TRACKSIDE TIDBITS

A WORD FROM THE PRESIDENT

Welcome to the 2025/26 Ballarat Little Athletics season! We're thrilled to kick off a sensational season of fun, family, and fitness. I'm Dean Oliver, the new president, and I'm genuinely excited to lead our community this year. I have two children—an 8-year-old and a 4-year-old—one currently competing with Little Athletics and the other eagerly awaiting the day she can join in the fun. Here's to a fantastic season ahead for all our athletes, families, and supporters.

We're excited to share that we've had an amazing level of participation this season. We currently have 140 Athletes registered and 67 Trial Athletes checking our centre out for the first time. Thank you to everyone who has joined or is considering joining—we can't wait to see you at the track.

A massive congratulations to Eleanor Downey, who will be competing at the 2025 Virtus World Athletics Championships in Brisbane in early October. Eleanor's dedication and talent embody the spirit of Ballarat Little Athletics Centre, and we're all cheering for her as she represents our club on the world stage. Go Eleanor!

We're also thrilled about the deployment of our digital results entry via Team Managers' tablets. This streamlined system will make it easier for coaches, families, and athletes to access up-to-date results in real time, helping everyone stay connected and focused on what matters most—the sport and the joy of participation.

In community news, the centre is in the process of becoming a Hidden Disabilities Supporter through the Sunflower Program. This is an important step in ensuring our events are welcoming and accessible to all athletes and families, and we're proud to support an inclusive, supportive environment for everyone who joins Ballarat Little Athletics.

Thank you for being part of our vibrant community.

Here's to a sparkling season full of progress, laughter, and new friendships. See you at the track!

Regards,

Dean Oliver

UPCOMING EVENTS

- 11th October – Round 1 – Program 1
- 18th October – Round 2 – Program 2
- 25th October – Round3 – Program 3
- 1st November – Round 4 – Program 1
- 8th November – Round 5 – Program 2: coles Community Round
- 15th November – Round 6 – Program 3
- 22nd November – BLAC Open Day – Twilight Round – Modified Program
- SUNDAY 23rd November – Western Country Region Relays (Entered U9 – U17 Athletes Only)
- 29th November – Round 7 – Program 1
- 6th December – Round 8 – Program 2
- 13th December - LAVic State Relays (Qualified Athletes Only) NO BLAC PROGRAM)
- 20th December – Round 9 – Christmas Round
- CHRISTMAS BREAK
- 17th January – Round 10 – Program 3

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Coaches Corner

Where and When

- Every Wednesday.
- 4:30 - 5:30pm
- Llanberris Reserve
- Approx 20 sessions throughout the year.

What each week will look like

- Session Breakdown
  - Warm Up (10 Min)
  - Event Rotation 1 (15-20 Min)
  - Event Rotation 2 (15-20 Min)
  - Game utilising 1 of the skills just learnt (10 Min)
  - Cool Down (5 Min)
- Focus will be on Fun and Participation. If an athlete wants more personalised coaching, we can assist with connecting them with a coach that may be able to assist.
- Over the course of the 20 weeks we will be rotating through all events a few times each.
- 4-5 Volunteer helpers will be required each week.

Expectations of Athletes and Parents

- Consistency is the Key. Turn up each week, even if that week you might be working on an event that is not your favourite. The intent is to build the love of athletics and learn to do the foundational skills well.
- Parents will be required to support, just like on a Saturday.
- Understand that due to the expected numbers and broad range of ages and abilities, the sessions will be general in nature and not tailored each week to suit the individual needs and wants of athletes. If that is what is needed, it can be arranged outside the Wednesday night.

Expectations of BLAC

- Support and promote the sessions through your usual channels.
- Encourage committee members children to attend where possible. This is the greatest form of support as it shows that you see value in the sessions.
- It would be great if there was a weekly and/or season coaches award that has nothing to do with ability but recognises the athletes that turn up consistently, listen, give everything a go and are coachable.
- Whilst Summer will not like me saying, she will be giving up her paid employment on a Wednesday night to run the sessions. Whilst not expected, I'm sure it would be greatly appreciated if there was some level of renumeration to her. I do not want anything for any time I may contribute.

Bios

Summer

A former Ballarat LAC Athlete, Captain, State Champion and Victorian Representative, Summer is excited to be able to share her experience and wisdom with the Junior Athletes of BLAC. Having been an on-trac leader last year, Summer has taken her love of helping Junior athletes even further this year by gaining her Level 1 Coaching certification from Athletics Australia. She is particularly excited to help athletes develop the fundamental skills of Athletics and building a love for the sport. Having been involved in LAVic elite development programs and representative teams Summer has a great understanding of what opportunities Little Athletics can offer and learnt from a great range of coaches from across the state. Being a well-respected member of the local athletics community, Summer will be supported throughout the Season by a number of experienced local coaches who have offered to help her out.

Qualifications:
Level I - Community Coach

Matt

Supporting Summer behind the scenes will be Matt Jenkins. Matt is a former BLAC club coach and president and brings a great deal of experience to support Summer's enthusiasm.

Qualifications:
Level I - Community Coach
Level I - Official
Level III - Pole Vault Coach
Current President of Athletics Ballarat

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Uniforms

Club Uniform is to be worn by all registered athletes. Either T-shirt, tank top or crop top and shorts, be that club, running or bike shorts. Uniform includes sewn on Coles Tag (just above the Little Athletics emblem on the top) and the Commonwealth Bank Registration Tag.

Uniforms are available for purchase from the green shed.

Shop will be open on Saturday Mornings from 7:45am – 8:15am and 11:45am – 12:15 pm. Please note that the shop will not be open during competition times.
Until Wednesday the 12th November the Uniform Shop will also be open during centre training from 4:30pm – 5.30pm.

Footwear and Running Shoes

Footwear is compulsory for ALL athletes in ALL events.
The use of spike for under 11 – 17 athletes is permitted only in the listed events below:

- Under 14 – 17 age groups:
  - Track Events – all events
  - Field Events – long jump, triple jump, high jump, javelin
- Under11 – 13 ages groups:
  - Track Events: 70m, 100m, 200m, 400m 60mH, 80mH, 200mH
  - Field Events: long jump, triple jump, high jump, javelin

The size of the spike must not exceed 7mm and only conical or pyramid spikes are permitted.

One an athlete is able to perform a rotational throw they are permitted to wear throw shoes in the cirle for both discus and shot put.

As our meets are official LAVic events, for the safety of all attending, there are no dogs, other than officially recognised service dogs, to be in attendance at either training or competition.

This is also a noted requirement of Llanberis Reserve.

As this is a Child Safe Environment and an official LAVic event there is to be no consumption of alcohol and there is to be no smoking.

This includes the smoking of both vapes and e-cigarettes. If you wish to smoke during competition, please do so external to the Llanberis grounds.

CHILD SAFETY

For the safety of all children, no child is to be dropped off and left unattended at either training or on competition days. A parent or guardian is required to remain on-site at all times. Please advise your team manger when you have collected you child at the end of competition.

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PARENT VOLUNTEERS

Parent Volunteers are needed each week to support the team manger at each of the field events. This assistance may include measuring, spiking or lifting the bar at high jump. Your team manager will be able to instruct you on how to perform all of these simple tasks. By supporting your team manager the event runs smoothly and the day is completed in timely manner.

Hidden Disabilities Sunflower

BLAC is proud to be a part of the Hidden Disabilities Sunflower. What is it? The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

Just because you can't see it, doesn't mean it is not there

Any BLAC athlete who has a hidden disability is invited to wear a sunflower sticker on there Commonwealth Bank name tag to assist their team manger and parent volunteers recognise that they may need extra support during an event.

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MEET THE COMMITTEE

DEAN – President / Team Manager Lead

GEORGINA – Vice – President / Child Safety Officer

DANNIELLE – Secretary / Results Lead /Uniform Lead

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ANH – Registrar / Member Protection Information Officer

AMANDA – Member Protection Information Officer / Child Safety Officer

Denny – Complains Officer

Justin – Equipment Lead