



ROSEWOOD BRANCH LITTLE ATHLETICS

HANDBOOK

2023 / 2024

TINY TOTS - UNDER 17

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ACKNOWLEDGEMENT

The committee acknowledges the generosity of Rosewood State High School for allowing the centre to use its facilities.

The committee acknowledges the generosity of Jim Madden MP and the Ipswich West Electoral Office for their contribution to the Centre.

The committee also acknowledges the support of the Rosewood Community Centre, Bendigo Rosewood Community Bank, Coles and McDonalds.

The logo for Coles, featuring the word "coles" in a lowercase, rounded, sans-serif font.The logo for Nordic Sport Australia, featuring the words "NORDIC SPORT" in a bold, uppercase, sans-serif font, with "AUSTRALIA" in a smaller, uppercase, sans-serif font below it.The logo for Bendigo Bank, featuring a stylized "B" icon followed by the words "Bendigo Bank" in a bold, sans-serif font.The logo for McDonald's, featuring the golden arches symbol in a bold, black, sans-serif font, with a registered trademark symbol (®) to the right.The logo for the City of Ipswich, featuring a stylized "i" icon above the words "City of Ipswich" in a sans-serif font.

CALENDAR DATES 2023/2024

September 2023	02 09	Sign On Day & Training Day Training Day
October	07 14 21 28 28	First Competition day of 2023/2024 Season Competition day Competition day Competition day Coles Summer Carnival - SAF Nathan
November	04 11 12 18 25	Competition Day Competition day Nordic Sport Met West Regional Relays-Toowong Competition day Competition day
December	02 02 09 09	Competition day McDonald's State Relays - SAF Competition day Christmas Pool Party (School holidays)
January 2024	20 27	Competition day Ipswich Twilight Carnival
February	03 10 10/11 17 24	Competition day Competition day Nordic Sport Met West Regional Championships -Toowong Competition day Competition day
March	02 02/03 10 23 22,23,24	Competition day LAQ McDonald's Combined Events Championships Competition day - last day of season End of Season Presentations (from 4pm) LAQ McDonald's State Championships

WELCOME

Welcome to the Rosewood Little Athletics Centre. It is hoped that the 2023/2024 season will be most enjoyable for all the athletes and parents. Committee members will be wearing a fluoro green T-shirt to make them easily identifiable to anyone seeking assistance. The centre will continue to improve with the cooperation and involvement of those concerned. Input from parents will be most welcome. If you have any queries at all, please contact one of the Committee members who will be happy to help.

Correspondence may also be forwarded to:

The Secretary
Rosewood Branch Little Athletics Centre
P.O. Box 97
ROSEWOOD QLD 4340



We have a Facebook page - ***rosewoodlittleas*** - where we will be placing updates on weather, carnivals and other upcoming events throughout the season, so please like us on Facebook to be updated.

COMMITTEE MEMBERS 2023/2024

CENTRE MANAGER	Kyrlie Thomson 0417 628 736 president.rosewoodla@gmail.com
SECRETARY	Alanna Williams 0401 061 056 secretary.rosewoodla@gmail.com
TREASURER	Jo Patterson 0417 389 224 treasurer.rosewoodla@gmail.com
REGISTRAR	Kyrlie Thomson 0417 628 736 registrar.rosewoodla@gmail.com
RECORDING OFFICER	Samantha Berry 0403 502 025 recordingofficer.rosewoodla@gmail.com
TINY TOTS COORDINATOR	Brianna Mellor 0437 185 699
UNIFORM / TROPHY COORDINATOR	Jo Patterson 0417 389 224 uniformofficer.rosewoodla@gmail.com
CANTEEN COORDINATOR	Jo Patterson 0417 389 224
COMMITTEE MEMBERS	Louise McNamara, Donna Fritz, Lauren and Chris Brown, Tony Patterson and Abbey Bird

MONTHLY COMMITTEE MEETINGS

Committee meetings are held each month and are currently scheduled for the first Saturday of each month. Any changes to the proposed dates/times will be advised.

PHILOSOPHY OF ROSEWOOD LITTLE ATHLETICS

Little Athletics was originally formed to provide athletic track and field competition for younger children as they were not catered for by senior clubs. To stand children in good stead throughout their lives, Little Athletics contributes to the development of the fundamental skills in running, throwing and jumping by personal improvement and participation and, at the same time, emphasizes family values and enjoyment.

Our Centre, and Little Athletics in general, cannot claim large numbers of specialist coaches. Any athletes that wish to specialize would be better serviced if they are trained and perfected by specialist coaches. Please note, generally it must be accepted that specialization is unwise until mid-teens.

The philosophy of Little Athletics is best captured by the words "family, fun and fitness". As part of this philosophy we encourage athletes and volunteers to embrace "YOUR BEST".

FAMILY – The cornerstone of Little Athletics is family involvement in activity programs. Parents are encouraged to participate in all activities. If children see their parent(s) actively involved, they will take a greater interest in participating in athletics.

FUN – Little Athletics is a fun activity in which all children, regardless of ability, are encouraged to improve their own personal performances.

FITNESS – Little Athletics is a fitness activity designed to help improve your child's fitness and well-being. Not all competitors can be champions and this philosophy applies to all sports. For the majority of our members we want to emphasise the philosophy of "IMPROVE" rather than "WIN".

Our Centre cannot succeed in conducting Saturday competition without parental involvement. Parent volunteers ensure the success of the Centre at training, competition and fundraising.

Please note "WE ARE NOT A CHILD MINDING SERVICE" but a co-operative community project that provides an organized sporting activity for a large group of children.

With everyone's involvement (child and parent) 2023/24 will be a successful season for all.

CODE OF BEHAVIOUR

ATHLETES

- Compete and train for the “fun of it”
- Play by the rules
- Never argue with the official’s decision
- Control your temper – do not “mouth off”, swear, break or throw equipment
- Be a good sport, cheer all good performances
- Treat all athletes as you would like to be treated
- Don’t show off or brag about your performances
- Have fun, improve your skills and feel good

PARENTS

- Encourage your child to always participate according to the rules
- Never ridicule or yell at your child for making a mistake
- Applaud good performances by all athletes, remember children learn best by example
- If you disagree with an official, raise the issue through appropriate channels rather than question the official’s judgment and honesty in public
- Support all efforts to remove verbal and physical abuse from children’s sporting activities
- Recognise the value and importance of volunteer coaches
- Be fair and consistent at all times to all athletes, officials and spectators

CHEERING

You are welcome to cheer, encourage and advise your child and other children wherever possible. However, we ask that all cheering, e.t.c., be such that it cannot be considered unfair or derogatory to others. During competition you are advised that UNFAIR tactics, e.g. running beside a competing athlete, may lead to disqualification. All children benefit by help and encouragement and fair play: many are hurt by biased spectators. Remember our motto is **“FAMILY, FUN AND FITNESS”**. Let’s build on our motto.

REGISTRATION

Children must be five years of age from the 1st January 2023 to be eligible for full registration in the current season. However, they can register as soon as they turn five years old. Any child aged 3 or 4 years old from the 1st January 2023 may register and compete as a Tiny Tot. Tiny Tots will only compete at the Centre at which they are registered. Each child must be a registered member of the Centre to be able to compete. The State body now requires proof of age.

The Centre has compiled a register of birthdays and the Registrar keeps this. Parents of children not yet entered in the registrar are required to produce proof of age within 30 days of registering. All certificates will be treated confidentially and returned as soon as possible.

Registration fees for 2023/2024 are: U6-U17's \$150 per child and Tiny Tots \$95 per child. Of this money, a percentage goes to the Queensland Little Athletics Association. For families wishing to register three or more children, a discount of 10% of the total fees will apply.

TINY TOTS

The aim of Tiny Tots is to teach the children the basic skills that they will require as future Little Athletes, through a series of play training events. These events closely relate to the events that the older athletes compete in. We have also included some games, so the children can enjoy themselves and learn that athletics can be fun. No times or distances will be recorded for Tiny Tots.

PARENT INVOLVEMENT

The success of the Centre and the diversity of activities the Centre can offer depend on the support and involvement of every parent/guardian.

The benefits of volunteering are:

- A well run competition
- An earlier finish
- Having fun with your child/ren

As a voluntary Little Athletics Centre, all parents are expected to help run events each week. A duty roster for each of our programs will be done and parents can check what they are rostered on each week on a Friday evening via their ResultsHQ account.

New parents are not expected to know the rules of competition straight away. Guidance and answers can be obtained from any committee member. **DON'T HESITATE – PLEASE ASK!!!**

UNIFORM

The Rosewood Centre uniform consists of a fluorescent green T-shirt and with black collar and one black sleeve, black shorts and white socks for both boys and girls. The registration bib must be attached to the front of the shirt/body/suit and the age label must be attached to the left-hand sleeve of the shirt. Parents are also allowed to purchase the centre Shirts to show support for the club and their children. This uniform complies with LAQ's sun safe policy. All athletes are required to wear the above uniform.

SHOES/SPIKES

Shoes are compulsory for all athletes at all track and field events. For safety reasons parents must wear closed in shoes if assisting on any field events.

Spikes can only be worn by age groups Under 11 and above.

Spike shoes with or without blanks are not allowed in any event up to and including the Under 10 age group. The Under 11-12 age

groups may wear spikes (no longer than 12mm) in all laned track events, all jumping events and javelin. Spikes with blanks can be worn in unlaned track events. The Under 13-17 age group may wear spikes (no longer than 12mm) in all laned and unlaned track events (excluding walks), jumping events and javelin. Spikes are only to be worn during an event and must be removed on completion of that event. Failure to do so could result in all athletes being banned from wearing spikes at centre competition and could also cause injury to other competitors.

It is a Centre bylaw that no spikes are to be worn on scissors mats. 7mm spikes only on flop mats. No spikes over 5mm are to be worn on Tartan.

COMPETITION

Competition will be held Saturday mornings at Rosewood State High School.

A compulsory warm-up session will commence at **7:30am sharp**. ***All athletes MUST participate in a warm-up before commencing competition to avoid injury.***

Please endeavour to be at competition by **7:15am** so we can start on time.

ADDITIONAL COMPETITIONS

In addition to the Centre's regular Saturday morning competitions, registered athletes are eligible to enter Pentathlons and Carnivals conducted by other Little Athletics Centres and LAQ. As well, each year LAQ organise Regional relays and Regional Championships to provide friendly inter-centre competition for all U7's to U17's. They are also a means for qualifying for State Relays (U8-U15 age groups) and State Championships (U9-U15 age groups). Information regarding additional competitions can be obtained from the Nominations Officer or found on the website.

TRAINING

Training times outside of our normal Saturday morning competition are to be advised. Assistance with skills will be available on competition days during the normal program. Some special training sessions may be required during the lead up to Relay days.

EQUIPMENT HIRE

All equipment stored in the shed is available for hire by athletes. Parents/guardians are advised that they are required to sign in and out any equipment they wish to hire. Hire fee is \$10 per hire - \$5 of this fee is refundable on return of the equipment in exactly the same condition as when it was taken out. All equipment must be returned before competition starts on the following Saturday morning. Any equipment that returns damaged or not returned at all must be paid for.

CANTEEN FACILITIES

A Canteen will operate on each competition day. Poppers and some cans will be available, as well as chips, zooper doopers and sausage on bread. All proceeds from the canteen go back into the club. We offer Cash and Eftpos as payment.

WET WEATHER

Due to the fact that the weather can change so dramatically in a very short period of time a decision on the cancellation of Saturday competition will not be made until 6.30am of that morning. If we have a cancellation day, we will resume that program the following competition day. Notifications of cancellations will be posted on our Facebook page.



SICKNESS/INJURY

This season there will be no absentee days allocated. In the event of an athlete falling ill during competition, notification must be given to the Age Marshall and recorded on the day's result sheet, they will receive points for the events completed. Due to COVID19, it is important that if you or your child/ren have any of cold or flu symptoms (e.g. fever, sore throat, runny nose, cough, etc.) that they DO NOT attend the competition day until they have returned a negative COVID19 result and are well again. Any athlete with a prolonged medical condition or injury (with a doctor's certificate) may still be eligible for a trophy, at the committee's discretion. Please speak to a committee member about this.

RESULTS

Each week your athlete's results will be entered into ResultsHQ and you will be able to view them through your individual account. This can be accessed by logging into your ResultsHQ account.

McDONALD'S ACHIEVEMENT AWARDS

The McDonald's Achievement Awards given to athletes are based on performances as measured against the levels that appear on the LAQ website. The levels are calculated from performances of Queensland Little Athletes. There are three different awards depending on the performance level achieved and each award entitles the athlete to a treat from a McDonald's store.

CENTRE AWARDS

The Centre Awards points to each child every competition day for the events in which they compete. The system of points is in line with the McDonald's Achievement levels and is as follows:

- 1 point for **completing** an event
- or 3 points for achieving a **green level** performance
- or 5 points for achieving a **red level** performance
- or 7 points for achieving a **blue level** performance

At the end of the season the points will be tallied to determine first, second and third place for each age group boy and girl. Please note that Play Training events are awarded 1 point for completing the event. There is also an overall Junior and Senior Champion boy and girl award. Most Improved Awards are given when an athlete has had 10 or more Personal Bests (PBs) in the season. Encouragement Awards are also given for one boy and one girl athlete. All Tiny tots will be eligible for a Participation trophy and as Encouragement Awards. In line with other Centre's, to be entitled to receive any Centre award there must be a reasonable level of attendance during the season and this has been determined at 65% from date of registration. This means that s U6-U17 athlete must attend a minimum of 65% of competition days held to be eligible for a place trophy. A minimum of 50% of competition days is required for Tiny Tots-U17s to be eligible for a participation trophy. A participation certificate will be awarded to any athlete who finishes the season with less than 50% attendance.



OTHER TRAINING SERVICES

Ipswich District Athletics Club



The Ipswich and District Athletics Club aims to provide an opportunity for members of the community to enjoy the sport of athletics in a friendly atmosphere.

We provide Coaching in all Track and Field Events every Monday and Wednesday nights 7.00pm - 8.30pm for athletes aged 10+.



Website:

<http://www.ipswichathletics.org.au/>

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