

Doncaster Saints Little Athletics Club



General Information

Under 9 - Under 15

2009 / 2010

Fee Structure

Registration fees for season 2009 / 2010 are **all inclusive** \$150 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.

The registration fee is made up of charges by the Victorian Little Athletics Association (VLAA), the Eastern Metropolitan Region (EMR) and the Doncaster Little Athletics Centre (DLAC).

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 for \$5 (optional).

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

Interclub programs are usually conducted on a Saturday morning from 10.00am however there are five Friday evening twilight meetings held during the season. Friday evenings start at 6.00pm.

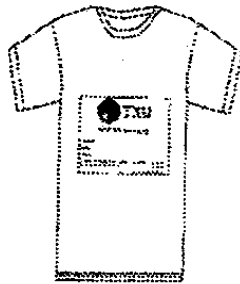
The Calender and Program are included in the showbag each athlete receives upon registration. The program is designed that athletes have the opportunity to do all events offered for their age group at least once every 3 weeks.

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 to ensure 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.

Quite simply, without parent participation, events cannot be run, the program cannot run efficiently and events may have to be cancelled. Details of what parent duty entails can be found further into this information booklet.

Upon registration your family will be included on a duty roster once every three weeks. In fairness to all other parents we ask you to observe your designated roster or alternatively make arrangements to swap with someone else. As an incentive to parents to fulfil their obligation on the duty roster, 50 Bonus Competition Points will be added to each of your children's aggregate tally for the season each time parents attend duty on their rostered day. This is capped at 300 bonus points.

Our Parent Organisers are Raoul Ney and Marisa Benetti. They do a wonderful job so please give them your full support by reporting to your designated area ten minutes prior to the first event (i.e. 9.50am Saturdays and 5.50pm Fridays) on your rostered day. A copy of the duty roster will be posted on our noticeboard and emailed to each family. If you have any queries in regards to duty, please see Raoul or any of the committee members.

Health & Safety

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



2. Spikes may be worn by U12 – U15's. Spikes **must not** be worn in the spectator area. They must be carried to events and put on there.



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 start at 6.00pm and it's 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 all 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. Any disputes or enquiries should go to our **Team Manager – Anne Schubert or any committee member in the absence of the Team Manager.**

❖ **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	-	0400 956135	raoulney@gmail.com
	Marisa Benetti	-	0411 409288	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 Else?

Centre Coaching

Coaching is conducted at the track on a Wednesday afternoon. There will be a handout for all athletes from U9 – U15 which will be given out at registration, outlining the coaching options (general training, relays and squads).

4.30pm – 5.30pm: U9 – U15

If you can assist with coaching, please speak to **Anne Schubert** or **Allan Watson**.

Relays

The Doncaster Little Athletic Centre (including Saints) enters teams each year in the VLAA relay championships.



Important dates this year are:

Box Hill Invitational - 25th October

Region Relay Championships (Doncaster) - 15th November

State Finals (Olympic Park) - 13th December

Athletes train with their team once or twice a week throughout October and November. This is a great experience for athletes of any ability who want to be part of a team activity. The teams build a close relationship that lasts throughout the season.

Coaching Camps

Training camps are held annually at Crystal Creek (near Mansfield) and are a great opportunity for athletes U10 – U15 to improve their skills under the supervision of qualified coaches. Camps run from Friday evening and return late afternoon Sunday.

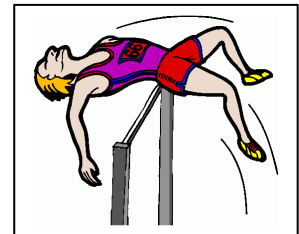
Tentative dates this year are:

U12 – U15

6th - 8th November

U10 – U11

27th - 29th November



For more information, speak to Haydn Dunne. Cost is very reasonable.

Region / State Track & Field Championships and State Multi Event Champs

Are held during the second half of the season. More details will be provided before entries close in mid December.

Saints Duties

Shot Put

6 parents are required to marshal athletes, retrieve the shot put, measure athletes' distance, record their performance on the results recording sheet and write out a performance ticket for each athlete.

Discus

6 parents are required to marshal athletes, retrieve the discus, measure athletes' distance, record their performance on the results recording sheet and write out a performance ticket for each athlete.

Equipment

As Saints are responsible for their own equipment we also require assistance to set up the throws including measuring equipment, recorders tables, chairs and umbrellas, and pack them away at the end of the program.

Can't do Parent Duty?

We understand that sometimes an important matter may arise which means you can't fulfil your parent duty obligations on a week when you are rostered on. If this occurs, you must arrange to swap with another family and advise our Parent Organisers, Raoul or Marisa of the new arrangement as soon as possible.

As mentioned earlier, Bonus Competition Points will be accrued to each of your children's tally for the season. At the end of the season, this could be difference between FIRST and THIRD, or a TROPHY verses a CERTIFICATE!

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.