

# BLAC NEWS

BALMAIN LITTLE ATHLETICS CENTRE NEWSLETTER



**Season 2017/18 will be our 46th season of fitness, fun and friendship!**

## WELCOME TO SEASON 2017/18

It's with great pleasure that we welcomed everyone to the new Little Athletics season two weeks ago.

We would like to extend a special welcome to all our new athletes and families and look forward to meeting you over the coming weeks. We hope you really enjoy your Little Athletics experience and soon feel at home at King George Oval.

To all our returning athletes, welcome back. You will notice a few changes have been made since last season, not

least the new clubhouse and related facilities at KGO.

This newsletter contains important information about our coming season, what roles parents play and the procedures that we follow that help us run an enjoyable sport for your children.

Familiarising yourself with this will help get the season off to a flying start.

If you have any questions or suggestions, please speak to any member of the Committee (who are easy to spot in their high-vis orange T-shirts!)

From the BLAC Committee

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# THE ESSENTIALS!



## AGE MANAGERS

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 their full quota of age managers and we would encourage anyone who is interested in taking on an age manager role to contact us via the Club email address: [info@balmainlac.org.au](mailto:info@balmainlac.org.au).

## PARENT INVOLVEMENT

This is a good point 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. If a child doesn't have a supervising adult at the oval they will be unable to participate and will be directed to the seats at the BBQ until an adult returns. There are only 12 committee members, some of whom act as age managers, so parental involvement is vital to the running of 18 simultaneous events about the oval. We appreciate some families have 2 or more children and may only be able to help with one group. We know every parent gets great enjoyment in watching their children develop their athletics skills and getting in there and assisting gives you the best seat in the house.

If in doubt about what you can do to help, please ask your age manager or any member of the Committee, who are easy to spot in their bright orange Committee shirts.

## SET UP AND PACK UP

Every Saturday morning each event site needs to be set up and then packed away.

There are 4 Discus circles, 6 Shot Put rinks, a javelin area, 8 Long Jump run ups, 3 High Jump areas, The Tots and 3 Tracks to be prepared for competition.

To assist with the workload parents from each of the under 6 to under 17 age groups will be allocated 2-3 Saturdays during the season to help distribute equipment and set-up the Oval from 7:30am.

Committee members are on hand to allocate an area for you to prepare. This will allow us to commence competition by 8:30am.

So far we've seen the U8s and U12s do a great job of setting up and we look forward to all the other age groups following their great example. Email reminders will be sent.

## BE YOUR BEST!

Finally, good luck to each and every athlete. The season ahead will offer you many challenges but also many opportunities. So we encourage you not only to do your best but fulfil the Little Athletics motto.....be your best! Let us see if we can beat the incredible number of 10,500 PBs set last season.

# NOTES FOR PARENTS

The involvement of every parent is required to enable Saturday competition to operate effectively. We encourage EVERY parent to 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 (right):

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 & U7 long jump use the side run ups**
5. U6-U10 long jump take off from a 1m x 0.5m **sand rectangle**. A parent needs to set this up.
6. Groups **MUST** ensure sprint events are held at the **correct track**. Track numbers are listed on the programme. A map is included in this newsletter.
7. In the event of a **dispute or a query**, locate a committee member.

**"When in doubt, don't be shy to ask your Age Manager or any member of the Committee"**

8. If a child breaks a Club Record, age managers must notify a committee member immediately. A record can only stand if:  
Track events - Circular track: at least 2 timers have timed first place and both times are under, or equal to, the existing record.  
Stopwatches are NOT to be deleted until a committee member has verified the time.  
Where track events are held on a track with timing gates, backups are not required.  
Field events - competition is halted and a committee member must be called immediately to verify, measure and sign off the jump or throw. No raking or removing of markers until this is done. For all throws, if an athlete is close to record distance, Age Managers should ensure a Field Referee is on hand to sight a record breaking throw. New centre records must be achieved and verified according to the guidelines described under 'Centre Records' on the BLAC website



# STAYING SAFE!

With so many athletes, parents and siblings in such a small area at KGO on Saturdays, please follow the safety guidelines to help keep everyone safe.

**WHEREVER POSSIBLE KEEP TO THE OUTSIDE OF THE 400M OVAL TRACK.** The area inside the 400m track houses 2 sprinting tracks, 3 high-jump areas, 2 tots areas & the javelin throwing area. So it's busy, and does not leave enough room to function as a thoroughfare.

Please only enter the area within the 400m track if you are competing or assisting with an event in that area.

If you are moving from one end of the Oval to the other, please do so **OUTSIDE** the 400m track. If you are heading for the start line of any of the sprint tracks, please cross the 400m track level with the start line of the sprint tracks...taking care that no-one is approaching on the main track.

**DOGS, PUSHCHAIRS AND BALL GAMES SHOULD BE KEPT TO THE OUTSIDE OF THE 400M OVAL TRACK, PLEASE.**  
**FOR 400M & 800M MARSHALL ATHLETES OUTSIDE THE TRACK ON THE GRASS BANK NEAR THE FINISH LINE**



## **WHEN YOU HEAR SOMEONE CALL 'TRACK'**

Athletes – if an athlete behind you in a middle distance race (800m, 1500m, 3000m, 1500mw) calls 'track' it means they are about to lap you. Please move to the 2nd lane to clear lane 1 for the faster athlete to pass.

Athletes and Spectators – if an adult shouts 'track' it means someone has wandered onto the track and is probably in the path of an on-coming athlete! Please check it's not you...and move off the track as fast as you can if it is.

## **KEEP FLAGGED AREAS CLEAR**

The areas between the first 2 sprint tracks, and between the 2 long-jump lanes have been set out with flags to signal that they should not be used as pathways. Please ensure your children are aware of this and model safe behaviour by leaving these areas clear.

## **ROPES SIGNAL POTENTIAL DANGER!**

Throwing areas are roped off to keep spectators a safe distance from the throws. Please be mindful of the fact that even at the younger end of the spectrum, our athletes throw the discus & javelin 30m+ & older athletes throw almost 50m.

## **KEEP TO YOUR ASSIGNED THROWING AREA**

We have assigned throwing areas on the basis of age and thus likely distance. Age Managers, please keep to your assigned areas. This will mean the bigger kids are able to use the Discus cage & main Shot Put areas, which will protect everyone from the risk of them throwing into other throws areas.

## **KEEP SMALL PEOPLE CLOSE AT ALL TIMES**

Most of our on-track athlete-spectator crashes/near misses happen when young siblings wander into the path of on-coming athletes. We ask parents to please keep toddlers within sight and away from flags, finish line poles, ropes etc. at all times. Please also be aware that starting pistols are left on timing tables and are obviously not intended to be handled by small children (who can mistake them for toys)

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**IF AN ADULT SHOUTS 'TRACK' IT MEANS SOMEONE HAS WANDERED ONTO THE TRACK AND IS PROBABLY IN THE PATH OF AN ON-COMING ATHLETE!**



# THINGS TO KNOW ABOUT KGO



## BBQ AND CANTEEN

The Club runs a Canteen and BBQ every Saturday. It plays a vital role in our yearly fundraising and offers an early lunch solution too!

We asked each family to volunteer to help with the BBQ/Canteen for 90 minutes once each season. Names were taken via our "sign up" app. We ask those of you who have yet to nominate a date to please do so at the information desk. You will be sent a reminder email a few days before your nominated Saturday.

## SMOKING

State and Local Government legislation has banned any smoking at sports events, including all outdoor sports on Council grounds. The designated smoking area at KGO is behind the car park.

## CENTRE UNIFORM

Centre Uniform consists of a Black & Gold singlet with black shorts or two piece suit. The uniform is worn at all levels of competition and must have the appropriate registration number sewn or pinned on the front, age patch at the top left hand corner and soon to be issued Coles patch at the top right corner (where Jetstar patch is in picture).

Shoes are compulsory in every event for all ages. Spikes are permitted to be used in the age groups of U11 and above in events run entirely in lanes and during the Long Jump, Triple Jump and High Jump. Athletes below the U11 age group MAY NOT wear spikes for any event. Uniforms can be purchased from the Information Desk at KGO during Saturday morning competition.

# WHO'S WHO IN THE ZOO?!

Balmain LAC is run entirely by volunteers, which is why parental involvement is critical to the running of Saturday morning and inter-club competitions. We are led by a dedicated Committee of 12, all of whom are parents of BLAC athletes, and who share between them the various front and back of house roles needed to successfully manage the Club. If you have any questions, suggestions or concerns, please feel free to speak to any Committee member. They are easy to spot in their bright orange tops!

1. David Murphy. President, Centre Manager, Club coach
2. Tim BathO. Vice President, Technical & Officials Advisor
3. Megan Beer. Treasurer, Age Manager Co-ordinator
4. Chris Day. Secretary
5. Andrea Belunek Registrar, Age Manager
6. Andrew Kohlrusch. Championships Officer, Zone & Region Co-ordinator, Club Coach
7. Richard Chen. Champs Officer & Team Selector (Jnr Boys), Age Manager
8. Peter Rand. Championships Officer & Team Selector (Jnr Girls)
9. Kim Gane. Championships Officer (Seniors)
10. Alan Hill. Canteen & BBQ Co-ordinator
11. Paul Schmidt. IT Manager



# TUESDAY & THURSDAY TRAINING

Club training is offered on Tuesdays to all athletes in the U7 to U17s from 4:30-6pm.

Additional training is offered to athletes in the U12-17 age groups on Thursdays from 4:30-6pm.

Check website: [www.balmainlac.org.au](http://www.balmainlac.org.au) for details of coaches and events.



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**FOLLOW US ON  
FACEBOOK, TWITTER,  
INSTAGRAM OR TEAM  
APP TO KEEP IN TOUCH  
WITH CLUB NEWS.**

**@BALMAINLAC**



## WE LOVE TO HEAR FROM YOU!

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).

We love to celebrate our athletes' success both in and beyond Club. If your child has achieved something that you would like to share with the BLAC community, please send details (and pictures) to [news@balmainlac.org.au](mailto:news@balmainlac.org.au).

## WEEKLY RESULTS ON-LINE

Don't forget to check in with the BLAC website for weekly results, upcoming events and other info: [www.balmainlac.org.au](http://www.balmainlac.org.au)

Or download and follow us on **Team App** for convenient access to our socials and news in one place.

## THANK YOU VERY MUCH

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

We thank you for your support.



**McGrath**

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