

SEASON HANDBOOK 2014/2015

Centre 122



**Little
Athletics
Ballarat**



WE'RE THE **link** BETWEEN YOU AND YOUR CLIENT

Welcome to **designlink**, the dedicated creative design and print division of Fairfax Regional Media. Our dedicated and experienced team can offer you creative and innovative marketing solutions to suit any budget, large or small.

designlink can offer you a complete service for all your marketing material, supported by the strength of 14 Fairfax print sites located across Australia. From logo and web design to brochures, catalogues, annual reports, magazines, point-of-sale, and large format printing, **designlink** saves you time and money.

From dynamic advertising campaigns to online solutions we are here to assist you. At **designlink** our focus is customer service and satisfaction.

*At **designlink** we're here to offer you the kind of quality and service you deserve.*

Telephone (03) 5320 1206
Email designlink@thecourier.com.au
designlink.fairfax.com.au


designlink
@ The Courier
design and print solutions

THE ATHLETE'S FOOT PROUDLY SUPPORTING LITTLE ATHLETICS

A child's foot can change up to 34 times before the age of 11 and will continue to grow until the age of 18. Because of this, parents should pay particular attention to the fit of their children's shoes. A flexible, supportive shoe such as an athletic shoe correctly fitted, is ideal for children of all ages – and will help them to last the distance of a sports day in comfort.

CLUBFIT™

JOIN & BE REWARDED

Join ClubFit today and start accumulating points every time you make a purchase from The Athlete's Foot. You will earn one point for every dollar spent. Once you've earned 300, you will automatically receive a \$30 voucher.

The Athletes Foot vouchers can be redeemed with a purchase at any of The Athlete's Foot stores. You will also have access to:

- Latest product and health information
- Competitions and giveaways
- Invitations to special events

HINTS & TIPS

ALWAYS HAVE YOUR CHILD'S FEET MEASURED

Keep in mind that one foot is usually larger than the other, so make sure your child always try on both shoes.



DON'T ALLOW TOO MUCH ROOM FOR GROWTH

Oversized shoes can cause a child's foot to roll over within the shoe during sport and play.



THE FINAL CHECK

When checking the fit if your child's shoes, there should only be a space the width of your child's thumbnail between the end of the shoe and the tip of the longest toe on the longer foot.



FITZI®

The Athlete's Foot has developed the world's most comprehensive fit analysis tool. FITZI® examines your foot in motion using video and pressure mapping so you end up with the perfect fitting shoes. Try it out now in store.



PRESSURE

VIDEO

EXPERTISE

FIT

THE WORLD'S MOST COMPREHENSIVE FIT ANALYSIS TOOL

EXCLUSIVELY AT

The **Athlete's Foot**

BALLARAT

Shop 88 Bridge Mall
Phone (03) 5333 4110

HORSHAM

86 Firebrace street
Phone (03) 5382 7270

The **Athlete's Foot**

FIND YOUR FIT™

Contents

| | |
|--|----|
| 2014/2015 Committee | 5 |
| Welcome to the 2014/2015 Season..... | 6 |
| Calendar of Events..... | 7 |
| Registration | 9 |
| Weekly Programs..... | 10 |
| Championship Events..... | 11 |
| Cross Country..... | 11 |
| State Multi-Championships..... | 12 |
| Relays..... | 13 |
| Regional and State Track & Field Championships..... | 14 |
| Victorian Little Athletics Open Days..... | 14 |
| 'Bring a Friend' Day..... | 15 |
| After Little Athletics..... | 15 |
| Parent Involvement | 15 |
| Centre Rules & Policies | 17 |
| Sponsorship..... | 20 |
| Aggregate Points System | 22 |
| Junior Development Squad | 23 |
| Race Walking..... | 24 |
| Introduction to Coaching | 24 |
| Equipment..... | 25 |
| Llanberris Access Cards | 25 |
| On Track | 26 |
| Ballarat Gift | 26 |
| Centre Records | 27 |
| Llanberris Event Locations | 32 |
| Recording | 33 |
| Footwear..... | 33 |
| 2013/2014 Major Awards | 34 |
| Championship Awards Format..... | 34 |
| Implement and Equipment Sizes and Weights..... | 35 |
| Coaching At Ballarat Little Athletics | 36 |
| Code Of Conduct..... | 37 |
| Administrator's Code Of Conduct | 37 |
| Official's Code Of Conduct | 38 |
| Parent's Code Of Conduct | 38 |
| Spectator's Code Of Conduct..... | 38 |
| Coach's Code Of Conduct..... | 39 |
| Little Athletes' Code Of Conduct..... | 39 |
| Health Policies..... | 40 |
| LAVIC Policy - Working With Children Check - WCC Check | 40 |



Committee and Contacts

| POSITION | NAME | PHONE | EMAIL |
|-----------------------|--------------------------|------------|---|
| President | Shane Bicknell | 0418573436 | shane@bicknell.com.au |
| Vice President | Wayne Castleman | 0417531592 | waynecstlmn@gmail.com |
| Secretary | Deb Darlow | 0457296839 | deborah.darlow@googlemail.com |
| Treasurer | Glenn Tyler | 0417589432 | glenn@jamesballarat.com.au |
| Committee | Julie Bicknell | 0417304570 | julie@bicknell.com.au |
| | Shane Bicknell | 0418573436 | shane@bicknell.com.au |
| | Wayne Castleman | 0417531592 | info@betterh2o.com.au |
| | Deb Darlow | 0457296839 | deborah.darlow@googlemail.com |
| | Kate Jones | 0457085051 | katelynjones@students.federation.edu.au |
| | Allan Lepair | 0466324010 | lepair.allan.j@edumail.vic.gov.au |
| | Trent Leyshan | 0416016016 | trent@boomsales.com.au |
| | Daniel Martin | 0428892716 | d_and_jmartin@bigpond.com |
| | Louisa Masom | 0415390461 | cadson7@hotmail.com |
| | Dino Procaccino | 0438396156 | dinokym@bigpond.com |
| | Gin Shillito | 0447471000 | gin@shillitoelectrical.com.au |
| | Stuart Skelton | 0419124673 | skelton.stuart@outlook.com |
| | Kara Trigg | 0419579839 | kara@outdoorscapes.com.au |
| | Glenn Tyler | 0417589432 | glenn@jamesballarat.com.au |
| Chief of Official | Julie Bicknell | 0417304570 | julie@bicknell.com.au |
| Competition | Louisa Masom | 0415390461 | cadson7@hotmail.com |
| Registrar | Glenn Tyler | 0417589432 | glenn@jamesballarat.com.au |
| Coaching | Kate Jones | 0457085051 | katelynjones@students.federation.edu.au |
| Communications | Daryl Bilney | 0409314053 | jcontact@biskart.com.au |
| Facility | Stuart Skelton | 0419124673 | skelton.stuart@outlook.com |
| Catering | Wayne Castleman | 0417531592 | waynecstlmn@gmail.com |
| Team Managers | Gin Shillito | 0447471000 | gin@shillitoelectrical.com.au |
| Volunteers | Wayne Castleman | 0417531592 | waynecstlmn@gmail.com |
| Member Wellbeing | Deb Darlow | 0457296839 | deborah.darlow@googlemail.com |
| Results Management | Allan Lepair | 0466324010 | lepair.allan.j@edumail.vic.gov.au |
| Relay Co-ordinator | Leo Simpson | | |
| Canteen | Sue Tyler/Kym Procaccino | | |
| On-Track Co-Ordinator | Emma Werner | | |
| Region Representative | Shane Bicknell | 0418573436 | shane@bicknell.com.au |
| Life Members | Shirley Goodridge | | |
| | Frank Palanca | | |
| | Sally Mitchell | | |
| | Helen Lee | | |
| | Dirk Verhey | | |
| | Mark Dobbyn | | |
| | John Jones | | |
| | Glenn Tyler | | |

Welcome to the 2014/2015 Season

Dear Athletes, Parents, Carers, Supporters and Friends of Ballarat Little Athletics Centre.

Welcome to the 2014/2015 season. A special welcome to our young athletes, both returning & new.

It is an honour to again take on the Presidents role and to continue working with everyone on making Ballarat Little Athletics an enjoyable and life building experience for all of our young athletes. Thanks to our continuing and new committee members who have been working hard in the preceding months and are keen to get started.

Ballarat Little Athletics is a strong, vibrant, community minded centre with a great mix of existing and new members. This mix brings both experience and enthusiasm and I look forward to working with you to build on this dynamic. The continuing aim is to create a culture where everyone is actively involved in maintaining the very best environment for our children and for us as parents and carers.

I would like to provide an update on our plans for 2014-15 and invite you to be involved in what should again be a great season.

The Committee continue to work on the Centre's strategic plan and there are both new and established projects that we are keen to progress and in this way meet the key objectives of the centre. If you would like to review & provide feedback on our plans don't hesitate to ask for a copy.

Some of the initiatives and aims are as follows:

- **Enhance opportunities for athletes** – continue to build our supplementary training program and provide coaches able to assist athletes during normal program and also at our mid week training sessions.
- **Run an efficient normal program** – Maintain the efficiency of the program without compromising events conducted.
- **Develop Team Culture** – Continue to increase athlete and supporter involvement.
- **Increase Training and development opportunities** – coaches, event experts, midweek training, focus on some events for success at State level.
- **Social Media** – Use social media to post results Saturday after competition and highlight most PB's special performances, video clips.
- **Engage athletes parents and carers** – actively promote community dynamic. This includes the continuation of our popular PB (Personal Best) awards. Provide checklists, training and support for volunteer jobs, provide volunteer rewards.

In all of our plans we have the safety and interests of our young athletes at heart, looking to find ways to help them grow through:

- Personal Development
- Participation
- Equality
- Enjoyment
- Building friendships

Ballarat Little Athletics is the only junior athletic organisation in Ballarat to be affiliated with the Little Athletics Association of Victoria (LAVic) and Little Athletics Australia (LAA). Through affiliation with these associations, Ballarat Little Athletics are provided with the infrastructure and framework from which to conduct our local program in junior athletics. All registered members are fully insured, are provided with resources relevant to the sport and are provided with a wealth of opportunities for further development, competition and coaching.

In addition we are a member of the Western Country Region, of which this year I am proud to have been elected President of, that includes Centres such as Ararat, Casterton, Colac, Dimboola, Hamilton, Horsham, Portland, Nhill, Stawell and Warrnambool, providing additional opportunities for interaction & development.

For our under 9 & 10 athletes this year will include a new implement, the "Long Tom" to assist in the transition from the Turbo Jav to the full Javelin in the Under 11 age group. I can't wait to see them fly!

Parents and carers involvement and help are vital to the success of our club. In addition one of the best ways to encourage the ongoing involvement of your child or children is to be involved yourself.

Jump in and offer to help, it will always be appreciated. You may be able to assist in one of our rostered jobs, be involved on our committee or help as a member of a subcommittee. If you have particular skills any specialist advice is always appreciated.

All of our committee members are approachable and are there to help you during the season, their contact details are contained in the handbook or through our website at www.ballaratlittleathletics.com.au.

Thank you for joining our Centre and please contact me via email at shane@bicknell.com.au or on my mobile number 0418 573 436 if I can assist in any way.

Regards,
Shane Bicknell
President Ballarat Little Athletics

Calendar of events 2014-2015

| DATE | EVENT | LOCATION | TIME |
|---------------------------|--|--------------------|-------------------|
| September 2014 | | | |
| Sat 20th Sept | Registration Day & Come And Try Day | Llanberris Reserve | 10.00am – 12.00pm |
| October 2014 | | | |
| Sat 4th Oct | Normal Program (Round 1) | Llanberris Reserve | 8:30am – 11:30am |
| Sat 11th Oct | Normal Program (Round 2) | Llanberris Reserve | 8:30am – 11:30am |
| Friday October 17th | # SSV (Secondary) T & F Championships | Albert Park | All Day |
| Sat 18th Oct | Normal Program (Round 3) <i>Bring a Friend Day</i> | Llanberris Reserve | 8:30am – 11:30am |
| Sat 25th Oct | Normal Program (Round 4) | Llanberris Reserve | 8:30am – 11:30am |
| Mon 27th Oct | # SSV (Primary) T & F Championships | Albert Park | All Day |
| November 2014 | | | |
| Sat 1st Nov | Normal Program (Round 5) | Llanberris Reserve | 8:30am – 11:30am |
| Fri 7th Nov - Sun 9th Nov | # Victorian all schools T&F Championships | Albert Park | |
| Sat 8th Nov | Normal Program (Round 6) | Llanberris Reserve | 8:30am – 11:30am |
| Sat 15th Nov | Multi Day (Round 7) | Llanberris Reserve | 8:30am – 11:30am |
| Mon 11th Nov | Entries for Regional Relays Close | | 12pm |
| Sat 22nd Nov | WCR Regional Relays - No normal comp | Stawell | 8:30am – 11:30am |
| 27 Nov - 1 Dec | #SSA (Primary) National T&F Championships | Tasmania | |
| | Relay Training | Llanberris | TBC |
| Sat 29th Nov | Normal Program (Round 8) | Llanberris Reserve | 8:30am – 11:30am |
| December 2014 | | | |
| Fri 6th - Sun 8th Dec | #Australian All Schools T and F Nationals | Townsville | |
| Sat 6th Dec | Normal Program (Round 9) | Llanberris Reserve | 8:30am-11:30am |
| | Relay Training | Llanberris Reserve | TBC |
| Sat 13th Dec | State Relay Championships | Albert Park | All Day |
| Sat 13th Dec | No Normal Program | | |
| Sat 20th Dec | Normal Program (Round 10) Last Round Before Xmas | Llanberris Reserve | 8:30am – 11:30am |

Note: Starting time is at 8:30am to allow children a 15-minute warm up, ready to start competition at 9am.

Note: These are not Little Athletics Victoria Association events. Victorian Schools or Athletics Victoria runs these events.

Calendar of events 2014-2015

| DATE | EVENT | LOCATION | TIME |
|---------------------------|---|-------------------------|------------------|
| January 2015 | | | |
| 13th Jan | Multi event entries close | | 12pm |
| 21st Jan | Regional track & Field entries close | | 12pm |
| Fri 23rd - Sun 25th Jan | # Victorian Country T & F Championships | Bendigo | All Day |
| Sat 31st Jan | Normal Program (Round 11) | Llanberris Reserve | 8.30am -11.30am |
| February 2015 | | | |
| Sat 31st Jan & Sun 1st | State Multi Event | Moe | All Day |
| Sat 7th & Sun 8th | Ballarat Gift (modified Program) Round 12 | Eastern Oval | TBA |
| Sat 14th Feb | Normal Program (Round 13) | Llanberris Reserve | 8:30am - 11:30am |
| Sat 21st & Sun 22 Feb | Regional Track and Field Championships | Llanberris Reserve | |
| Saturday 28th Feb | Normal Program (Round 14) | Llanberris Reserve | 8:30am-11:30am |
| March 2015 | | | |
| Sat 7th Mar | Normal Program (Round 15) | Llanberris Reserve | 8:30am - 11:30am |
| 11th to 15th March | # Aust Junior National T&F championships | Sydney | |
| Sat 14th Mar | Normal Program (Round 16) | Llanberris Reserve | 8:30am - 11:30am |
| Sat 21st Mar | Normal Program (Round 17) Final Round | Llanberris Reserve | 8:30am - 11:30am |
| Sat 28th & Sun 29th Mar | State Track and Field Championships | Albert Park | 8.30am - 6.00pm |
| April 2015 | | | |
| | Presentation Day | Ballarat Grammar School | TBA |
| Thu 25th - Mon 27th April | Australian LA Championships | Perth | TBA |
| May 2014 | | | |
| | AV/LA Vic state road relay | | TBA |

Note: Starting time is at 8:30am to allow children a 15-minute warm up, ready to start competition at 9am.

Note: These are not Little Athletics Victoria Association events. Victorian Schools or Athletics Victoria runs these events.

Registration

Registration...what does it mean?

Once you are registered you become a member of Little Athletics Ballarat (LAB), the Little Athletics Victoria (LAV) and Little Athletics Australia (LAA). Little Athletics Ballarat is the only affiliated club in Ballarat.

Parents of members, by signing the register or ordinary members when they register their children, also become members.

Upon registration, each member will receive a showbag containing a personal record book and numerous booklets and informative brochures supplied by LAV.

Additionally, all members are fully insured through our affiliation with LAV and all athletes are entitled to compete at any LAV and LAA event any where in Australia. If you are away for the weekend and are unable to compete in Ballarat, you can compete at another centre. You are also able to collect your aggregate points provided you submit your tickets to the Secretary once you return. There are numerous other Little Athletics events available, some of which are listed in this book and others will be advertised in the weekly newsletter or online.

In previous years athletes have been required to pay \$3.00 per week to cover the cost of hiring Llanberris Reserve. This year the Committee resolved to incorporate this weekly fee into the Annual Registration fee which is now \$135.00 per athlete, or \$130 where there are 3 or more children from the one family.

Parents/guardians are asked to make payment online when registering athletes. Simply go to our website www.ballaratlittleathletics.com.au and click on the registration link. If for some reason you are unable to pay online arrangements can be made to pay by cash or cheque on the first day of competition.



Communication...

NEWSLETTER:

During the Track & Field Season, a newsletter is published weekly. It contains the most recent news and information and should be read by all parents and athletes.

Newsletters are emailed weekly. The newsletter will also be placed on our website at www.ballaratlittleathletics.com.au

E-MAIL:

If you would like to receive the newsletter and other relevant information, such as weekly results etc via e-mail, make sure you put your email address clearly on registration. If you choose not to receive our newsletters via e-mail, you can notify us and you will be deleted from the group. Contact the committee to have your email details updated.

PHONE:

Please feel free to telephone any of the committee if you have any queries. Numbers listed at the front of this book

Weekly Programs

Notification of Cancelled Program

In the event of a week being cancelled it will be announced on 3BA FM 102.3 at around 8:00 am on the day of competition. Alternatively, phone Shane Bicknell on 0418 573 436 or Wayne Castleman on 0417 531 592 and check our facebook page to confirm if competition is going ahead.

Setting Up Equipment

Assistance is required at 7:30am each morning of competition to set up equipment and to pack it away after competition. Assistance is also required from parents to place the hurdles on and off the track. While not in use, the hurdles can be placed either in the trailer or on the inside of the track near to where they will be required



Championship Events

The following table illustrates the events available for Under 9 – Under 15 athletes to compete in at Regional, State and National Championships.

| | U/9 | U/10 | U/11 | U/12 | U/13 | U/14 | U/15 |
|--------------|-----|------|------|------|------|-------|-------|
| 70 m | y | y | y | y | | | |
| 100 m | y | y | y | y | y | y | y |
| 200 m | y | y | y | y | y | y | y |
| 400 m | y | y | y | y | y | y | y |
| 800 m | y | y | y | y | y | y | y |
| 1500 m | | | y | y | y | y | y |
| 1100 m walk | y | y | | | | | |
| 1500 m walk | | | y | y | y | y | y |
| 60 m hurdle | y | y | y | y | | | |
| 80 m hurdle | y | y | y | y | y | girls | |
| 90 m hurdle | | | | | | boys | girls |
| 100 m hurdle | | | | | | | boys |
| 300 m hurdle | | | | | y | y | y |
| HIGH JUMP | y | y | y | y | y | y | y |
| LONG JUMP | y | y | y | y | y | y | y |
| TRIPLE JUMP | y | y | y | y | y | y | y |
| SHOT PUT | y | y | y | y | y | y | y |
| DISCUS | y | y | y | y | y | y | y |
| JAVELIN | | | y | y | y | y | y |

Cross Country

Cross country competition is conducted during the off season at various venues across the State.

Little Athletics Ballarat do not conduct a weekly cross Country program as such, however many of our athletes compete on Saturday afternoon with any of the four Senior Clubs that conduct Cross Country in Ballarat. Each of these clubs run novice events for junior runners. Registered athletes however are able to compete in the State Championships for Cross Country. They are also eligible to compete in any Open Days run by other Little Athletics Centres, details of which are available on the LAV website.

Cross Country 2015

2015 State Cross Country Championships (Date TBA)

The State event is one of the largest Cross Country events in Victoria for junior athletes. The top three places in each age group receive medals and places five to eight are awarded finalist ribbons. The club can also enter teams where three or more athletes from our centre competing and medals are also awarded for the team placing's. Entry to State Cross Country no longer requires an athlete to qualify at Region provided there are no more than 8 athletes per Region. Entry dates will be notified by LAV via the e-newsletter.

This event is open to all athletes aged from Under 7 to Under 15. Team entries are also an option with at least 3 of a centre's athletes from each age group making a team. Little Athletics Ballarat pay for the team entries. The recommended distances are:

| | | |
|------|--------------------|--------|
| U/7 | Non Championship | 1000 m |
| U/8 | Non Championship | 1000 m |
| U/9 | State Championship | 1500 m |
| U/10 | State Championship | 1500 m |
| U/11 | State Championship | 2000 m |
| U/12 | State Championship | 2000 m |
| U/13 | State Championship | 3000 m |
| U/14 | State Championship | 3000 m |
| U/15 | State Championship | 3000 m |

State Multi Events

This year the State Multi Event will be held in Moe on the 31st of January.

But I'm just an average athlete, I hear you say, then this event is great for you to enter. There are some brilliant athletes at this event, but the majority are average athletes, who want to have some fun participating at the Multi Event. State Multi are a great way to meet other athletes from different centres and a great opportunity to participate in a state event and enjoy the atmosphere.

At the completion of the events, all the points are tallied and the winner of each age group is determined. Athletes finishing in the top 3 positions will receive a medallion and the athletes finishing in 4th to 8th positions will receive a ribbon and certificate. All other athletes will receive a certificate with their points and place on it.

You don't need to qualify to participate in the multi, all you need is to be a registered athlete. Entries can be done online, and more information will be made available nearer to the date via the newsletter.

- Athletes competing in the Multi Event will still be allocated aggregate points for the local competition; Siblings of competing athletes will also be awarded participation points, although the secretary must be notified of attendance.

BOYS

| Discipline | Age Group | | | | | | | |
|------------|-----------|-----|-----|-----|-----|-----|-----|-----|
| | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 |
| 100m | X | X | X | X | X | X | X1 | X1 |
| 800m | X | X | X | X | X | X | X2 | X2 |
| 80mH | X | X | X | X | X | | | |
| 90mH | | | | | | X | | |
| 100mH | | | | | | | X2 | X2 |
| High Jump | | | | | | X | X2 | X2 |
| Long Jump | X | X | X | X | X | X | X1 | X1 |
| Discus | X | X | X | X | X | X | X1 | X1 |
| Shot Put | | | | | | | | X1 |
| Javelin | | | | | | | X2 | X2 |

GIRLS

| Discipline | Age Group | | | | | | | |
|------------|-----------|-----|-----|-----|-----|-----|-----|-----|
| | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 |
| 100m | X | X | X | X | X | | | |
| 200m | | | | | | X | X1 | X1 |
| 800m | X | X | X | X | X | X | X2 | X2 |
| 80mH | X | X | X | X | X | X | | |
| 90mH | | | | | | | X1 | X1 |
| High Jump | | | | | | X | X1 | X1 |
| Long Jump | X | X | X | X | X | X | X2 | X2 |
| Shot Put | X | X | X | X | X | X | X1 | X1 |
| Javelin | | | | | | | X2 | X2 |

Relays

Relay championships are another aspect of athletics that have proven to be lots of fun and one of the few events where athletes get to experience the camaraderie and spirit of team sport. Any registered athlete aged from U/9 to U/16 can participate in the relays.

This seasons the regional relays are in Stawell on the 22nd November, followed by the state relays championships at Albert Park on the 13th December.

The following teams will be required for this seasons relays.

Under 9 - 16 boys and girls - 4x100 metres

Under 9 - 16 boys and girls - 4x200 metres

Under 9 - 16 Mixed sex - 4x 100 metres

Under 9 - 16 Mixed sex - 4x 200 metres

Under 9 - 16 - medley

Under 9 - 11 - mixed age medley

Under 12 - 13 - mixed age medley

Under 14 - 16 - mixed age medley

· Not all age groups will compete in all events

Relays require a huge amount of organization and total commitment from athletes and parents. Please check dates for availability and ensure you can commit to the team. All teams must be able to compete at both the regional relays and, if qualified, be able to compete at the state relays. We strongly encourage anyone interested and prepared to make the commitment to become involved and experience the fun atmosphere.

SELECTION INTO RELAY TEAMS

Relay teams will be selected by the Relay Selection Sub Committee having given consideration to the following:-

- Performance over applicable distances in the current and previous season (taken from normal competition times or where insufficient times are available from time trials or run offs)
- Attendance at training and training performance.
- Athletes must be available to attend Regional Relays and if progressed State Relays
- Athletes proficiency in baton changing technique, lane positioning and knowledge of relay rules
- Team first attitude.

All queries regarding team selection are to be directed to the Relay Selection Sub Committee. If unable to resolve queries at this level the queries will then be forwarded to the general BLAC committee for decision. The committees decision is final.



Regional and State Track & Field Championship

Regional T & F Championships
21st & 22nd Feb 2015
Ballarat

State T & F Championships
28th & 29th March 2015
Albert Park

Every season, athletes from U/9 to U/15 are invited to select up to 4 events and compete in the regional and state championships. Athletes must qualify at the regional championships to be eligible to compete at the state championships. First place in all events automatically qualify, and further progression places are made for athletes, depending on performance. Progressions will be notified through the club. All entries can be made online and must be accompanied by the appropriate entry fee. Athletes must be registered with LAV and have competed in at least 50% of available competition.

Ballarat belong to the Western Country Region, which includes the following clubs, Horsham, Hamilton, Portland, Maryborough,

Warrnambool, Casterton, Ararat, Camperdown, Colac, Dimboola, Stawell, Kerang, Cohuna, St Arnaud, Bar-rook, Charlton and Swan Hill.

PARENTAL ASSISTANCE WITH OFFICIATING:

It is Little Athletics Ballarat policy that parents and guardians of competing athletes provide assistance with duties at all Regional and State Championships. The club is allocated a number of simple duties and our athletes will be disadvantaged if these duties are not performed.

It is also expected that athletes, parents and spectators behave according to the code of conduct outlined in this book. Parents of athletes entering for regional & state track and field championships are required to pay a \$20 duty deposit, which is refunded upon completing the rostered task.

Victorian Little Athletics Open Days



Once registered with Little Athletics Victoria, you are able to compete at any Open Day. Most include events from Under 6 to Under 16. Entry is up to you and usually there is an entry fee. You are normally required to wear centre uniform with the LAV patch you received when you register.

Entry forms are available from your club. Dates of available Open Day's will be published in the newsletter or check the Australian Little Athletics website and click on the Victorian Link www.lavic.com.au

'Bring a Friend' Day Oct 18th

Registered athletes are encouraged to bring a friend for a day to experience the fun and excitement of competing in the various events on offer at Ballarat Little Ath's. Simply introduce your friend to the Team Manager of the appropriate age group and if they require any information about joining Little Ath's, direct them to any member of the Committee.

After Little Athletics...

Once an athlete reaches the end of Under 16, there are options available to continue with athletics in Ballarat. There are 4 senior athletic clubs, all of whom are members of the Ballarat Regional Athletic Centre and affiliated with Athletics Victoria. For those interested in specialising in Racewalking there is also the Ballarat Race Walking Club. If you are interested in continuing in athletics, the following club contacts can provide further information.



Ballarat Harriers
Contact: Christine O'Halloran
Ph: 5332 8202



Eureka Athletic Club
Contact: Rod Griffin
Rwg@staff.ballarat.edu.au



Wendouree Athletic Club Inc.
Contact : Michelle Hawkes
wendoureeathletics@hotmail.com



YCW
Contact: Sean Mahar
maharwhite@ncable.net.au



Ballarat Racewalking Club
Contact: Deb Darlow
deborah.darlow@gmail.com

Parent Involvement

Working with Children Checks

The Working With Children Act 2005 (WWCA) helps protect children from sexual or physical harm by requiring a person who does 'child-related work' to apply for a WWC check. The person's criminal record is screened for serious sexual, violence and drug offences as well as findings made by certain disciplinary bodies such as the Victorian Institute of Teaching.

People working or volunteering in connection with Little Athletics from July 2009 must have completed a WWC check. It is compulsory for each LA Centre to maintain a register of completed checks. Deb Darlow is responsible for this task at Ballarat Little Ath's. The WWC is free, however you may be required to pay for the cost of a photo ID by Australia Post (approximately \$12.00). Please contact Deb Darlow if you require clarification of your status in relation to the WWC Check. (*Refer Committee Contact List for details*).

The following persons' need to obtain a WWC.

- Members of Committee
- Coaches
- Officials and Team Managers
- Volunteers without children at the Centre
- First Aid Officers
- Other roles associated with Regional and State bodies

Parents, who have children registered at the Centre where they work or volunteer, are exempt from the WWC Check, unless they fall into one of the categories above.

I'm a **Parent** and would like to be **involved...**

Parents, grandparents and other volunteers, there are numerous opportunities for you to become involved and most require very little expertise, prior knowledge or over exertion of the brain on a Saturday morning ...don't wait to be asked, jump in and lend a hand.

Listed below are some of the ways in which you could lend a hand:

Setting Up and Packing Up Equipment: 7:30 am start and pack up as the program finishes.

Team Manager or Helper: Start as a helper and learn the ropes. A busy but rewarding job.

Time Keeper or Place Judges: Necessary for the distance events. Easy and very social!

Measurer: Holding a tape and/or measuring jumps or throws. Someone will show you where to measure from.

Data: Definitely need a person with reasonable computing skills to help input data.

Recording: A great job if it's really hot or cold. Plenty to do here in the Tom Roberts pavilion. There will be someone to show you what to do here and you get to know everyone!

Barbecue or Canteen: Great for the non-sporty parents. Anyone can cook a snag so please ...we need lots of help here! Each age group will have a turn cooking the barbecue on a rotational basis.

Digging over the Pits: Great job for the quiet strong parent who just likes to get in and do a job! Also sweeping or blowing (with a blower) the sand back into the pit after competition.

Coaching: We're forever looking for ex-athletes or senior athletes with any expertise in any area. Jump in and help or ask a committee member where to start!

Fundraising: Any innovative or ideas that the club could use to raise funds would be greatly received. Better still, any assistance with fundraising will be welcomed.

There are numerous other jobs that arise from time to time. Please feel free to ask or if you notice something that needs doing, offer and don't stand back. We need your HELP!!!

Wayne Castleman is again the Roster Co-ordinator for the coming season. Parents are asked to list tasks that they are willing to help with on the registration form. This information will assist Wayne in drawing up the season roster.

IMPROVE YOUR UNDERSTANDING OF ATHLETICS COACHING

LAV facilitate introduction to coaching courses for interested parents. Times and dates to be announced are available from the Centre Secretary. This is a great opportunity for those who help out on Saturdays and an excellent foundation for those who want to go on to Level 1 training.



Centre Rules & Policies

Little Athletics Ballarat endorse the Codes of Conduct as set out by the Little Athletics Victoria. Please take the time to read the information included in the booklet. Adherence to the Codes of Conduct will ensure that Little Athletics in Ballarat is a pleasant and enjoyable experience for everyone.

Parents, coaches and officials, by the example of their behaviour have an enormous influence on junior athletes.

The Centre has its own set of rules that need to be observed for the safety and enjoyment of all concerned. Most are commonsense and you will be made aware of these as the program progresses

Toddlers, spectators and non competing athletes must remain outside the fenced areas at all times.

Only team managers and their assistants can accompany the group as they move from event to event. Parents and spectators should allow the team managers to do their job without interruption or correction. If there is an issue or suggestion please speak to a committee member who will ensure the matter is considered and a written response provided.

Track events will take precedence over field events.

A group may be required to leave a field event to compete a track event. A team leader may remain at the field or jump event to secure the site until the athletes return. Age groups will be called over the public address if they are required. Note, this rule applies at Region and State Championship events also.

Athletes, parents or spectators are not permitted to cross the middle of the arena while events are in progress.

Team managers must lead the group around the outside edge of the track to the start of their event.

Food and Drink are not permitted on the track.

Only water and sports drinks (not cordial, soft drink or fruit juice) may be taken onto the track area. Chewing gum and confectionery are not permitted on the track or infield.

Access to track must be via gates.

Do not jump fences

Rules regarding wearing of spikes - maximum Length of Spikes = 7mm. Specialist Javelin & High Jump footwear with heel spikes shall not exceed 9mm and shall only be worn at these events where age group rules allow. All spike holes in the shoe MUST have a spike or blank fitted. Spikes must be conical or pyramid.

Under 10 and Below - NO spikes allowed in ANY Event.

Under 11- May wear spikes in High Jump and Javelin ONLY

Under 12 & 13 - May wear spikes in all laned track, jumping and Javelin Events.

Under 14 and 15 - May wear spikes in ALL Events except Shot Put, Discus and Race Walking

Sandpits are out of bounds at all times unless an event is being conducted.

Sand must be swept back into the pit at the completion of the event. Children are not permitted to play in the sand.

Buildings, photo finish tower and timing and judges stands must not be climbed upon.

No training or warming up in lanes 1 & 2.

**No provisional markings to any area.
(Use coloured cones)**

Appropriate sport shoes only.

No standing on plinth.

Plinth to be removed before crossing with trolleys or vehicles. All equipment must be free from oil, petrol, diesel leaks and rough or sharp edges.

Pets are not allowed at the Llanberris Facility

Ball games are not allowed.

All rubbish must be placed in the appropriate receptacles.

Administrators' Code of Behaviour

- Involve children in the planning, leadership, evaluation and decision making related to the activity
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.

- Ensure that rules, equipment, events and training schedules take into consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programs to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians, and participants understand their responsibilities regarding fair play.
- Avoid the use of bad language.
- Distribute the Code of Behaviour sheet to spectators, officials, parents, coaches, athletes and the media.

Officials' Code of Behaviour

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the 'spirit of the game' for children is not lost by using common sense and not over-emphasizing errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.

- Avoid the use of bad language.

Parents' and Spectators' code of Behaviour

- Encourage children to participate if they are interested. If a child is unwilling, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event. Positive comments are motivational.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- Respect the officials' decisions and encourage children to do likewise. If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognize the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Avoid the use of bad language. Condemn the use of violence in any form.
- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.

Heat Policy - Postponement/ Cancellation

- It is recommended that if a large increase in temperature is likely to occur, parents and officials should take extra care to ensure athletes are sufficiently hydrated and shade is provided.
- It is recommended that greater care be taken of athletes who are not fit or who are overweight, when exercising in high temperatures
- It is recommended that parents and officials use caution if athletes are exercising in ambient temperatures above 40°C for an extended period of time (more than 1 hour).
- When children are exercising in the heat parents and officials must also pay close attention to athletes doing intermittent events (jumps & throws) as well as continuous events.
- It is recommended that each competition venue have the necessary equipment to record ambient temperatures throughout the competition.
- It is recommended that events be called off if it is thought ambient temperature is likely to rise above 40°C.
- On the day of competition it is recommended the ambient temperature be recorded at 15-minute intervals at the same point on the track each time.
- It is recommended that if the temperature is over the cut off for two (2) consecutive measurements that no new event should be called until the temperature drops below the cut off OR competition should be ceased until the temperature drops below the cut off.
- Consideration should also be given to postponing field events that span a considerable time.

PROBLEMS OR COMPLAINTS:

If you are not happy about any aspect of Little Athletics, we need to know. Feel free to discuss any concerns with the President, and if a matter remains unresolved please forward your complaint in writing to the Secretary. Also, if you have a suggestion regarding any aspect of our program, we are always open to hear your ideas. Please remember, we are all volunteers and we are doing our best to provide the best for your children. Also keep in mind that the club is for all children, not individuals, and improving is the ultimate goal, not winning.

PARENT BOOKLET:

Issued by LAV, this is an excellent resource. You should receive a copy when you register; please take the time to read it carefully.

POLICIES:

There are a number of policies Little Athletics Ballarat have adopted and it is expected parents abide by these:

NO SMOKING: On or around the arena or buildings.

SUNSMART: Sunscreen is available from the canteen and shed. Hats must be worn between events.

HEALTHY EATING: A variety of fruit and healthy alternatives are available at the canteen.

ALCOHOL: There will be no sale of alcohol at LAV competition events

UNIFORMS FOR REGIONAL AND STATE COMPETITION

To participate in Regional and State competitions, athletes must wear the club competition top. Incorrect uniform during Regional or State competition will result in disqualification. Athletes with commercial logos on shorts will be unable to compete.

There are a variety of combinations of the uniform that may be worn:-

- Crop top with bike shorts, running shorts or briefs (navy – no logos) - girls only
- Singlet top with briefs (girls), bike shorts or running shorts.

Additional or alternate uniform items may be purchased from the Little Ath's Shed on competition days

Jetstar PATCHES

Jetstar are major sponsors of Little Athletics in Victoria. Please attach the Jetstar patch you received when you registered to the front left hand side of your centre uniform. The Chest patch must be worn at Centre competition days, open days, Regional and State Relays and Track & Field Championships or child will not be able to compete.

Sponsorship

Little Athletics Victoria Partners 2014/2015

Naming Rights Partner



Gold Partners



Equipment



Marquees



Official Drink



Merchandise



Official Hotel



Apparel/JDS



Support Partners



Awards Partners



Official Charities



National Partners



BALLARAT CITY'S CLASS LEADING SUV RANGE



mazda



HONDA



PEUGEOT

***BALLARAT CITY MOTOR GROUP IS PROUD TO
SUPPORT THE FAMILIES OF OUR LITTLE ATHLETES AND ARE
COMMITTED TO HELPING THEM REACH THEIR FULL POTENTIAL***



Aggregate Points System

One of the main aims of Little Athletics is to encourage athletes to strive to improve their personal skills and performances through participation in the weekly program.

Little Athletics Ballarat endorse this philosophy and our weekly programs reward athletes for participation and personal improvement with a pointed aggregate system that is fair to all athletes, regardless of ability.

How does the system work?

For each event an athlete participates in, he is awarded 3 points regardless of finish place or previous performance. When the athlete next competes in the same event, 5 extra points are awarded if the athlete has improved on the previous performance.

There are 5 events each week so the maximum participation points that can be earned per week is 15. If personal bests (pb's) are achieved in all events, another 25 points are awarded.

Points are accumulated and kept on record throughout the season. At the end of the season, medals are awarded to the 3 athletes who have accumulated the most aggregate points in every age group for both boys and girls.

If you are absent from Ballarat and you are able to attend another affiliated Little Athletics centre, participation points are given provided tickets are submitted to Ballarat recorders. This does not apply to open days at other centres.

Overall Aggregate Awards

First, second and third places in every age group will receive aggregate medallions on presentation night. A perpetual trophy is also awarded to the male and female athletes who have accumulated the most aggregate points over all age groups during the season. These medals and trophies are awarded on Presentation Night at the end of the track and field season.

How do I get my points?

When you compete in an event, the performance is recorded on our computer. The next time you compete in the same event, if your performance has improved, it will be noted on the computer and you will get your extra points. You also receive points just for participating. It is important to try in all events, even if they are not your favourite or you think you aren't very good at it. You can only get better! All weekly results are posted on the Ballarat Little Aths website www.ballaratlittleathletics.com.au

You are only competing against yourself and your goal should be to improve in as many events as possible

Junior Development Squad

The junior development squad (JDS) is a program run by LAVic and is aimed at giving our talented athletes an opportunity to gain more in terms of coaching, education, competition and a sense of accomplishment.

Athletes have the opportunity to train with other keen and enthusiastic squad members from around Victoria, with an emphasis on learning new skills and improving existing ones in a friendly and supportive environment.

The program consists of coaching days, invites to events and a coaching camp.

The squad is open to athletes aged u/12 to u/16 who meets the performance criteria tabled below.

Further information and application forms are available on the LAVic website www.lavic.com.au. Then click on the JDS link.

JDS 2014 - 2015 QUALIFYING STANDARDS

| Event | BOYS | | | | | | GIRLS | | | | | |
|---------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | U11 | U12 | U13 | U14 | U15 | U16 | U11 | U12 | U13 | U14 | U15 | U16 |
| 70m | 10.50 | 10.10 | | | | | 10.80 | 10.30 | | | | |
| 100m | 14.65 | 13.95 | 13.30 | 12.70 | 12.40 | 12.40 | 15.10 | 14.30 | 13.90 | 13.65 | 13.65 | 13.65 |
| 200m | 29.90 | 28.50 | 27.00 | 26.00 | 25.00 | 25.00 | 31.50 | 29.50 | 28.20 | 28.00 | 28.50 | 28.50 |
| 400m | 68.50 | 65.50 | 61.50 | 60.00 | 58.00 | 58.00 | 71.50 | 67.50 | 65.00 | 64.50 | 64.50 | 64.50 |
| 800m | 2:38 | 2:33 | 2:26 | 2:23 | 2:16 | 2:16 | 2:45 | 2:39 | 2:35 | 2:35 | 2:35 | 2:35 |
| 1500m | 5:20 | 5:10 | 5:05 | 5:00 | 4:45 | 4:45 | 5:43 | 5:35 | 5:25 | 5:26 | 5:26 | 5:26 |
| 60mH | 10.90 | 10.70 | | | | | 11.15 | 10.90 | | | | |
| 80mH | 14.50 | 14.25 | 14.15 | | | | 14.90 | 14.50 | 14.50 | 14.30 | | |
| 90mH | | | | 15.20 | | | | | | | 16.40 | 16.40 |
| 100mH | | | | | 16.00 | 16.00 | | | | | | |
| 300mH | | | 50.00 | 47.00 | 46.00 | 46.00 | | | 52.50 | 51.50 | 51.50 | 51.50 |
| 1500mW | 9:15 | 9:15 | 9:00 | 8:30 | 8:30 | 8:30 | 9:30 | 9:15 | 9:00 | 9:00 | 8:45 | 8:45 |
| Long Jump | 4.35 | 4.50 | 4.80 | 5.15 | 5.50 | 5.50 | 4.00 | 4.15 | 4.40 | 4.65 | 4.80 | 4.80 |
| Triple Jump | 9.05 | 9.60 | 10.15 | 10.80 | 11.40 | 11.40 | 8.60 | 9.15 | 9.60 | 10.00 | 9.90 | 9.90 |
| High Jump | 1.30 | 1.40 | 1.50 | 1.55 | 1.60 | 1.60 | 1.25 | 1.35 | 1.40 | 1.45 | 1.45 | 1.45 |
| Shot Put | 9.00 | 8.30 | 10.00 | 10.25 | 10.80 | 10.80 | 7.65 | 8.90 | 8.50 | 8.65 | 8.50 | 8.50 |
| Discus | 23.50 | 27.00 | 27.00 | 30.00 | 33.50 | 33.50 | 19.00 | 22.00 | 26.00 | 21.50 | 23.00 | 23.00 |
| Javelin | 22.75 | 26.50 | 27.00 | 30.00 | 33.00 | 30.00 | 16.50 | 20.50 | 24.00 | 24.50 | 24.00 | 24.50 |
| Multi Events | 1st to 8th place inclusive at the State Championships in each age group | | | | | | | | | | | |
| Cross Country | 1st to 8th place inclusive at the State Championship in each age group | | | | | | | | | | | |

To standardise the performance across all conditions, an adjustment to the qualifying standard for grass tracks will be made. Contact LAVic office and they will make the necessary adjustments.

Race Walking

Little Athletics Ballarat offer Race Walking during Saturday competitions. All age groups are provided with the opportunity to participate, however centre records are now recorded for 1100m and 1500m distances. The aim of conducting the event is to introduce young athletes to the event and the techniques specifically related to Race Walking.

While correct judging is difficult at the local level, with the assistance of the Ballarat Walkers Club and several parents with experience in the event, athletes will be encouraged to compete correctly and according to the rules. Athletes who are unable to comply may be taken from the track for specific instruction and will only receive participation points. A time will not be recorded if removed from the track. Athletes who complete the event in a satisfactory manner will be timed and points awarded.

Centre Records will be considered are when sufficient qualified judges are officiating.

If you are interested in taking up Race Walking, learning more about it or would like to practice for a specific LAV event, contact Deb Darlow 0457 296 839 at the Ballarat Racewalking Club.

Introduction to Coaching

The Introduction to Coaching course (ITCC) is aimed at giving people with little background knowledge in athletics the ability and confidence to coach basic level athletics to children. The course is great for parents or older brothers and sisters who want to know a little bit more about the sport and how to coach children, and to assist in training at Centre level.

Coaching is a key objective in our Strategic Plan with a particular emphasis on assisting Team Leaders to obtain their Level 1 accreditation in 2014/2015.



Equipment

Little Athletics Ballarat has training equipment available for members' use. All equipment borrowed must be returned to the centre by the start of the next competition day or for training as specified. Equipment must be returned in the same condition as it was when borrowed. Contact a committee member if you would like to arrange a time to use some equipment, please note that you will be required to sign for the equipment taken and pay for any damaged or unreturned equipment.

Llanberris ^{Cards} Access

Members of the public are able to use Llanberris for training purposes at any time the venue is not being hired. Access is via a turnstile in York Street using a prepaid card that allows access.

Pre purchased cards are available from Intersport. The system is similar to a phone card whereby you purchase the card with a predetermined number of uses. When the card has run out of uses, you can pay for more at the previously mentioned outlet, or at the Tom Roberts shed at the track Tuesday or Thursday evenings. Reports on use are on display at the main pavilion or can be sent via email. Please note that the purchase of a card is not required for attendance at our normal Saturday program.



On Track

On Track is a LAV initiative which utilises a progressive skill development model aimed at increasing the opportunity for children to enjoy athletics. Through the program, children are provided with a sporting experience that will enable them to be active, learn skills, participate in appropriate competition, experience success and have fun with their friends

Through personal experience, children learn simple things before they move onto more complex tasks. In order to learn the more advanced, complex skills used in athletics, children must first learn the simple, basic skills that provide the framework upon which the learning of athletics skills depends. Like learning to read and write, learning the skills of athletics occurs in a progressive manner.

Children beginning Little Athletics Ballarat in Under 6 will participate in an action packed 90 minute session of sequential activities designed to introduce them to the fundamental skills required in athletics.

The On Track program allows the athletes to grasp the basic skills of athletics before they jump into competition in the post Christmas side of the season. The program provides fun filled, non stop action packed, game based skill games which are sure to engage all kinds of children and their abilities.

The U6's also participate in the Centre's Multi Day, an exciting event which enables them to put their trial events into their first competition practice.

The ON Track program is organised by Emma Werner, and will be conducted by coaching staff under her direction.

More information, including weekly session plans can be accessed on the Coaching page on our website.



Ballarat Gift

2015 SAT 7TH & SUN 8TH FEB VICTORIAN JUNIOR DASH FOR CASH

5 - 15 YEARS - HANDICAPPED RACES

EVENTS INCLUDE: SPRINT, MIDDLE AND DISTANCE RUNNING

PROUDLY SUPPORTED BY CITY OF BALLARAT

2015 BALLARAT \$20 000 GIFT

SAT 7TH & SUN 8TH FEBRUARY EASTERN OVAL, BALLARAT

WWW.BALLARATGIFT.COM

Junior Gift proudly sponsored by Ballarat Grammar School

There will be no normal program on this day. However we encourage all Little Aths Members to participate in the Ballarat Gift. Participation points will be awarded to Ballarat LA athletes who participate. There will be several events including sprints and a distance. Best performing athletes from each age group in the 100 metre, 400m and 800m events will run in a handicapped final. Medals will be provided to placegetters in these finals.

The event is lots of fun and families are invited to stay on and watch the Professional athletes compete in the afternoon. There will be entertainment for the whole family, including activities for the younger children.

The Ballarat Gift is held at Eastern Oval; the date for the running of the Gift is Saturday 7th and Sunday 8th February, 2015.

Centre Records

If a record is broken during normal Little Athletics Competition at Ballarat, it will automatically be recorded, provided it has been checked by an official. A Centre record can also be claimed if performed at an official Little Athletics competition such as Regional/State/National Track and Field or Multi Event. To claim a record, the athlete must complete a Centre Record Claim form which is available from the shed. The result must be proved and verified. The record will not be granted until this occurs and has been approved by the President. The best record standing at the end of the season will be published in the handbook.

Electronic timing is slower than hand timing for events up to 200m. If electronic times come within 0.24 seconds of a hand time, then the electronic time will become the new record. For 400 metres and over, the same applies only the discrepancy is 0.14 seconds.

New Centre Records - 2013/2014 season

| DATE | AGE GROUP | EVENT | FIRST NAME | LAST NAME | RECORD |
|----------|----------------|-------------|------------|--------------|---------|
| 15/03/14 | Under 8 Boys | 100m | Isaiah | Cross | 15.96 |
| 23/02/14 | Under 8 Boys | 400m | Hugh | Trigg | 1:17.39 |
| 15/03/14 | Under 8 Boys | 80m Hurdles | Kobe | Hughes | 15.28 |
| 01/02/14 | Under 10 Boys | 1100m Walk | Fraser | Saunder | 6:13.45 |
| 15/03/14 | Under 14 Boys | High Jump | Bradley | Castleman | 1.72m |
| 15/03/14 | Under 8 Girls | 300m | Zoe | Ferry | 56.80 |
| 08/03/14 | Under 8 Girls | 400m | Zoe | Ferry | 1:23.33 |
| 15/03/14 | Under 8 Girls | 80m Hurdles | Zoe | Ferry | 17.18 |
| 29/03/14 | Under 10 Girls | 200m | Halle | Martin | 31.29 |
| 30/03/14 | Under 10 Girls | 400m | Halle | Martin | 1:11.81 |
| 22/02/14 | Under 11 Girls | Discus | Abby | Bicknell | 22.79m |
| 29/03/14 | Under 13 Girls | 500m Walk | Jemma | Peart | 7:04.01 |
| 30/03/14 | Under 13 Girls | Triple Jump | Ella | Squire | 10.59m |
| 15/03/14 | Under 14 Girls | Triple Jump | Tessa | Landwehr | 10.71m |
| 29/03/14 | Under 15 Girls | 800m | Natalya | Hall-Dekleva | 2:22.23 |

CURRENT CENTRE RECORDS – GIRLS U6 to U10 *Indicate electronic times.

| | UNDER 6 | UNDER 7 | UNDER 8 | UNDER 9 | UNDER 10 |
|----------------------------|---------------------------------------|--|---|--|--|
| 50 metres | 9.58 2000/2001 Molly Mathews | 9.04 2001/2002 Molly Mathews | 8.20 1999/2000 Tara Domaschenz | 8.16 2000/2001 Jaimie Wicks | 7.85 1999/2000 Kimberly Sawyer |
| 70 metres | 12.60 2000/2001 Molly Mathews | 12.19 1998/1999 Jaimie Wicks | 11.30 1994/1995 Melanie Innes | 11.06 1998/1999 Shakira Winmar | 10.06 1999/2000 Shakira Winmar |
| 100 metres | 18.38* 2011/2012 Zoe Ferry | 17.21 2012/2013 Zoe Ferry | 16.15 1998/1999 Amy Hedger | 15.31 1998/1999 Shakira Winmar | 14.89 1999/2000 Shakira Winmar |
| 200 metres | 40.04 2000/2001 Molly Mathews | 37.51* 2003/2004 Holly Dobbyn | 35.95* 2004/2005 Holly Dobbyn | 32.24 1998/1999 Shakira Winmar | 31.29 2013/2014 Halle Martin |
| 300 metres | 1:08.87 2000/2001 Molly Mathews | 1:03.38 2007/2008 Hannah Simpson | 56.80 2013/2014 Zoe Ferry | | |
| 400 metres | | | 1:23.33 2013/2014 Zoe Ferry | 1:15.40* 2002/2003 Bethany Smith | 1:11.81* 2013/2014 Halle Martin |
| 800 metres | | | | 2:56.27 * 2010/2011 Amy Canavan | 2:50.06* 2011/2012 Amy Canavan |
| 60 metre Hurdles | 11.45* 2011/2012 Zoe Ferry | 11.81 1988/1989 Kristen Lowe | 11.48 1992/1993 Faith Cassell | 11.14 1998 / 1999 Shakira Winmar | 10.09 1984/1985 Kylie Rowe |
| 80 metre Hurdles | | | 17.18 2013/2014 Zoe Ferry | 15.35* 2009/2010 Hannah Simpson | 15.46* 2004/2005 Molly Mathews |
| 1100 metre walk (official) | | | | 6:13.28 * 2010/2011 Amy Canavan | 5:48.18* 2011/2012 Amy Canavan |
| High Jump | | 0.97 m 2001/2002 Molly Mathews | 1.08 m 2000/2001 Toni Mitchell | 1.21 m 1997/1998 Lauren Ford | 1.34m 2000/2001 Caitlin Christie |
| Long Jump | 2.55 m 2006/2007 Hannah Simpson | 3.14 m 2001/2002 Molly Mathews | 3.32 m 2002/2003 Molly Mathews | 3.62 m 2003/2004 Molly Mathews | 3.98 m 2007/2008 Ashlea Bylsma |
| Triple Jump | | | 7.39 m 2002/2003 Molly Mathews | 8.10 m 2003/2004 Molly Mathews | 8.72 m 2004/2005 Molly Mathews |
| Shot Put | 4.72 m 1985/1986 Jessica Robson | 5.34 m 1989/1990 Belinda Ward | 6.04 m 1991/1992 Sarah Heffernan | 6.70 m 1988/1989 Angela Strickland | 7.11 m 1999/2000 Shakira Winmar |
| Discus | 10.32 m 1992/1993 Jacinta Reidy | 12.40 m 2003/2004 Holly Dobbyn | 14.80 m 2000/2001 Stephanie Kirby | 19.06 m 2000/2001 Kaitlyn Ashmore | 26.50 m 2012/2013 Abby Bicknell |
| Turbo Jav | 7.37 m 2000/2001 Molly Mathews | 9.35 m 2003/2004 Holly Dobbyn | 11.10 m 2007/2008 Eliza Tiley | 18.13 m 2001/2002 Amanda Ellery | 18.90 m 2002/2003 Amanda Ellery |

CURRENT CENTRE RECORDS – GIRLS U11 to U15 *Indicate electronic times.

| GIRLS | UNDER 11 | UNDER 12 | UNDER 13 | UNDER 14 | UNDER 15 |
|----------------------------|---|--|--|--|--|
| 70 metres | 10.07 1987/1988 Penny Gillett | 9.87* 2008/2009 Olivia Kent | 9.21 2009/2010 Anna-Maria Rice | 9.48* 2010/2011 Anna-Maria Rice | 9.08 * 2006/2007 Tara Domaschrenz |
| 100 metres | 14.50 2000/2001 Shakira Winmar | 13.38 1998/1999 Amy Twinch | 13.20* 2011/2012 Kiara Caddick | 12.07* 2012/2013 Kiara Caddick | 12.60 * 2012/2013 Ashlea Bylsma |
| 200 metres | 29.96 2000/2001 Shakira Winmar | 28.70* 2009/2010 Ali Bilney | 27.74* 2009/2010 Anna-Maria Rice | 25.41 * 2012/2013 Kiara Caddick | 25.91 * 2006/2007 Tara Domaschrenz |
| 400 metres | 1.08.73 2000/2001 Kimberly Sawyer | 1:04.21 2001/2002 Simone Boorn-Wells | *1:02.61 2002/2003 Simone Boorn-Wells | 59.86 * 2012/2013 Grace O'Dwyer | 59.52* 2011/2012 Holly Dobbyn |
| 800 metres | 2.40.15 2004/2005 Bethany Smith | 2:29.22 2001/2002 Simone Boorn-Wells | 2.:24.70 2002/2003 Simone Boorn -Wells | 2:23.76 2003/2004 Simone Boorn-Wells | 2:22.26 * 2014/2015 Natalya Hall-Dekleva |
| 1500 metres | 5:26.25 2012/2013 Amy Canavan | 4.57.5 2001/2002 Simone Boorn-Wells | 4:59.82 2002/2003 Simone Boorn-Wells | 4.59.14 2012/2013 Natalya Hall-Dekleva | 5.00.2 2001/2002 Nicole Menhennet |
| 60 metre hurdles | 10.56 1987/1988 Penny Gillett | 10.14 1988/1989 Penny Gillett | | | |
| 80 metre hurdles | 13.11 2000/2001 Shakira Winmar | 14.11* 2002/2003 Lucy Sullivan | 12.86* 2009/2010 Anna-Maria Rice | 12.39* 2010/2011 Anna-Maria Rice | |
| 90 metre hurdles | 15.84 1987/1988 Penny Gillett | 15.94 1988/1989 Penny Gillett | 14.78 1989/1990 Penny Gillett | 15.30 1990/1991 Penny Gillett | 13.50* 2011/2012 Anna-Maria Rice |
| 300 metre hurdles | | | 49.00 * 2006/2007 Kate Ryan | 48.87 * 2007/2008 Kate Ryan | 45.98 * 2008/2009 Kate Ryan |
| 1500 metre walk (official) | 7.39.98* 2012/2013 Amy Canavan | 7.23.16 2012/2013 Jemma Peart | 7.04.01 2013/2014 Jemma Peart | 7:09.67 2006/2007 Racheal Tallent | 6.51.18 1998/1999 Catherine Ranger |
| High Jump | 1.42m 1999/2000 Rochelle Green | 1.50m 1988/1989 Lisa Bruty | 1.59m 2005/2006 Genevieve Lawrence | 1.64m 1990/1991 Lisa Bruty | 1.71m 2003/2004 Lauren Ford |
| Long Jump | 4.26m 2008/2009 Ashlea Bylsma | 4.44m 2009/2010 Ali Bilney | 4.78 m 2010/2011 Ashlea Bylsma | 5.12m 2011/2012 Ashlea Bylsma | 5.48m 2012/2013 Ashlea Bylsma |
| Triple Jump | 9.10 m 2011/2012 Ella Squire | 10.45 m 2012/2013 Ella Squire | 10.59 m 2013/2014 Ella Squire | 10.71 m 2013/2014 Tessa Landevehr | 10.95 m 1991/1992 Lisa Bruty |
| Shot Put | 8.76 m 2001/2002 Rachel McIntosh | 10.93 m 1993/1994 Candice Lee | 10.38 m 1994/1995 Candice Lee | 11.45m 1995/1996 Candice Lee | 11.18 m 1996/1997 Candice Lee |
| Discus | 22.79 m 2013/2014 Abby Bicknell | 29.19 m 2001/2002 Shakira Winmar | 32.36 m 2002/2003 Shakira Winmar | 32.00 m 1995/1996 Candice Lee | 31.44 m 1996/1997 Candice Lee |
| Javelin | 23.37m 2000/2001 Shakira Winmar | 32.02 m 2001/2002 Shakira Winmar | 39.99m 2004/2005 Kaitlyn Ashmore | 37.46m 2005/2006 Kaitlyn Ashmore | 39.28m 2006/2007 Kaitlyn Ashmore |

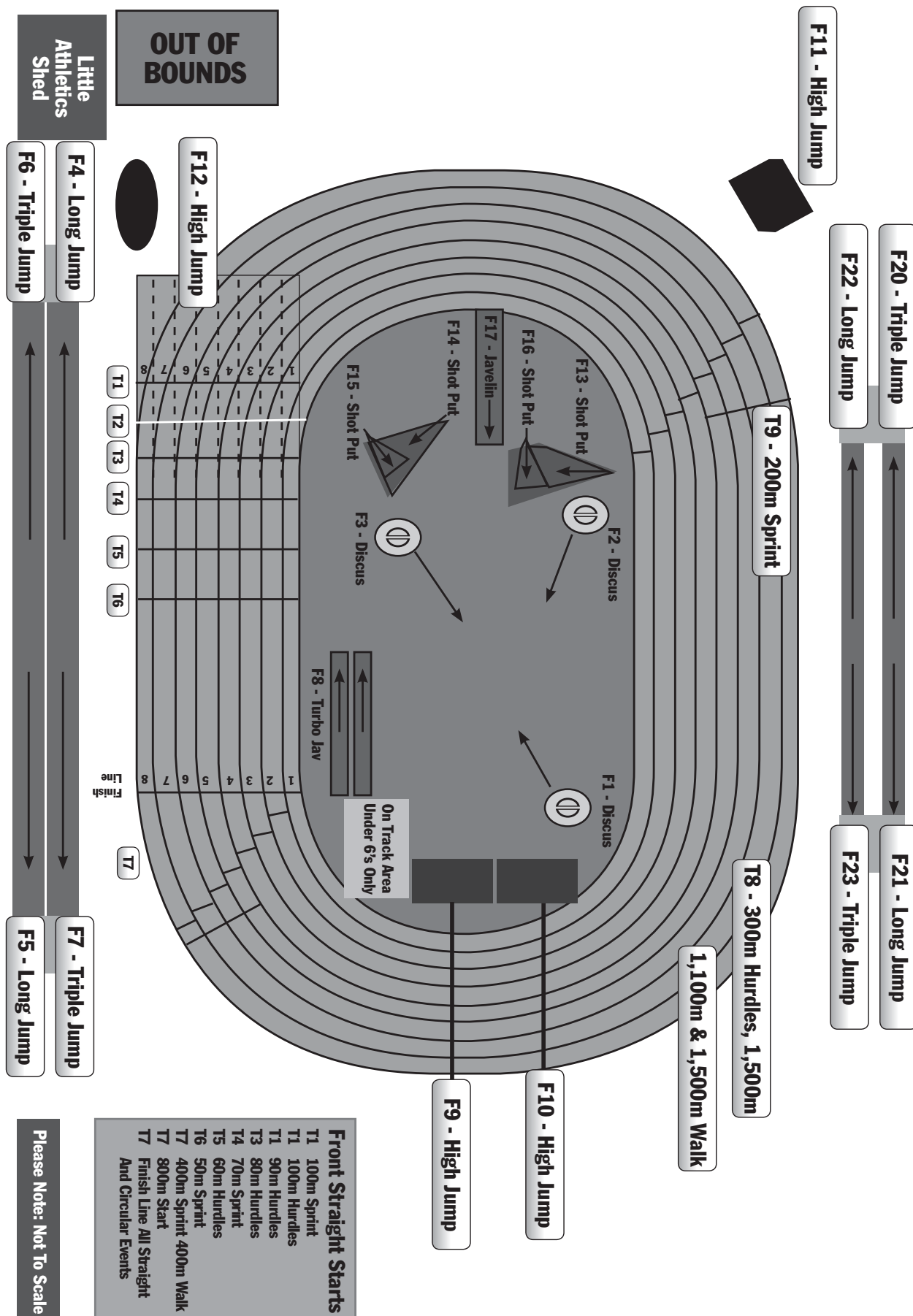
CURRENT CENTRE RECORDS – BOYS U6 to U10 *Indicate electronic times.

| BOYS | UNDER 6 | UNDER 7 | UNDER 8 | UNDER 9 | UNDER 10 |
|------------------|---------------------------------------|---------------------------------------|--|---------------------------------------|--|
| 50 metres | 9.44 1998/1999 Luke Preston | 9.06 1999/2000 Todd Curran | 8.56 2000/2001 Mathew Peters | 7.94 2000/2001 Rory Nunn | 7.69 2001/2002 Rory Nunn |
| 70 metres | 12.68 1987/1988 Glenn Dunne | 11.85 1987/1988 Jarrod Collins | 10.68 1988/1989 Grant Byrne | 10.56 1997/1998 Ashley Watson | 10.35 * 2007/08 Oliver Edwards |
| 100 metres | 18.57 * 2011/2012 Kobe Hughes | 17.06 2012/2013 Isiah Cross | 15.96 * 2013/2014 Isiah Cross | 14.83 * 1998/1999 Tim Mitchell | 13.95 1985/1986 Mark Orchard |
| 200 metres | 40.28 1986/1987 Grant Byrne | 35.40 1987/1988 Grant Byrne | 33.87 1997/1998 Tim Mitchell | 30.60 1984/1985 Mark Orchard | 29.52 1985/1986 Mark Orchard |
| 300 metres | 1:06.42 1998/1999 Luke Preston | 58.10 1996/1997 Tim Mitchell | 52.74 1989/1990 Chris Dellaca | | |
| 400 metres | | | 1:17.39 2013/2014 Hugh Trigg | 1:10.10 1984/1985 Mark Orchard | 1:05.51 1987/1988 Harvey Walker |
| 800 metres | | | | 2:42.78 1998/1999 Tim Mitchell | 2:32.90 1999/2000 Tim Mitchell |
| 60 metre hurdles | 11.49* 2011/2012 Isaiah Cross | 11.18 1995/1996 Chris McGuigan | 11.40 1984/1985 Andrew Quinlan | 10.40 1984/1985 Mark Orchard | 10.13 1985/1986 Mark Orchard |
| 80 metre hurdles | | | 15.28* 2013/2014 Kobe Hughes | 15.00 1999/2000 Tim Mitchell | 13.48 2002/2003 Todd Curran |
| 1100 metre walk | | | | 8:21.00 1999/2000 Joshua Platt | 6:13.45 2013/2014 Fraser Saunder |
| High Jump | | 1.00m 2001/2002 Lachlan Baker | 1.17m 2000/2001 Mathew Peters | 1.33m 1998/1999 Richard Larsen | 1.40m 2000/2001 Aaron Green |
| Long Jump | 2.88m 1993/1994 Sam Palanca | 3.48m 1995/1996 Mitchell Brown | 3.65m 2011/2012 Ryan Friedrichs | 4.01m 2012/2013 Ryan Friedrichs | 4.30m 2000/2001 Aaron Green |
| Triple Jump | | | 7.52m 2011/2012 Ryan Friedrichs | 8.06m 1998/1999 Richard Larsen | 9.42m 1985/1986 Mark Orchard |
| Shot Put | 5.65m 1990/1991 Timothy Bright | 7.14m 1997/1998 Bradley Gifford | 7.30m 2000/2001 Todd Curran | 8.25m 2005/2006 Brendan Smith | 9.20m 2011/2012 Travis Scott |
| Discus | 14.00m 2000/2001 Michael Lawrey | 16.51m 1984/1985 Nathan Finn | 20.16m 2008/2009 David O'Donnell | 20.91m 2001/2002 Todd Curran | 27.31m 2000/2001 Andrew Hooper |
| Turbo Jav | 8.90m 2000/2001 Lachlan Baker | 12.58m 2010/2011 Max Procaccino | 19.95m 2011/2012 Max Procaccino | 19.73m 2005/2006 Brendan Smith | 22.78m 2009/2010 William Taylor |

CURRENT CENTRE RECORDS – BOYS U11 to-U15 *Indicate electronic times.

| BOYS | UNDER 11 | UNDER 12 | UNDER 13 | UNDER 14 | UNDER 15 |
|-------------------|--------------------------------------|---|---|---|--|
| 70 metres | 9.70 1986/1987 Mark Orchard | 9.47 2002/2003 Tim Mitchell | 9.03 * 2010/2011 Oliver Edwards | 8.68 1999/2000 Chris McGuigan | 8.65 * 2006/2006 Joshua Platt |
| 100 metres | 13.54 1986/1987 Mark Orchard | 12.89 1988/1989 David Perovic | 12.38 * 2010/2011 Oliver Edwards | 11.92* 2011/2012 Oliver Edwards | 11.59 * 2006/2007 Rory Nunn |
| 200 metres | 28.70* 2001 / 02 Tim Mitchell | 26.63* 2009/2010 Oliver Edwards | 25.03 * 2010/2011 Oliver Edwards | 24.28* 2011/2012 Oliver Edwards | 23.32 * 2006/2007 Rory Nunn |
| 400 metres | 1.03.12 2001/2002 Tim Mitchell | 1:00.8 2002/2003 Tim Mitchell | 54.38 * 2006/2007 Tom Toohey | 57.60 * 2004/2005 Josh McVitty | 52.26 * 2006/2007 Rory Nunn |
| 800 metres | 2.25.6 2000/2001 Ashley Watson | 2:21.07* 2011/2012 Sam Williams | 2:10.55 * 2009/2010 Jesse Fullerton | 2:06.14 2010/2011 Jesse Fullerton | 2:01.61* 2011/2012 Jesse Fullerton |
| 1500 metres | 4.55.7 2000/2001 Ashley Watson | 4.45.24* 2011/2012 Sam Williams | 4.28.64 * 2009/2010 Jesse Fullerton | 4:23.82 * 2010/2011 Jesse Fullerton | 4.13.46* 2011/2012 Jesse Fullerton |
| 60 metre hurdles | 9.97 1986/1987 Mark Orchard | 9.40 1987/1988 Mark Orchard | | | |
| 80 metre hurdles | 13.48 2002/2003 Rory Nunn | 14.10* 2006/07 Hayden Riley | 13.34* 2007/08 Hayden Riley | | |
| 90 metre hurdles | | | | 13.50* 2008/2009 Hayden Riley | |
| 100 metre hurdles | | | | | 14.61* 2011/2012 Liam Procaccino |
| 300 metre hurdles | | | 46.35 * 2002/2003 Tim Mitchell | 44.49 * 2008/2009 Hayden Riley | 41.19 * 2005/2006 Joshua Platt |
| 1500 metre walk | 8:44.12 2001/2002 Josh McVitty | 8.07.6 2000/2001 Sam Cameron | 7.22.93* 2011/2012 Ross Darlow | 7.03.88 2012/2013 Ross Darlow | 7.36.0 2004/2005 John Platt |
| High Jump | 1.50m 2000/2001 Richard Larsen | 1.57m 2011/2012 Bradley Castleman | 1.62m 2011/2012 Thomas Scott | 1.72m 2013/2014 Bradley Castleman | 1.69m 2007/2008 Peter Lulham |
| Long Jump | 5.15m 1987/1988 Mark Orchard | 5.12m 1988/1989 Mark Orchard | 5.36m 2010/2011 Oliver Edwards | 5.41m 2011/2012 Oliver Edwards | 5.88m 2012/2013 Oliver Edwards |
| Triple Jump | 9.81m 2001/2002 Aaron Green | 11.29m 1988/1989 David Perovic | 10.91m 2010/2011 Oliver Edwards | 11.36m 1992/1993 Heath Gillett | 11.74m 2001/2002 Damien Moran |
| Shot Put | 11.90m 1987/1988 David Perovic | 14.70m 1988/1989 David Perovic | 15.52m 1989/1990 David Perovic | 15.20m 1990/1991 David Perovic | 14.60m 1999/2000 Joshua Lloyd |
| Discus | 33.00m 1987/1988 David Perovic | 43.13m 1988/1989 David Perovic | 33.95m 1989/1990 David Perovic | 34.52m 2008/2009 Ryan Taylor | 41.03m 2005/2006 Joshua Platt |
| Javelin | 28.85m 2005/2006 Hayden Riley | 35.11m 2008/2009 Jesse Fullerton | 38.09m 2006/2007 Jack Murch | 42.64m 2004/2005 Joshua Platt | 50.60m 2009/2010 Hayden Riley |

Llanberris Event Locations





Recording

Recording in Shot Put, Discus, Long Jump and Triple Jump follow the same basic principle. Each throw or jump is recorded with the best of all three carried across at the completion of competition.

NJ = No Jump or NT = No Throw

High Jump

Each Jump is recorded with either a cross for a failed attempt, a 0 for a cleared jump or a dash for an athlete who did not jump. Each athlete gets 3 attempts at a height. After the 3rd failed attempt, the athlete is out of the competition.

| NAME | 1ST TRIAL | 2ND TRIAL | 3RD TRIAL | BEST TRIAL | PLACE |
|------------|-----------|-----------|-----------|------------|-------|
| Joe Bloggs | 4.36 | NJ | 4.68 | 4.68 | 2 |
| Bill Brown | 3.27 | 4.05 | 4.50 | 4.50 | 3 |
| Sam Smith | NJ | 4.98 | 4.71 | 4.98 | 1 |

If you would like to be shown how to show children how to measure their run up in any of the jump events or how implements should be held and/or thrown, please ask. It is important that athletes are shown the correct procedures, please ask our chief officials.

Footwear

Generally, footwear should be a sport shoe that is light, of a good quality and recommended for use in athletics. Spikes are only permitted for use by athletes from U/12 - U/16 in specific track and field events. Regulations regarding spikes vary in some age groups and 'Competition Regulations' should be referred to for specific details, particularly prior to Regional or State competition. Under 11's may wear spikes in High Jump and Javelin ONLY.

2013/14 Major Awards

Overall Aggregate - Boy BRAYDEN SANDS Girl ZOE FERRY

Lee Family Trophy RODNEY DAVIS

“Steam Coffee” Shield and Trophy HOLLY NICHOLS

Eureka Encouragement - Boy BRADLEY CASTLEMAN Girl ALANNA PEART

Under 15 Medallions

RYAN CARROLL

HARRY LAMB

ANDREW MARRIOTT

BRANDON PRYOR

CLEO ANDERSON

ALLY DENNIS

NATALYA HALL- DEKLEVA

GRACE O'DWYER

EMILE STEPHENSON

Championship Awards Format

Individual and Overall Champions are recognised each year with medals being awarded on presentation day. Awards are made for the best Sprinter, Jumper, Thrower, Hurdler (Under 6 & 7 excluded) and Distance runner in each age group and also for the Overall champion (1st, 2nd & 3rd). Athletes are ranked from 1 to 10 according to their best performances throughout the year in the specific events for each category as noted below. 10 points is given to the highest ranked athlete, 9 points for second as so on. For the best Sprinter, Jumper, Thrower, Hurdler and Distance runner categories points are tallied for each event in that category and the person with the highest score is awarded the Champion title for each of those categories. For the Overall Champion awards athletes are once again ranked from 1 to 10 according to their best performances throughout the year in all events. For each of the categories listed below, including walks in the distance category for under 9-15, an average score will be determined and these will be totalled to give a total score. The highest scores of the top three athletes in each age group will be awarded Overall Champion awards. Athletes must attend 50% of meetings to be eligible for Champion awards.

Note - A champion “Walker” medal shall be presented in each age group (if applicable) to the fastest athlete from the Regional T&F championships to qualify for the State championships. Also, no 400m walks count toward any awards, they are for participation points only.

AWARD EVENTS BY CATEGORY

| EVENT CATEGORY | UNDER 6 | UNDER 7 | UNDER 8 | UNDER 9 | UNDER 10 | UNDER 11 | UNDER 12 | UNDER 13 | UNDER 14 | UNDER 15 |
|----------------|--------------------|--------------------|---------------------|---------------------|---------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| DISTANCE | 200M 300M | 200M 300M | 300M 400M | 400M 800M | 400M 800M | 1500M 800M | 1500M 800M | 1500M 800M | 1500M 800M | 1500M 800M |
| JUMPS | HJ LJ | HJ LJ | HJ LJ TJ | HJ LJ TJ | HJ LJ TJ | HJ LJ TJ | HJ LJ TJ | HJ LJ TJ | HJ LJ TJ | HJ LJ TJ |
| SPRINTS | 100M 50M 70M | 100M 50M 70M | 100M 200M 70M | 100M 200M 70M | 100M 200M 70M | 100M 200M 400M 70M | 100M 200M 400M 70M | 100M 200M 400M 70M | 100M 200M 400M 70M | 100M 200M 400M 70M |
| HURDLES | | | 60MH 80MH | 60MH 80MH | 60MH 80MH | 60MH 80MH | 60MH 80MH | 80MH 300MH | 80MH/90MH 300MH | 90MH/100MH 300MH |
| THROWS | DIS SP T/JAV | DIS SP T/JAV | DIS SP T/JAV | DIS SP T/JAV | DIS SP T/JAV | DIS JAV SP | DIS JAV SP | DIS JAV SP | DIS JAV SP | DIS JAV SP |



Implement and Equipment sizes and Weights

Discus

| | |
|---------------------------|---------|
| U/6-8 G&B: | 350gram |
| U/9-10 G&B: | 500gram |
| U/11 - 13 G & U/11 -12 B: | 750gram |
| U/14 15 G & U/13 -15 B: | 1kg |

Shot Put

| | |
|------------------------|--------|
| U/6-7 G&B: | 1kg |
| U/8 - G&B: | 1.5 kg |
| U/9-12 G & U/9-11 B: | 2kg |
| U/13-15 G & U/12-14 B: | 3kg |
| U/15 B: | 4kg |

Javelin

Implement Weights:

| | |
|--------------------------------|-------|
| U/11 -12 Boys & U/11-14 Girls: | 400 g |
| U/15 Girls: | 500 g |
| U/13 - 15 Boys | 600 g |

Triple Jump

Take off mats:

| | |
|---------|----------------|
| U/6-8: | 1.22 m x 1m |
| U/9-11: | 1.22 m x 0.5 m |

Take off board or mat:

| | |
|---------|----------------|
| U12-15: | 1.22 m x 0.2 m |
|---------|----------------|

Mat Placement for State Finals:

| | |
|--------------------|----|
| U/9-10 B&G: | 5m |
| U/11 B&G & U/12G: | 6m |
| U/12 B & U/13 B&G: | 7m |
| U/14-15 B&G: | 8m |

Coaching ^{At Ballarat} Little Athletics

The coaching group believe that achieving your best is very important, but above all the number 1 goal for us is “kids are still kids and they need to have fun as well as competing”. We want to inspire them to continue on in athletics for many years.

Last season the ground work was laid and some wonderful things achieved, this year we want to continue on from that. We have more qualified coaches and some fantastic motivated past little athletes who will assist with our roving coaching and our On-Track commitment.

This year one of our main emphases will be a consistent approach to the way we operate as a club. We will strive to clarify techniques for each event, give team managers the awareness of rules and give assistance wherever possible on competition days. We will

run numerous training sessions for our team managers to ensure our young athletes are given the correct information at all times. As a team we will strive to motivate and inspire our young athletes and give them every opportunity to succeed and live their dreams in this amazing sport. We have all heard that old phase “they grow up too quickly, I wish I had have spent more time with them”. Little Athletics gives parents that opportunity. To succeed as a club we need your help, kids want you there, we need you there!

Our Mid-week training will also commence this year with ongoing opportunities for athletes to extend and advance their style and technique in the hope to reaching peak personal bests.

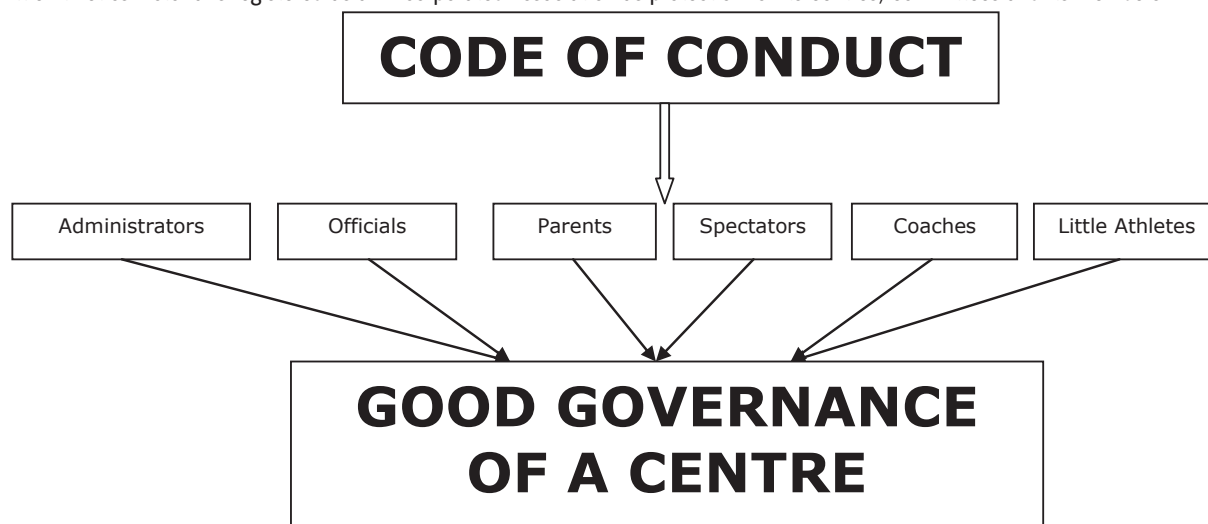
Kate Jones
Coaching Co-ordinator



Code of Conduct

Little Athletics Victoria expects all members to comply with the Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct. Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any manner.

Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members



- Create a comfortable, safe & inclusive environment to encourage the involvement and participation of families
- Advertise your Centre through the use of flyers, signage and word of mouth
- Consider costs to allow as many people to participate
- Control the business of the Centre by being focused on objectives of the LAVic Constitution
- Implement a succession plan to assist members and administrators
- Identify and manage any financial or non-financial risks of the Centre
- Create a mandatory minimum checking standard to keep children safe by ensuring Working with Children Checks are in place

Administrator's Code of Conduct

- Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- Make available the Code of Conduct to spectators, officials, parents, coaches, athletes and the media.
- Hold a current Working with Children Check
- Avoid use of bad language.

Official's Code of Conduct

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check as required by LAVic.
- Avoid use of bad language.

Parent's Code of Conduct

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Spectator's Code of Conduct

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete.
- Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Coach's Code of Conduct

- Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
- Whenever possible, group athletes to give a reasonable chance of success.
- Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check
- Avoid use of bad language.

Little Athletes' Code of Conduct

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

Health Policies

Little Athletics understands there are various factors that can affect a little athlete and as a result has adopted the following Policies:

Healthy Food Choice Policy

The Association/Regions/Centres will ensure that a variety of healthy food choices are available at competition and various activities.

Smokefree Policy

All areas under the Association/Region/Centre venues are to be smokefree – including clubrooms, change rooms, toilet blocks, spectator and competition areas. Centres will place No Smoking signs in prominent positions around the venues.

Sun Protection Policy

Association/Region/Centres are encouraged to provide shade structures at venues and make available SPF15+ or higher sunscreen. Athletes and Officials are advised to wear hats and carry drink bottles to events.

Responsible Alcohol Management Policy

There is to be no sale or consumption of alcohol during the conduct of any Little Athletics events. Where alcohol is consumed at functions the Association/Region/Centre will comply with Liquor Licensing Victoria regulations.

For more detailed information on these policies, please refer to your Centre Policy Forms that must be signed off as part of a Centre's affiliation with the Association.

LAVIC Policy Working with Children Check - WCC CHECK

The Victorian Government through the Department of Justice has introduced the "Working with Children Act 2005," which has distinct implications on the conduct of Little Athletics. The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child – related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are now required to have their WWC Check, if they fall into one of the categories below.

- Region Executive Committee members
- Centre Executive Committee members
- Club Executive Committee members
- Coaches
- Officials at State and Region level – (not parent helpers who's child is participating on the day)
- Team Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).

Parents, who have a child registered at the Centre where they work or volunteer, are **exempt** from the WWC Check, unless they fall under one of the categories listed above

BALLARAT



GRAMMAR

Supporting Little Athletics in Ballarat



**Experience, Qualified and Practicing Coaches
encouraging excellence**

Call the Admissions Office on 03 53380830 or email admissions@bgs.vic.edu.au
or talk to Peter O'Dwyer on 04 18120341



Ballarat and Queen's Anglican Grammar School
A member of the international Round Square



NOTHING BRINGS A HOME TO LIFE LIKE TELSTRA ON THE NBN



The NBN is here.

Telstra Store Wendouree
Shop 71, Stockland Shopping Centre
Wendouree 3355
PH: 5339 9440

telstra.com/nbn

Telstra Store Ballarat
Cnr Bridge Mall & Peel Street
Ballarat 3350
PH: 5337 3737

IT'S HOW
WE CONNECT



THINGS YOU NEED TO KNOW: Telstra services on the NBN not available to all premises. NBN is a trademark of NBN Co Limited and is used under licence from NBN Co Limited. The spectrum device,™ and © are trade marks and registered trade marks of Telstra Corporation Limited, ABN 33 051 775 556.



Ballarat Little Athletics Loves Chris.

It's probably because he makes a donation to BLA for every parent that gets a new NAB home loan or refinance.

And, he gave us a money box, and \$10 to start off future savings!

Haven't met him? Pop into your NAB Ballarat Branch to say hi, and see how he can help you.

Call Chris
0422 591 152
chris.boadle@nab.com.au

