

# BALMAIN LITTLE ATHLETICS CENTRE

## Welcome to the new season!

It's with enormous pleasure that I welcome everyone to the new Little Athletics season. We have again had record numbers of registrations and are expecting more than 800 athletes for our first week of competition next Saturday. I would like to extend a special welcome to all our new athletes. We hope you really enjoy your Little Athletics experience and soon feel at home at King George Oval.

This newsletter contains important information about the season ahead. We have made a few changes to how Saturday mornings will run to make the weekly competition run as smoothly as possible. Please familiarise yourself with these changes (see page 2) to help us get the season off to a flying start.

Many thanks to those parents who have already volunteered as age managers, starters and data enterers for the upcoming season. Some age groups do not yet have age managers and we would encourage anyone who is interested in taking on an age manager role to contact Megan Beer via the Club email address: [info@balmainlac.org.au](mailto:info@balmainlac.org.au).

This is a good point for me to remind everyone that the involvement of every parent is required to enable Saturday competition to operate effectively. Please be aware that no child can be 'dropped off' to compete. We appreciate some families have 2 or more children and may only be able to help with one group. The fee structure at Balmain is built around involvement from ALL participating families. There are only 12 committee members, some of whom act as age managers, so parental involvement is vital. If in doubt about what you can do to help, please ask your age manager or any member of the Committee who should be easy to spot in our new Committee T-shirts!

Finally, good luck to all our athletes for the season ahead. See you from 8am on Saturday for set up so we're warmed up and ready to go for 8.30.

David Murphy (Club President)

## Dates for your diary

### Saturday 14th September 2013

Saturday competition commences, 8.30am  
Please be at the Oval by 8.15.

### Tuesday 17th September

Weekly training commences 4.30-6pm  
KGO. U7+ welcome.

### Saturday 3rd November (U11 & U12)

Trans Tasman Trials - Barton Park, North  
Parramatta

### Saturday 23rd & Sunday 24th November

State Relay Competition SOPAC. No BLAC  
Saturday competition on 23rd.

### Saturdays 21st & 28th December & Saturday 4th January

Xmas Break. No BLAC competition

*See BLAC websites for full season calendar.*

**FRIENDSHIPS BORN  
ON THE FIELD OF  
ATHLETIC STRIFE ARE  
THE REAL GOLD OF  
COMPETITION.  
AWARDS BECOME  
CORRODED, FRIENDS  
GATHER NO DUST.**

Jessie Owens



**BALMAIN  
LITTLE  
ATHLETICS  
CENTRE**

## NOTES FOR PARENTS

The Club has been inundated with registrations this season and unfortunately, we have had to turn away many disappointed families in the younger age groups. Registrations have more than doubled over the last 2 years and the involvement of every parent is required to enable Saturday competition to operate effectively. EVERY parent should read the Event Information Sheets on the Club website. They give clear and brief instructions on how to run events, particularly the measuring of field events. Parents must assist with set up, pack up, and the running of events for their age group. An early set up will allow events to get underway on time. Each age group will have one (and in instances, two or three) age managers. All age managers are parent volunteers who need the support of the other parents, including in following the club procedures below:

1. Parents are to sign in with their child's respective age manager and let them know which age group they will be assisting.
2. There will be a club warm up prior to competition each Saturday consisting of a lap around the oval. Parents can sign in with their age managers at this time.
3. Events MUST run in the order set out in the Programme of Events. Age managers have a copy in their folder, there is also a copy on the noticeboard and on our website at 'Weekly Programme'.
4. U6--U10 field events, including high jump, should consider TWO attempts only.
5. U6 long jump MUST jump from the grass side into the sand NOT the synthetic track.
6. U7 long jump SHOULD jump from the grass side into the sand. 2 grass long jump run ups on either side can be accommodated, i.e.. 4 additional run ups. A take--off (rectangle of sand) needs to be laid.
7. U11-U12 triple jump and U6-U12 long jump also take off from a sand rectangle. A parent needs to set this up.
8. Time places NOT lanes. Age managers should record results by place NOT lane. First place MUST have best time recorded, Second place, next best time, etc. to ensure points are allocated correctly.
9. Groups MUST ensure sprint events are held at the correct track. Track numbers are listed on the programme and a map is on the back.
10. In the event of a dispute or a query, locate a committee member dressed in a committee club shirt.
11. If a child breaks a **Club Record**, age managers must notify a committee member immediately. A record can only stand if:
  - Track events** - at least 2 timers have timed first place and both times are under, or equal to, the existing record (make sure you do not delete times until a committee member has verified results). In general, all track events must have a back-up timer for first place.
  - Field events** - a committee member has verified and signed off on jump/throw.
 New centre records must be achieved and verified according to the guidelines described under 'Centre Records' on the BLAC website.
12. Every Saturday morning each event site needs to be set up and then packed away. There are 4 Discus circles, 6 Shot Put rinks, 4 Long Jump run ups, 3 High Jump areas and 5 Tracks to be prepared for competition. To assist with the workload **parents from each of the under 6 to under 12 age groups will be allocated 3 Saturdays during the season to help distribute equipment and set-up the Oval from 7:30am**. Committee members will be on hand to allocate an area for you to prepare. This will allow us to commence competition by 8:30am. See Pg 5 for season roster setting out which weeks each age group is responsible for set up. Parents and athletes from the under 13 to under 17 age groups are expected to assist with the packing away of equipment at the end of competition. Each week.

Suggestions from parents that may further improve the running of Saturday mornings are very welcome. Please email [info@balmainlac.org.au](mailto:info@balmainlac.org.au).

## ARE YOU UNIFORM READY?

Official club uniform should be worn for all competitions. This comprises the **club singlet (or crop top), & black shorts**. Registration numbers must be pinned or sewn to the front of the singlet, with the IGA patch on the right shoulder and the age patch on the left (or on the shorts for crop-top wearers). See pics below for guidance.



Shoes are compulsory. Spike shoes **MUST NOT** be worn in any event for the U8s and below. Competitors in **U9 - U12** age groups may wear spike shoes in events run entirely in lanes, plus Long Jump, Triple jump High Jump and U12 Javelin. Competitors in the **U13 - U17** age groups may wear spike shoes in track events run entirely in lanes, Javelin, Long Jump, Triple Jump and High Jump and also track events not run entirely in lanes with the exception of walks.

Once we get into inter-club comps, #17 patches will be needed on the back of singlets...but not for normal club Saturday comps. At the inter-club competitions shorts standards also become much stricter. We will provide more specific information on this nearer to those events.

For more information check out **LANSW General Rules of Competition, October 2012**

<https://assets.imgstg.com/assets/console/document/documents/RoC%20-%20Section%20A%20-%202012.pdf>

### **Yikes, I haven't got my singlet yet.**

Don't stress! The uniform shop will be open on Saturday morning. Until you have a singlet, wear a plain T-shirt and pin your badges onto it in the same positions as indicated on the left.

### **Can I wear skins or compression pants?**

Yes. Skins or other compression pants may be worn as long as they do not extend below the knee. At Saturday Club competitions boys or girls may wear black compression pants with or without other shorts over the top. For inter-club competitions, boys must wear black running shorts over the top of their compression pants. Girls may wear just compression pants if they are **PLAIN** black (no coloured stitching), otherwise the same rules apply as for the boys. If you think your child will compete in any of the inter-club competitions, it's wise to invest in a pair of plain black running shorts well ahead of time 😊



We ask parents to remain aware of where their children are at all times. Last season we had several near misses with young athletes and toddler siblings straying into the path of on-coming athletes, who can be travelling at considerable speed! This is obviously dangerous both for the athletes who need to take evasive action and the children in their path. The two areas to be especially careful of are the sprinting tracks and the long jump run up/pit.

## NEWS AND EVENTS

### State Relays coming soon

State Relays will take place on the weekend of 23rd and 24th November 2013. To be considered for team selection, you need to have competed at the Club between 14th September and 2nd November. The more results posted at club, the better.

### JETS Registrations now open

The Little Athletics NSW JETS (Junior Encouragement & Talent Squad) program gives athletes in the Under 12 – 17 age groups the opportunity to further develop their skills, knowledge and performances to a higher level in an enjoyable social environment. Check out the JETS information and qualifying standards via the Education & Training tab on the LAANSW website.

### High performance out of club

We love hearing how our athletes are going outside of Little Athletics. If your child has performed well over the winter in the school cross country and/or athletics season, please let us know at [info@balmainlac.org.au](mailto:info@balmainlac.org.au).

We are hoping to feature all athletes who have competed at the recent Zone, IPSHA & IGSSA carnivals in our next issue. And meantime, good luck to all those competing in the upcoming Region & CIS carnival rounds.

### Balmain Seniors Club

A reminder that all athletes in the U12-U17 age group are entitled to register as a NSW athlete, at no cost, as a 'dual' athlete for the Balmain Athletics Club. Registrations will be open soon at [www.nswathletics.org.au](http://www.nswathletics.org.au). Registration enables athletes to compete in a relaxed atmosphere, generally on Saturday afternoons at a number of Sydney tracks. The draft summer calendar is available at the NSW athletics website or speak with David Murphy or Kim Gane for more information.

### NSW All Schools Champs

Registrations are now open for the NSW All Schools, to be held in October. Any secondary school student is able to compete. Further details can be found by visiting the NSW athletics website.

Anyone who has not yet collected their Age Champion, State Representative or Club Record Trophy for last season may pick it up from the Uniform Stall on Saturday 14<sup>th</sup> September



## Equipment Set-up and Pack-up

The following age groups are responsible for setting up on these dates:

14 <sup>th</sup> Sept U11	21 <sup>st</sup> Sept U10	28 <sup>th</sup> Sept U9
5 <sup>th</sup> Oct U8	12 <sup>th</sup> Oct U7	19 <sup>th</sup> Oct U6
26 <sup>th</sup> Oct U12	2 <sup>nd</sup> Nov U11	16 <sup>th</sup> Nov U10
30 <sup>th</sup> Nov U9	7 <sup>th</sup> Dec U8	14 <sup>th</sup> Dec U7
11 <sup>th</sup> Jan U6	18 <sup>th</sup> Jan U12	1 <sup>st</sup> Feb U11
8 <sup>th</sup> Feb U10	22 <sup>nd</sup> Feb U9	1 <sup>st</sup> Mar U8
8 <sup>th</sup> Mar U7	15 <sup>th</sup> Mar U6	

No Saturday comp on following dates:

9<sup>th</sup> Nov Relay for Life 23<sup>rd</sup> Nov State Relays  
 25<sup>th</sup> Jan Zone Championships 15<sup>th</sup> Feb Regional Carnival

## THANKS TO OUR SPONSORS

The club could not operate without the help of our sponsors, supporters and parent volunteers. We thank you for your support.

## CONTACT US

info@balmainlac.org.au  
 www.balmainlac.org.au

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