

NEWSLETTER 1st October 2005 Issue No.1



WELCOME

Welcome to Lilydale & Yarra Ranges Little Athletics Centre for season 2005 / 06.

We extend a warm welcome to our new and returning members and trust that you will enjoy Little Athletics and we look forward to you and your children part-taking in our motto of Family, Fun & Fitness.

We have introduced some new initiatives to the Centre this year.

The following is a “snapshot” of important information for both new and returning members.

Please take the time to read these points and if you have any questions please do not hesitate to ask one of our Committee Members, Club Representatives or Officials.

HANDBOOK

- ? The Centre Handbook is basically our “Bible”. (There is one copy per family)
- ? It contains Calendar of Events, Weekly Programs, Rules & Regulations, Centre Records, Achievement Levels and Award Winners from Track & Field, Cross Country, Multi Events and State Championships.

WEBSITE

- ? Remember...for all up to date information checkout our website at www.lyrlac.org.au
- ? The site will be updated regularly and contain information about upcoming events, photos and results.

CLUBS

- ? Our 4 Clubs have new names this year:
 - COMETS – Yellow (formerly Lilydale)
 - JAGUARS – Green (formerly SPJ)
 - MUSTANGS – Blue (formerly Mooroolbark)
 - REDBACKS – Red (formerly Mt Evelyn)
- ? We will be evening up member numbers to Clubs with a view to introducing competitions.
- ? New members will be informed of their Club in the next 1 – 2 weeks (once we have received the bulk of the registrations for the year)

CLUB TENTS

- ? Each Club will have a Club Tent. Please visit this tent every morning upon arriving at the Track.
- ? This tent is your point of reference for most things.
- ? There will be a folder at each tent containing a plastic sleeve for each athlete family. This sleeve will contain items such as uncollected tickets from previous weeks, certificates, handouts etc.
- ? Newsletters, Open Day Forms etc will also be available from the tents.
- ? Your Club Representative is your point of contact for any queries. Please use them.

AGE GROUP MANAGERS

- ? All Age Group Managers will be wearing orange vests.
- ? All athletes are to marshall with their age group in the designated area to the left of the Equipment Shed.
- ? Please note that this is outside of the fence.
- ? Every parent must sign their children in with their Age Group Manager.
- ? Children not signed in will not be allowed to compete.
- ? Please be marshalled and signed in before 8.45am

CHIEF OFFICIALS

- ? Each event (i.e, Discus, Shot Put, Sprints, High Jump, Circular, Jumps, On Track) will be controlled by a Chief Official.
- ? All Chief Officials will be wearing Yellow vests.
- ? The Chief Officials will be liaising with the Age Group Managers to enlist the help of parents at each event.
- ? Please make yourself available.

DUTY

- ? That dreaded word.
- ? Yes **all** parents are expected to help out.
- ? Little Aths requires a large number of parents in order to operate efficiently and provide the children with a safe and fun environment.
- ? We have a number of parents who help out every week on competition days and also behind the scenes during the week etc. These people need your help.
- ? Don't assume somebody else is always going to do it – make sure you step forward and volunteer your services.
- ? The jobs are straight forward and give you the opportunity to learn more about Little Aths and to get more involved with your kids (and they love seeing their parents out there on the Track with them)
- ? **Please see your Club Representative or Chief Official to offer your services.**
- ? Each week we require certain positions to be filled.
- ? These are set up and pack up, timekeepers and recorders for both the sprint and circular track.

TRACK

- ? No parent or child is permitted inside the fence unless they are on duty or competing.

UNIFORMS

Clubs

- ? New Club micro mesh T-shirts or Polo shirts with logos are available for purchase.
- ? These shirts are a great way to start creating identities for each of our Clubs.
- ? T-Shirts in your Club colour or last years Club Shirts are acceptable if you do not wish to purchase a new shirt.

Centre

- ? If you are competing at Region or State Championships or Open Days you are required to wear a Centre singlet.
- ? These can either be purchased or hired on the day.
- ? (Note: Orders are required by 8th October at the latest in order to be ready for Box Hill Relays on 23rd October)

Order forms for all T-Shirts and Centre Singlets are available from the Registrar

PARENTS

- ? We promote and operate under the Sunsmart policy. Please ensure your child is appropriately dressed with Sunsmart clothing, hats and has applied Sunscreen
- ? The venue is a non smoking area. Alcohol is not permitted
- ? Behaviour and ethics are contained in the Handbook

COMPETITION START TIMES

Saturday Mornings

- ? Arrive at Track at 8.30am for sign in
- ? Warm ups at 8.45am
- ? Start at 9.00am

Friday Nights

- ? Arrive at Track at 4.30pm for sign in
- ? Warm ups at 4.45pm
- ? Start at 5.00pm

Note: Age groups for U11 and above compete in the Javelin which starts at 8.00am for safety reasons. Please refer to your Handbook for Weekly Programs for the dates that your child is competing in Javelin

RELAYS

- ? Relays are held early in the season.
- ? They are available for U9 to U15 age groups.
- ? Please let your Age Group Manager know if you are interested in Relays.
- ? There are basically four events available 4 x 100, 4 x 200 and Medleys (100,100,200 and 400m).
- ? If you've ever watched the Relays at the Olympics or Commonwealth Games you will know how exciting they can be!
- ? Traditionally the Centre has a strong attendance at the Box Hill Relay Open Day. This is the last opportunity to fine tune teams for the Region Championships. Box Hill is being held on 23rd October this year.
- ? It is a great day and is a fantastic opportunity for the athletes to compete in a team environment against other Centres from our Region.
- ? Entries for Box Hill have to be finalised by 12th October.
- ? A Coach has been allocated for each age group.
- ? Most training sessions for Relays are held on a Saturday after competition.
- ? Region Relays will be held at Ringwood on 13th November with the State Championships being held at Olympic Park on 11th December

TRAINING

- ? The Centre has a number of accredited Coaches.
- ? General training commences this Wednesday at the Track at 5.00pm. All are welcome.
- ? Training is not compulsory.
- ? More specialised specific training is available on Tuesdays and Thursdays.
- ? This is generally for the older athletes. Please talk to one of the coaches to discuss suitability for your child.

FUNDRAISING

- ? We have various fundraising events throughout the year – please support these where you can
- ? One of our major fundraisers for the year is on tomorrow at Bunnings (Chirnside Park Store) – why not drop in and visit us and have a Sausage or Egg & Bacon Roll.
- ? Remember all funds raised go towards our kids.

TRAINING CLINICS FOR PARENTS

- ? If you are interested in learning more about Little Aths, the EMR (Eastern Metropolitan Region) is holding some "Officials Training Clinics".
- ? These Clinics are run in a friendly environment and run for 2 hours. They are a great way to learn about certain events. They enable you to confidently officiate an event.
- ? There are 4 Clinics being held. October – Relays (Saturday afternoon), November – Jumps, Throws, Track Events (all Wednesday evenings 7 to 9pm).
- ? Choose one Clinic or go to more – it's up to you.
- ? Please see Dara if you are interested.
- ? We encourage you to attend. It is a great help to our Centre and to your kids and they only take up a small amount of your time. I'm sure you'll find them very rewarding.
- ? There is no cost.
- ? Why not get together with a friend and make it bit of a social event – get away from the kids for a night!!

BRING A FRIEND DAY

- ? The month of October has been designated by the VLAA (Victorian Little Athletics Association) as "Bring a Friend Day".
- ? We encourage all athletes to bring along a friend on any of our competition days in October for a try out.
- ? They will receive some give-aways and a Certificate.

ACHIEVEMENT LEVELS

- ? These are a set of performance standards for each event, sex and age group.
- ? These are basically a set of goals at various levels for each event and are listed in the Handbook.
- ? Athletes receive awards based on their standards / achievements at the end of the season.
- ? They are designed for all levels of ability.
- ? Please read them – they are a great form of goal setting for your child.

LITTLE CHAMPION COACHING CLINIC

- ? Meet and Train with some of Australia's greatest Olympic Champions at the "Little Champions Coaching Clinic".
- ? To be held at the Track on Friday 18th November from 5.00 to 8.00pm.
- ? The athletes in attendance will be Lauren Hewitt, Adam Basil, Tim Forsyth, Don Elgin and Lee Naylor.
- ? Everybody attending will receive a Show Bag including a Little Champions T-Shirt (The kids can get their T-Shirts signed if they wish!)
- ? The Centre is pleased to announce that it has kept the cost for this great opportunity down to \$20 per athlete – well below the market price for this type of Clinic.
- ? We last held this Clinic 2 years ago and it was a roaring success.
- ? There is a great rapport between the Olympic Athletes and the kids.
- ? Applications are invited from U9 – U15 athletes. Refer Poster on Notice Board for more details.
- ? Please be quick with your Applications

Little Champions Coaching Clinic

To book your place at this fantastic event please cut out this slip and return to the Centre Registrar or Treasurer with your payment. (\$20 per athlete)

Athlete Name/s : _____

Phone : _____ T-Shirt Size/s (Circle) : 8 10 12 14 16