

Welcome to Season 2017/18



**BALMAIN
LITTLE
ATHLETICS
CENTRE**

September 2017

It's with great pleasure and anticipation that we welcome everyone to the new Little Athletics season. We have over 920 athletes registered so far in what looks like another bumper year for Balmain. 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 amenity block and canteen and a rebuilt discus cage. **This newsletter contains important information about our coming season, including a staggered start to competition, 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.**

Many thanks to those parents who have already volunteered as age managers, canteen helpers, 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 us via the Club email address: info@balmainlac.org.au.

This is a good time 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 sit at the Canteen until an adult returns.

There are only 11 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 sporting 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. Finally, good luck to each and every athlete. The season ahead will offer you many challenges but also many opportunities. 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 10,000 PBs set last season.

Please note that this year we are having a staggered start to the season. With so many athletes aged 5 - 8 years old we really wanted to give them and their parents the best opportunity to start off on the right foot. So we are having a **U6-U8 only day on Saturday 16th Sept.** The first full competition day for everyone, Tots to U17s is Sat 23rd Sept. Be prepared for a quick welcome and orientation at 8:15am with events to start promptly at 8:30am.

Looking forward to seeing you soon
The BLAC Committee

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SATURDAY 16th SEPT u6s, u7s, u8s ONLY

- Registration collection 7:45am
- Uniform Sales 8-8:15am
- Announcements 8:15am
- Warm up 8.:20am
- Activities commence 8.30am

FIRST COMPETITION DAY SATURDAY 23rd SEPT

- Set up Under 8's. U8 parents to please be at KGO at 7.30am
- Uniform Sales 8-8:15am
- Welcome & Orientation 8:15am
- Warm up 8.:25am
- First Events commence 8.30am



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. They Can be found at this link: <http://www.balmainlac.org.au/centre-information/?p=187>

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:

The involvement of every parent is required to enable Saturday competition to operate effectively.

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, 4 High Jump areas 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 promptly at 8:30am.

The first Saturday, 23rd September, has the U8s rostered for set up.

The following week is the U9s, and so on.
Email reminders will be sent.

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 and drills 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 and maintain it in-between jumps.
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.
8. 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. Stopwatches are NOT to be deleted until a committee member has verified the time. All track events must have a back-up timer for first place.
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.

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 sprint tracks, 4 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, PRAMS AND BALL GAMES SHOULD BE KEPT TO THE OUTSIDE OF THE 400M OVAL TRACK, PLEASE.

FOR THE 400m & 800m RACES MARSHALL ATHLETES OUTSIDE THE TRACK ON THE GRASS BANK NEAR THE FINISH LINE



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.

WHEN YOU HEAR SOMEONE CALL 'TRACK'

Athletes – if an athlete behind you in a middle distance race (800m, 1500m, 3000m, 1500m walk) 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.

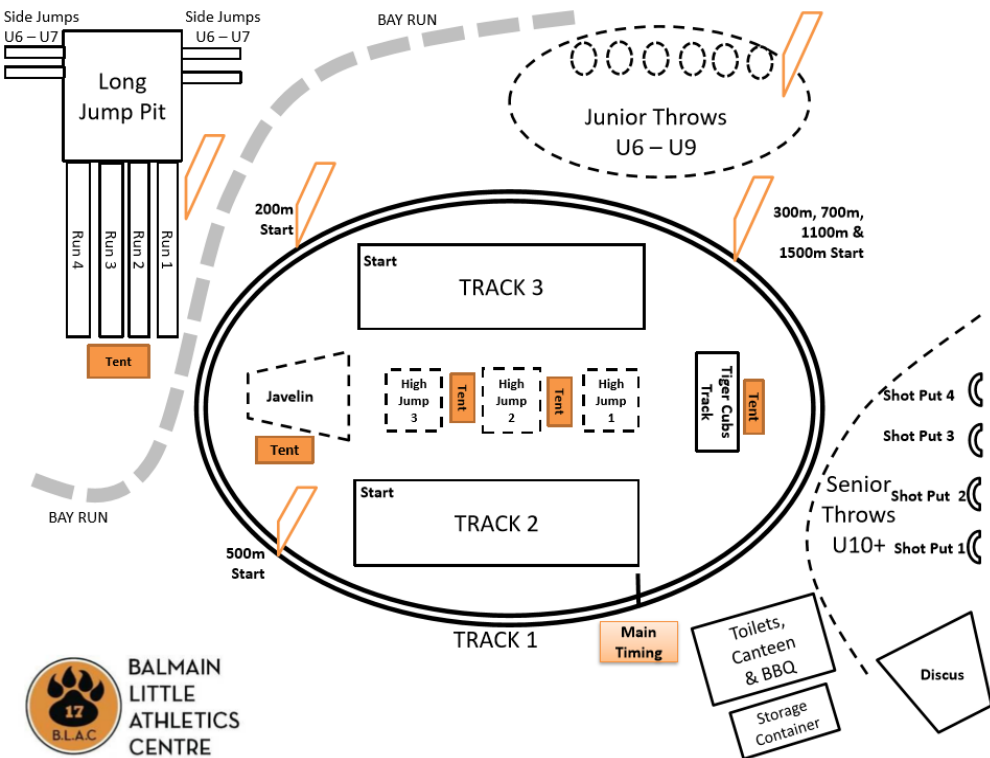
KEEP TO YOUR ASSIGNED THROWING AREA

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 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).**





Venue Map showing where events are located for Saturday morning competition

UNIFORM AND FOOTWARE

The 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 shoulder and any State sponsor patch at the top right shoulder (not this year). 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.

THINGS TO KNOW ABOUT 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 have asked each family to volunteer to help with the BBQ/Canteen for 90 minutes once during the season. This is done through the Sign Up App where you nominate a time and date. You will be sent a reminder email a few days before your nominated Saturday. Sign up here: <https://signup.com/client/invitation2/6775657374/1941315/false#/invitation>

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 in Manning Street.

Wet Weather

Normally we think training and competing in the rain just adds to the fun, but notification will be placed on the BLAC website and Facebook page whenever a Saturday morning or Tuesday/Thursday afternoon training session needs to be cancelled due to bad weather or poor condition of the track. Wherever possible this will be done 30 minutes before the scheduled start time.



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 11, 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 on Saturday mornings in their gorgeous bright orange tops!



1. David Murphy
2. Tim Batho
3. Megan Beer
4. Chris Day
5. Andrea Belunek
6. Andrew Kohlrusch
7. Richard Chen
8. Peter Rand
9. Kim Gane
10. Alan Hill
11. Paul Schmidt

- President, Centre Manager, Club Coach
Vice President, Technical & Officials Advisor
Treasurer, Age Manager Co-ordinator
Secretary, U7G Age Manager
Registrar, U9B Age Manager
Championships Officer, Zone & Region Co-ordinator, Club Coach
Championships Officer & Team Selector, Club Coach
Championships Officer & Team Selector
Championships Officer & Balmain Athletics Club delegate
Canteen & BBQ Co-ordinator
IT Manager



Saturday 16th September – Junior Day

This morning has been set aside strictly for the **U6, U7 and U8 age groups only** to allow the club to introduce our youngest and most inexperienced competitive athletes to their events.

Please arrive at KGO by 8:15am to allow us to commence on time. Any finalisation of registrations will take place between 7:45-8am. Uniforms will be available for sale between 8-8:15am, cash only.

Saturday 23rd September – Season Start

Our 46th season kicks off for all athletes from **Tiger Cubs to U17s**. We will be on Program 1 with the U8s allocated set up from 7:30am. A very large crowd is expected so please arrive early to secure a parking spot and get acquainted with the buzz of Saturday morning Athletics. Announcements from 8:15am, Club warm up from 8:20am with the first starting gun of the year set to be fired at 8:30am.

RULES TO NOTE FOR THIS SEASON

Spikes In Little Athletics across Australia, athletes up to and including the U10s are **not** permitted to wear spiked shoes in any event. You must not even wear spike shoes with the spikes removed. The same age restrictions apply to the use of starting blocks.

U9 and U10 High Jump the scissors is the **ONLY** high jump technique permitted. The Fosbury Flop technique can only be used in the U11 age group and above.

U6 SHOT PUT This age group will use a 500gm shot this season, replacing the 1kg shot used previously.

TRAINING — TUESDAYS & THURSDAY

Club training is offered on **Tuesdays to all athletes in the U7 to U17s** from 4:30-6pm, starting 19th Sept.

Additional training is offered to athletes in the **U12-17 age groups on Thursdays** from 4:45-6pm.

Our coaches this season are:

Mike Hamlyn-Harris	High Jump	Tuesday
Michael Cronin	Sprints	Tuesday
Peter Farmer	Throws	Thursday
Max Grishenkov	Long & Triple Jump	Thursday
Cath Chatterton	Middle distance	Thursday
Mel Murphy	Walks	Tuesday
David Murphy	Sprints, Hurdles & Throws	Tues & Thurs
Richard Chen	Sprints & Jumps	Tues & Thurs

Junior Coaches

Maddy Kohlrusch, Carys Batho, James Hill Tuesday

Tots Coaches

Freya & Lizzie Saturday



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.

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 a picture if you have one.

news@balmainlac.org.au.



KEEPING IN TOUCH

Please follow us on Facebook, Twitter or Instagram to keep in touch with Club news. Time sensitive news including wet weather cancellations will be posted first to our Facebook and Twitter feeds.



Balmain Little Athletics Centre



@balmainlac

And don't forget to check in with the BLAC website for weekly results, upcoming events and other useful information: www.balmainlac.org.au

Or download and follow us on **Team App** for convenient access to all our social pages 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.



McGrath

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