throw is legal and the other should check the position where the implement first hit the ground.
 - * A numbered peg is inserted into the ground where the implement first hits the ground.
 - * Two officials to manipulate the measuring tape and record the result.
3. Three rounds of throws are conducted with the best performance being measured and recorded.

PREVENTION OF INJURY

Many injuries gained through sport can be easily avoided by taking a number of precautionary steps. Listed below are some hints designed to reduce children's risk of sporting injuries,

1. Preparing for Activity

a)Warming Up

Warming up is an important aspect of injury prevention, preparing athletes both physically and mentally for the activity ahead.

The ideal warm up will help to raise body temperature and increase heart rate. Fun running games of various sorts will ensure that these appropriate responses are achieved. Stretching should always follow this initial warming up stage.

b) Stretching

Flexible muscles and joints reduce the risk of injury, as they are able to better respond and adapt to sudden movements.

Rules for Stretching

- * Stretch slowly and gently - no bouncing.
- * Hold the stretch for approximately 10 seconds.

- * Avoid stretches that may place stress on the lower back.
- * Only stretch as far as “feeling the muscles responding” and never to the point of pain.
- * Use relaxed breathing when stretching.

b) Cooling Down

Cooling down is just as important as warming up! Athletes should warm down to:

- * Clear lactic build up in muscles (lactic acid means sore and tired muscles).
- * Stretch out previously contracted muscles.
- * Decrease body temperature and heart rate.

The cooling down phase should mimic the initial warming up routine i.e. a movement activity followed by stretching exercises.

2. Encouraging the Use of Correct Technique

Encouraging children to use the correct technique for events will help to increase skill levels and eliminate the associated risks of being a novice. Studies have shown that injuries are greatly reduced if a child has developed greater skill and proficiency when attempting a task.

3. Provide a Safe Environment

a) Rules in Little Athletics

Track and field rules have been designed for two reasons:

- * To standardise activities and performances and
- * To ensure that the activity is safe for competitors and spectators.

Rules should be clearly indicated to children and enforced by officials and parents.

b) Playing Area and Facilities

It is the Centre’s responsibility to ensure that the facilities and equipment used by athletes, officials and spectators are safe and free from the risk of injury.

Centre personnel need to regularly check all equipment for faults and/or degeneration. Event areas should be kept level, free from obstruction and clearly marked.

c) Protective Equipment

Little Athletes across Australia have the right to participate in track and field without the risk of injury. Protective equipment helps to eliminate many of the possible injuries that could occur without their usage.

d) ALA Standardised Equipment and Events

Little Athletics was one of the first sporting movements to adopt a “modified” approach to sport. Children have always been free to take part in modified events making them compatible to children’s physical attributes and capabilities.

It is for this reason that Centres need to follow the standards set for events by Australian Little Athletics. The specifications have been carefully selected to ensure that they are the most suitable and advantageous for developing athletes.

e) Shoes

Children need to wear shoes at all times. Good quality shoes that are well fitted are best. Foot stability is essential when selecting a running shoe and consideration must be given to the ability of the shoe to absorb shock. This is especially important in long distance events and jumping events.

4. Environmental Conditions

a) Cold Weather

Extended time between activities should be avoided in cold weather.

Long breaks between events or exercise means that young bodies can cool down, increasing the likelihood of muscle related injuries. Athletes should be encouraged to keep warm and wear adequate clothing.

b) Warm Weather

When children are exercising in warm conditions, their fluid intake should be both monitored and encouraged. It is very easy for children to become dangerously dehydrated. Parents and officials should be aware of the following facts

- Thirst is NOT an adequate indicator of the need for fluid.
- Water is the best fluid replacement.
- Intense activity should be avoided.
- Fluid should be continuously replaced depending on the intensity of heat - 45 minutes before the event and during endurance & field events (1 glass every 15 minutes) and regularly after the event has concluded
- Parents and officials must also ensure that plenty of sunscreen is provided for children and that they are encouraged to wear loose fitting light clothing and hats.

CLUB RECORDS

UNDER 6 BOYS

EVENT	NAME	DATE	RECORD
50M	Mark Winter	18.2.04	9.61
70M	Thomas Taylor	17.3.99	13.10
100M	Thomas Taylor	10.3.99	18.70
LONGJUMP	Mark Winter	17.3.04	2.57
SHOT PUT	Mitchell Berry	07.2.01	6.10
DISCUS	Stephen McCarthy	1.2.95	15.26

UNDER 7 BOYS

EVENT	NAME	DATE	RECORD
70M	Thomas Taylor	1.3.00	12.60
100M	Daniel Cooper	7.12.94	17.80
200M	Daniel Cooper	7.12.94	38.20
400M	Kai Pridue	9.11.94	1-34.4
LONG JUMP	Mitchell Berry	9.2.00	2.94
SHOT PUT	Chris Stennett	14.10.98	7.15
DISCUS	Stephen McCarthy	3.12.95	18.90
500M PACK START	Joel Fullick	11.3.98	1-57

UNDER 8 BOYS

EVENT	NAME	DATE	RECORD
70M	Samuel Burg	23.11.94	11.80
100M	Thomas Taylor	20.12.00	16.90
200M	Kai Pridue	13.3.96	34.10
400M	Joel Fullick	10.3.99	1-25.1
60M HURDLES	Mitchell Berry	14.2.01	12.80
	Nathan Pili	5.2.03	
LONG JUMP	James Armstrong	3.3.99	3.46
SHOTPUT	Alex Lambert	16.11.94	7.45
DISCUS	Alexander Tupou	28.2.01	21.62
700M PACK START	Joel Fullick	24.2.99	2-42

UNDER 9 BOYS

EVENT	NAME	DATE	RECORD
70M	Joel Fullick	1.3.00	10.90
100M	Jackson Taylor	17.3.04	15.61
200M	Samuel Burg	13.3.96	32.90
400M	Timothy Eshebach	25.2.98	1-15.4
800M	Kai Pridue	13.11.96	2-56
60M HURDLES	Thomas Taylor	27.2.02	11.40
	Alexander Tupou	27.2.02	
LONGIUMP	Sean Hurn	17.3.99	3.60
HIGH JUMP	Samuel Burg	6.3.96	1.20
SHOT PUT	Mitchell Berry	19.12.01	7.79
DISCUS	Jackson Taylor	4.2.04	24.52

CENTRE RECORDS

UNDER 6 GIRLS

EVENT	NAME	DATE	RECORD
50M	Tara Pluck	17.3.99	10.00
70M	Tara Pluck	17.3.99	13.40
100M	Tara Pluck	10.3.99	20.40
LONG JUMP	Kristen Caries	17.3.04	2.36
SHOTPUT	Gemma Taylor	13.3.02	4.45
DISCUS	Caithn Gabriel	18.2.04	8.66

UNDER 7 GIRLS

EVENT	NAME	DATE	RECORD
70M	Tara Pluck	2.2.00	12.70
100M	Kirily Cox	24.1.01	17.50
200M	Kristy Price	23.2.00	39.10
400M	Kimberley Pluck	14.12.94	1-45.8
LONG JUMP	Tara Pluck	8.12.99	2.85
SHOTPUT	Amanda Kerry	25.1.95	5.68
DISCUS	Tegan Chandler	17.3.04	13.98
500M PACK START	Kristy Price	2.2.00	1-55.5

UNDER 8 GIRLS

EVENT	NAME	DATE	RECORD
70M	Melinda Price	11.3.98	12.20
	Claire Smith	15.12.99	
100M	Tara Pluck	24.1.01	17.30
200M	Melinda Price	3.12.97	36.80
400M	Melinda Price	10.12.97	1-23.8
60M HURDLES	Tara Pluck	1.11.00	12.90
LONG JUMP	Carly Grogan	7.12.94	3.01
SHOT PUT	Carly Grogan	2.11.94	5.72
DISCUS	Emma Reid	28.2.96	13.76
700M PACK START	Melinda Price	22.10.97	2-39

UNDER 9 GIRLS

EVENT	NAME	DATE	RECORD
70M	Melinda Price	10.2.99	11.00
100M	Melinda Price	17.3.99	16.30
200M	Kirsty Calleia	13.3.96	33.70
400M	Melinda Price	27.1.99	1-16.2
800M	Melinda Price	28.10.98	3-03
60M HURDLES	Melinda Price	17.2.99	12.30
LONG JUMP	Melinda Price	17.3.99	3.39
HIGH JUMP	Melinda Price	27.1.99	1.05
	Emily Coppins	12.2.03	
	Paige Sales	26.2.03	
SHOT PUT	Melinda Price	30.9.98	5.59
DISCUS	Emma Reid	12.3.97	16.18

CENTRE RECORDS

UNDER 10 BOYS

EVENT	NAME	DATE	RECORD
70M	Joel Fullick	6.12.00	10.50
	James Armstrong	14.3.01	
100M	Rick Maybury	23.11.94	14.80
200M	Joel Fullick	24.1.01	31.30
400M	Timothy Eschebach	17.2.99	1-12.4
800M	Trent Thew	5.12.015	2-55.59
1500M	Trent Thew	13.3.02	5-38.37
60M HURDLES	Joel Fullick	14.2.0 1	12.00
LONGJUMP	AlexanderTupou	15.1.03	3.96
HIGH JUMP	Sean Hum	24.11.99	1.28
SHOT PUT	Thomas Taylor	16.10.02	9.32
DISCUS	Chris Stennett	19.12.01	26.99

UNDER 11 BOYS

EVENT	NAME	DATE	RECORD
100M	Joel Fullick	19.12.01	14.19
200M	Joel Fullick	30.1.02	29.17
400M	Joel Fullick	23.1.02	1-09.94
800M	Joel Fullick	5.12.01	2-42.74
1500M	Joel Fullick	19,12.01	5-25.38
60M HURDLES	James Armstrong	27.2.02	10.56
LONG JUMP	Rick Maybury	13.12.95	4.18
HIGH JUMP	Chris Stennett	26.2.03	1.35
TRIPLE JUMP	Trent Thew	19.2.03	8.68
SHOT PUT	Chris Matthews	9.12.98	10.10
DISCUS	Thomas Taylor	17.3.04	27.19

UNDER 12 BOYS

EVENT	NAME	DATE	RECORD
100M	Robert Alexander	22.2.95	13.50
	Mitchell Carpenter	22.2.95	
200M	Phil Adams	13.3.96	28.10
400M	Joel Fullick	20.11.02	1-08.80
800M	Joshua Taylor	27.11.96	2-38
1500M	Jason Leayr	15.1.97	5-23
60M HURDLES	Timothy Eschebach	20.12.00	11.20
	James Armstrong	16.10.02	
LONG JUMP	Philip Adams	13.12.95	4.40
HIGH JUMP	Chris Franks	28.1.98	1.45
TRIPLE JUMP	Chris Stennett	26.11.03	9.08
SHOT PUT	Phillip Hall	18.2.04	10.44
DISCUS	Chris Stennett	15.10.03	27.65

CENTRE RECORDS

UNDER 10 GIRLS

EVENT	NAME	DATE	RECORD
70M	Melinda Price	1.3.00	10.80
100M	Kerri-ann Clarke	16.10.94	15.20
200M	Melinda Price	23.2.00	31.30
400M	Emily Coppins	4.2.04	1-18.13
800M	Melinda Price	16.2.00	2-56
1500M	Melinda Price	29.9.99	5-54
60M HURDLES	Katie Francis	28.11.01	12.22
LONGJUMP	Gabby Dyer	13.3.02	3.74
HIGH JUMP	Melinda Price	9.2.00	1.17
SHOT PUT	Justine Carpenter	11.1.95	7.39
DISCUS	Justine Carpenter	8.2.95	20.78

UNDER 11 GIRLS

EVENT	NAME	DATE	RECORD
100M	Gabby Dyer	13.11.02	15.20
200M	Amy Cole	13.3.96	31.00
400M	Amy Cole	28.2.96	1-15.3
800M	Amy Cole	6.3.96	2-50
1500M	Amy Cole	21.2.96	5-43
60M HURDLES	Gabby Dyer	20.11.02	12.10
LONG JUMP	Gabby Dyer	20.11.02	4.02
HIGH JUMP	Kirsty Calleia	11.3.98	1.35
TRIPLEJUMP	Gabby Dyer	19.2.03	8.41
SHOT PUT	Justine Carpenter	6.12.95	9.08
DISCUS	Katie Francis	30.10.02	23.07

UNDER 12 GIRLS

EVENT	NAME	DATE	RECORD
100M	Justine Carpenter	26.2.97	14.60
200M	Justine Carpenter	4.12.96	30.90
	Jessica Radnidge	19.2.03	
400M	Amy Cole	22.1.97	1-13.5
800M	Amy Cole	27.11.96	2-51
1500M	Amy Cole	26.2.97	5-34
60M HURDLES	Katrina Foreman	21.1.98	12.20
LONG JUMP	Gabby Dyer	18.2.04	4.22
HIGH JUMP	Kirsty Calleia	24.2.99	1.38
TRIPLEJUMP	Gabby Dyer	29.10.03	8.71
SHOT PUT	Justine Carpenter	6.11.96	10.31
DISCUS	Justine Carpenter	27.11.96	24.02

CENTRE RECORDS

UNDER 13 BOYS

EVENT	NAME	DATE	RECORD
100M	Mitchell Carpenter	6.3.96	13.10
	Matthew Lantry	15.1.97	
200M	Matthew Lantry	19.2.97	26.80
400M	Mitchell Carpenter	28.2.96	1-01.3
800M	Mitchell Penglaze	25.2.98	2-35
1500M	Colin Piefke	11.3.98	5-25
80MHURDLES	Ben Tupou	28.11.01	15.13
LONG JUMP	Reece Asquith	28.2.01	5.15
HIGH JUMP	Tony Booyse	7.2.96	1.50
	Chris Franks	21.10.98	
TRIPLE JUMP	Matthew Lantry	13.11.96	10.12
SHOT PUT	Andrew Everingham	9.2.00	10.69
DISCUS	Tony Booyse	21.2.96	36.68

UNDER 14 BOYS

EVENT	NAME	DATE	RECORD
100M	Reece Asquith	19.12.01	12.43
200M	Mitchell Carpenter	4.12.96	25.40
400M	Chris Everingham	19.11.97	59.70
800M	Chris Everingham	26.11.97	2-31
1500M	Chris Everingham	12.11.97	5-04
90M HURDLES	Ben Tupou	5.2.03	15.00
LONG JUMP	Reece Asquith	24.10.01	5.39
HIGH JUMP	Tony Booyse	22.1.97	1.65
TRIPLE JUMP	Andrew Everingham	25.10.00	10.54
SHOT PUT	Andrew Everingham	14.2.01	11.67
DISCUS	Tony Booyse	30.10.96	37.34

UNDER 15 BOYS

EVENT	NAME	DATE	RECORD
100M	Ben Tupou	19.11.03	11.89
200M	Ben Tupou	19.11.03	25.14
400M	Chris Everingham	4.11.98	57.80
800M	Chris Everingham	27.1.99	2-23
1500M	Chris Everingham	9.12.98	5-09
LONG JUMP	Tony Booyse	28.1.98	5.64
HIGH JUMP	Tony Booyse	21.1.98	1.72
TRIPLE JUMP	Andrew Everingham	10.10.01	11.79
SHOT PUT	Andrew Everingham	6.3.02	12.52
DISCUS	Tony Booyse	26.11.97	46.60

CENTRE RECORDS

UNDER 13 GIRLS

EVENT	NAME	DATE	RECORD
100M	Kirsty Calleia	1.12.99	14.00
200M	Melanie Iceton	3.12.97	29.30
400M	Kirsty Calleia	8.12.99	1-08.8
800M	Katie Waite	25.2.98	2-47
1500M	Katie Waite	10.12.97	5-59
80M HURDLES	Kirsty Calleia	8.12.99	16.00
LONG JUMP	Casey Pluck	4.3.98	4.24
HIGH JUMP	Kirsty Calleia	20.10.99	1.40
TRIPLE JUMP	Kirsty Calleia	27.10.99	9.35
SHOT PUT	Justine Carpenter	18.3.98	8.96
DISCUS	Justine Carpenter	26.11.97	22.76
	Casey Pluck	10.12.97	

UNDER 14 GIRLS

EVENT	NAME	DATE	RECORD
100M	Karen Alexander	23.11.94	13.40
200M	Karen Alexander	7.12.94	27.90
400M	Katie Waite	4.11.98	1-09.9
800M	Katie Waite	27.1.99	2-51
1500M	Katie Waite	10.2.99	5-51
80M HURDLES	Jessica Thorley	28.11.01	18.10
LONG JUMP	Karen Alexander	26.10.94	4.74
HIGH JUMP	Karen Alexander	7.12.94	1.35
TRIPLE JUMP	Karen Alexander	12.10.94	9.32
SHOT PUT	Justine Carpenter	4.11.98	9.08
DISCUS	Karen Alexander	9.11.94	23.04

UNDER 15 GIRLS

EVENT	NAME	DATE	RECORD
100M	Mindy Slomka	23.11.94	13.20
200M	Mindy Slomka	2.11.94	28.50
400M	Katie Waite	8.12.99	1-08.6
800M	Katie Waite	15.12.99	2-48
1500M	Katie Waite	1.3.00	5-54
90M HURDLES	Jenna Herdegen	8.12.99	17.70
LONG JUMP	Mindy Slomka	26.10.94	4.60
HIGH JUMP	Katie Waite	24.11.99	1.40
TRIPLE JUMP	Casey Pluck	1.3.00	9.00
SHOT PUT	Natasha McCarthy	16.11.94	9.89
DISCUS	Natasha McCarthy	8.2.95	25.54





When you're as busy as a Beaver....

