

Doncaster Saints Little Athletics Club



General Information

Under 6, 7 & 8 (On Track)

2009 / 2010

What is On Track?

“On Track” is essentially an athletic skills development program that aims to provide children in the Under 6 to Under 8 age bracket with increased instruction, ample practice opportunities and ongoing motivation.

The program concentrates on teaching our younger athletes the fundamental motor skills of running, jumping, hopping and throwing in a non-competitive environment, whilst also focusing on active participation, learning and improving, having fun and experiencing excitement. By increasing activity time, decreasing overall time, fostering friendships, decreasing competition mindset and increasing prospects for learning, the program is able to deliver all the above essential aspects.

- Here at Doncaster Little Athletics Centre, the program operates on Saturday mornings between 8.30 a.m. and 10.00 a.m.
- Each week children are rewarded for their learning and participation by receiving a ticket for each of the skills that were learnt during that particular session. Please take this ticket to your club table for recording your athlete's attendance
- All children are encouraged to place their tickets in the sticker book that is provided at the time of registration. In this way children can also progressively monitor the skills they cover and complete.
- On Track athletes are also offered a number of opportunities during the season to participate in a competition format similar to the older or Interclub athletes, (Under 9 to Under 15) with events such as 70m, 100m, Long Jump and Vortex or Shot Put being offered. These competition meets are held on Friday nights between 6.00 p.m. and 8.00 p.m. and when conducted, replace the regular Saturday morning program.

- Other special event meets are also available to On Track athletes throughout season.

Whilst children are ideally placed in small groups to encourage participation, this can only be achieved if an adequate number of personnel are available. Whilst DLAC ensures that the program has and is lead by an On Track Co-ordinator, On Track Leaders and Helpers are always required - there is no such thing as having too many people.

The On Track program has been designed so that anybody can teach athletics skills to the children. You don't need - Qualifications or experience, any athletics experience or any teaching experience.

All you need is Enthusiam

More help = smaller groups = more goes = FUN!!!

The On Track Co-ordinator for the Centre is Jack Talia – phone 0411 705 804.
The On Track Co-ordinator for Doncaster Saints is Trish Demaria – phone 0412 360711.



Fee Structure

Registration fees for season 2009 / 2010 are **all inclusive** \$120 per athlete. This includes summer registration and entry to all Centre, Region & State events throughout the season, including Doncaster Open Day, Multi Event & Handicap Day as well as all relay events.

Other Costs

- Club Uniforms are available from the Club. A sleeveless top is available the cost being \$25. The t-shirt is still available in limited sizes for \$15 and shorts are \$15. You can also purchase a cap (optional) for \$5.

Fund Raising

The Club participates with the Doncaster Centre in the “Laps for Kids” with donations going to the Royal Childrens’ Hospital.

We do not perform any other fund raising throughout the year other than profit from the BBQ’s held during the Friday twilight meetings.

Calendar and Program

The season’s calendar runs from 3rd October 2009 to 11th December 2009 and then resumes after Christmas with the Multi-Event on 23rd January 2010.

Centre Championships and Centre Presentations conclude the season on 28th March 2010.

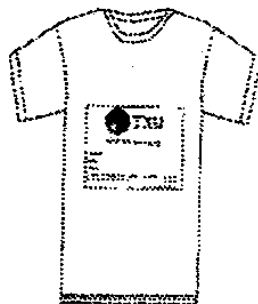
The Centre Calender and Program are included in the showbag each athlete receives upon registration.

Uniform / Chest Patches

Athletes who are out of uniform or who don’t have their chest patch attached to the front of the uniform may not be allowed to compete.

Please see Ange Centrone (0431 478517) and make sure you have the correct uniform.

Please sew or pin your patch on straight away (before it gets lost) as the Centre charges for replacement patches from the Registrar.



Parent Responsibilities

Child Supervision

At Saints we encourage the involvement of all family members.



Little Athletics is NOT a child-minding service.

It is a condition of registration with Saints that all children are supervised by a parent or nominated guardian at all times. This is for the safety and well being of your children.

Athletes consistently left unsupervised will be asked to forfeit their membership.

Duty Roster

Little Athletics cannot operate without the voluntary assistance of parents and other family members. Little Aths has no paid officials, coaches or committees.

The more trained On Track leaders and parent helpers we have directly determines the success of the On Track program and the enjoyment level of the children. Please read the 'What's Duty?' page to learn more about these roles.

Quite simply, without parent participation, events and On Track cannot run.

On Track parents are requested to assist on the track each week. There is also the opportunity to contribute in an official capacity by becoming an On Track Team Leader. Its easy to do and lots of fun, and the kids get a real kick out of it so if you are interested in learning how to become a team leader, please speak to Doncaster Saints On Track Coordinator, Trish Demaria or the Centre On Track Co-ordinator, Jack Talia in the first few weeks at the track.

Health & Safety

Athletics is a summer activity. Please remember sunscreen, hats and plenty of water, even on chilly mornings.



Club BBQ



The club runs a BBQ on the Friday twilight meetings.

Burgers and sausages in bread are sold on the night.

BBQ's are run as a service to families given that twilight meetings are run from 7pm and it is difficult to organise dinner beforehand. They also double as the Club's only form of fundraising.

Our aim is to produce quality snacks at a reasonable price. Please support the club in this endeavour.

Newsletter / Notice Board

The club regularly produces a newsletter via email. Please help us by advising if your email address changes.

Please advise one of the committee if you have anything you would like included eg for sale, special events etc.

The newsletter and other important information will be placed on the notice board each week. Please spend a few minutes to read the news and keep yourself informed. You may even read your own name occasionally.

Awards



Trophy night is held very soon after the end of the season.

Awards are based on performance, participation, personal bests (PB's) and attendance. A brief outline of the Club Awards Criteria is attached at the end of this booklet.

Please remember to have your performance tickets marked off by our book recorders before you go home as our club awards are based on these records.

Jargon



- ❖ **Clubhouse** – the wooden building at the end of the front straight. The clubhouse is out of bounds during competition.
- ❖ **Pavilion** – is where the canteen is. First Aid is also located here.
- ❖ **Jumping Pits** – the long jump pit is on the left hand side (looking from the seating area) at the beginning of the front straight and the triple jump pit is on the right hand side near the end of the front straight. Sometimes they are both used for Long Jump when the program dictates this.

Committee Meetings

Your committee usually meets on the first Wednesday of each month during the season. All members are welcome to attend to have their say.

At the 2009 AGM, the following committee was elected:

Position	Name	Phone	Mobile	Email
President	Tom Sykes	9852 3480	0400 242 673	thesykes@bigpond.net.au
Secretary	Fiona Evans	9848 7530	0404 188412	fiandandy@bigpond.com
Treasurer	Andy Evans	9848 7530	0400 210699	fiandandy@bigpond.com
Registrar	Liz Wolf	9841 6171	0408 308759	lwolf@millsrubber.com
Parent Organisers	Raoul Ney Marisa Benetti	- -	0400 956135 0411 409288	raoulney@gmail.com michaelbenetti@bigpond.com
Team Manager	Anne Schubert	9873 0367	0418 302 982	kwikmilk@bigpond.com
General Committee	Helen Quinn	9005 9410	0413 089290	helenquinn36@gmail.com
Uniform Coordinator	Ange Centrone	-	0431 478517	angecen@optusnet.com.au
On Track Coordinator	Trish Demaria	9841 9348	0412 360711	trishdemaria@optusnet.com.au
Book Recorders	Silvana Smith	9894 5026	-	gregsilvana@optusnet.com.au
	Julie Sykes	9852 3480	-	thesykes@bigpond.net.au

Our committee members wear Red Saints T-shirts and name badges so please don't hesitate to ask one of them if you have any questions.

What's Duty

Duty for On Track is easy and a lot of fun.

Its all about turning up and helping our children have fun while they learn some very basic skills.

You do not have to be a teacher, ex athlete or even be athletic.

Even though you may doubt it, you will know more about throwing, jumping and running than the children and with a tiny bit of guidance from a leader or parent helper, you will be great. Even being there to control a line, retrieve balls or stand on a spot and act as a turnaround mark makes a huge difference to the success of a session.

Please be at the track by 8.15am so the leaders can explain the morning session and activities. On Track is most effective when groups are small and the children get clear instruction, lots of practice opportunities and plenty of encouragement.

Parents are required to be both On Track Leaders and parent helpers.

Age Group Leader and Parent Helpers

Each Saturday, leaders are allocated an area within the arena for their group. They plan each week by following a season session plan. Leaders choose what activities the children will do for the day from the activities guide. Leaders and parent helpers are welcome to make up their own games and variation of other activities. It is best to plan this the evening before so you are well prepared when you arrive at the track on the Saturday.

Preparation is the secret to having an enjoyable and productive morning.

With your involvement, patience and encouragement the children have a great time and learn valuable athletic skills too.

Doncaster Saints LAC - Club Awards Criteria

1. Club Age Group Award

1st Place, 2nd Place, 3rd Place and Participation trophies will be awarded according to the following criteria:

- Athletes are required to complete in at least 60% of the interclub programs offered, and continue to compete after the Christmas break, to be eligible for a trophy.
- An athlete, who competes in less than 60% of interclub programs offered or joins after the Christmas break, shall receive a participation certificate (not a trophy).
- Where there is an age group of only 1 athlete, the 1st place trophy will be awarded provided the athlete attends at least 60% of the programs offered.

Placings are calculated on a points system as follows:

- For each event, on every competition day, points are awarded depending on an athlete's performance compared with other Saints athletes in the age group. 10 points for best result, 9 points for second best result and so on.
- Personal Bests (PB's) earn 10 points, Equal PB's earn 5 points and Gold PB's (refer handbook for standards) earn 15 points.
- When a no jump (NJ), no throw (NT), did not finish (DNF) or disqualify (Disq) occur, 1 point is earned.

An athlete who can not compete in an interclub program due to attending Crystal Creek Camp, State Multi Event or All School Athletic Competition shall be recognised by a calculated result.

2. 100% Events/Attendance

Awarded to an athlete who competes in every compulsory* event offered during the season. The award is a trophy. *All events are compulsory except the walk.

3. Attendance – Silver and Bronze Levels

Silver Attendance – awarded to an athlete who attends all interclub programs, competing in a minimum of 3 events. For Under 6 athletes the minimum is 2 events. The award is a medallion.

NB: athletes who qualify for a 100% Events trophy will not also receive an attendance medallion.

Bronze Attendance – as above (for Silver Attendance) however an athlete may miss one interclub program during the season. The award is a Medallion.

NB: For both 100% Events and Attendance Awards, an athlete who can not compete in an interclub program due to attending Crystal Creek Camp, State Multi Event or All School Athletic Competition shall be recognised as attending. If an athlete is injured during an Interclub meeting, they will be noted as attending that meeting only.

4. President's On-Track Award Boy and Girl U/6 – U/8

Awarded to one boy and one girl in the age group U/6 to U/8 in the club who are the most consistent and improved performers throughout the season, based on:

- Competing in all or most of the programs offered for their age group
- The most PB's achieved

Formula applied expressed as a percentage. Number of PB's (includes equal PB's) divided by the number of events offered over the season.

5. President's Award Boy and Girl U/9 – U/15

Awarded to one boy and one girl in the age group U/9 to U/15 in the club who are the most consistent and improved performers throughout the season, based on:

- Competing in all or most of the programs offered for their age group
- The most PB's achieved

Formula applied expressed as a percentage. Number of PB's (includes equal PB's) divided by the number of events offered over the season.

6. Under 15 Service Award

Club recognition of an athlete who competes in the Under 15 age group. Length of service will determine whether a plaque or a certificate is awarded.

- Attended from Under 6 to Under 15 – approx. 20cm X 12cm plaque
- Attended from Under 13 to Under 15 – approx. 18cm X 10cm plaque
- Competed at Under 14 & Under 15 – an appropriate certificate will be presented

Service from another Club or Centre will be considered on a case by case basis by the committee.

7. Centre Record

Awarded to an athlete who achieves a centre record. The award is a plaque/trophy. If an athlete achieves more than one centre record, all records will be recognised on the one plaque/trophy.

Passed at Doncaster Saints committee meeting on 9 November 2004.