



**2015 / 2016
PARENT AND ATHLETE INFORMATION
BOOKLET**

www.citynorthlas.asn.au

info@citynorthlas.asn.au

In co-operation with Mayne Harriers Amateur Athletics
Club

Version 1.0 15/08/15

Affiliated with
Little Athletics Queensland

**2015 / 2016
City North Little Athletics
Committee Members**

Centre Manager	Cameron Van Balen	0417 717 754
Assistant Centre Manager	David Nyssen	0410 657 252
Secretary	Michael Rogers	0450 009 281
Treasurer	Linda Moss	0417 004 375
Administrator		
Registrations	Linda Cartwright David Nyssen Linda Moss	
Nominations Officer	Linda Cartwright	
Program Officer	Andrew Iselin	0423 235 393
Arena Manager		
Coaching Manager	Andrew Iselin Greg Hallam	
Officials Education Officer	Catherine Malone	
Canteen Convenor	Jeff and Honor Lambert-Payne Family	
Equipment & Facilities Manager	Michael Kennedy	0417 817 597
Uniform Officer	Danielle Northfield	0419 646 500
Publicity Officer		

Fundraising Officer	Michael Kennedy	
Chief Recorder	Linda Cartwright	
Parent Liaison Officer	Danielle Northfield MC Morgan	
Officials Officer	Catherine Malone	
Trophies Officer		
Team Manager	Olivia Nock	
Website	David Nyssen Linda Cartwright	
TeamApp	Nat Wong	
Facebook	Olivia Nock	
Chief Time Keeper	Darryl Ling Garth Caswell	
Event supervisors: Discus Shot Put Walks Javelin High Jump Long Jump	MC Morgan Kylie Nyssen	
Grants Officer	Supported by Steve Iselin	
Parent Age Group Co-ordinators		
Committee Member	Kylie Nyssen	
Committee Member	Olivia Nock	

Committee Member	Nat Wong	
Committee Member	Tanya Wong	
Committee Member	Ian Henderson	
Committee Member		
Committee Member		

* Note: Assistants are always required. If a job already has a name or two and you would like to do it please put your name down anyway. Please feel free to discuss with committee members any enquiries you may have.

**Emergency Contact for Saturday afternoon,
Training or Competitions
Andrew Iselin – Ph 0423 235 393
David Nyssen– Ph 0410 657 252
or email info@citynorthlas.asn.au**

Welcome from the Centre Manager

2015 / 2016 should be a very exciting season of Little Athletics for City North.

Last season was yet again a very successful season. We had one of our highest number of registrations ever in the Club last season – 248 athletes. Many of our athletes qualified for State Championships, both in relays and individual events, and our athletes, regardless of skill level, improved their performances during the season.

In addition to the significant improvements that have been made over recent years with the Clubhouse, new equipment sheds and field lighting, we would like to thank St Margaret's School for the improvements to irrigation at the grounds. In conjunction with Mayne Harriers we now share in a wonderful grass track facility all year round.

To continue to improve the skills of our athletes we have appointed Greg Hallam to the position of Director of Coaching. Greg was the Centre Manager of Kedron Little Athletics and all his children were members of the Club. He is a Level 5 Queensland Athletics Coach, Life Member of our Club and Senior coach for Mayne Harriers. He is CEO of the Local Government Association of Queensland. We will be continuing to focus on coaching and we will be having full coaching each Tuesday and Thursday nights from 5:45pm to 7pm at Windsor Park. For the first half of the season – that is up until the end of December, we will be starting our Saturday competitions at 2:00pm sharp. The committee will make a decision on if we start at 2:30pm from November. We will have a short warm-up starting at about 1:45pm, then break into age groups and start the competition. The feedback we had from parents and committee was to try to streamline the Saturday competitions and a 2:00pm sharp start should assist with this. From January we will start at 3:00pm.

We have a number of events external to the Club this year as well as some internal events, such as the Club Championship and the calendar of events is at the end of this booklet.

We will also be holding the Nordic Sports Regional Championships which is a first for our club for the Metropolitan North Area on Friday 5 February 2016 to Sunday 7 February 2016.

The most important thing though is that our athletes form friendships, improve their performances and learn some valuable life lessons through Little Athletics.

All parents are urged to become involved in the Club whether as an official, parent helper or a member of the committee. Above all, it is imperative to be there to support and encourage our young athletes and become part of the family friendly environment that we promote.

I welcome all returning athletes back to the Club and all new athletes to the Club. I hope this is an enjoyable and successful season.

Cameron Van Balen, Centre Manager

What is Little Athletics?

Little Athletics began in Victoria 40 years ago and has since spread to all parts of Australia, with more than 100,000 children registered throughout the country.

Little Athletics is based on the philosophy of Family, Fun, and Fitness.

Family – Family involvement plays a vital role in the success of Little Athletics. The children are given a greater sense of pride when they see their parents assisting with the program

Fun – The level of competition depends on what you, as a family, want to make. Some children compete only at their own centre, while others aspire to State and even National level. Each child should be encouraged to consider self-improvement as his or her personal aim.

Fitness – Little Athletics encourages physical fitness through weekly competition. It also encourages a healthy attitude towards winning and losing and the responsibility of the members.

Further information can be obtained by visiting the Queensland Little Athletics Association website at www.laq.org.au or at our website www.citynorthlas.asn.au.

Background History

City North Little Athletics Club is an incorporated organisation affiliated with the Queensland Little Athletics Association. The Club was formed in about 1985 as a non-profit organisation administered entirely by a committee of volunteers. In 2011 we officially changed our name to City North Little Athletics – we were originally known as Kedron Little Athletics.

Last season our Club had 248 registered athletes.

The home ground of City North Little Athletics Club is Windsor Park, Grafton Street, Albion.

Recent Repairs to Ground – Thanks to Our Supporters

We have had a great deal of support in improving and repairing our ground and we would like to specifically thank the following:-

- Queensland Government.
- St Margaret Anglican Girls School.
- Brothers Junior Rugby Union Club.
- Hume Campbell, Riverside Sands – for donation of sand for sand pits.
- Neil Carsberg, Carsberg Earthmoving – for donation of bobcat for earthworks.
- Nielsen's Concrete at Brendale - Mr Don Budge and his team were very helpful in donating concrete for some repairs to the ground. Don Budge can be contacted on 0458 300 827 if you need any concreting assistance.
- Barry Mendelsshne, Concreter and Excavator who also helped with excavating areas essential for repairs. Barry can be contacted on 0423 830 054 if you need any concreting or excavating work carried out.

- Shane Kunst, Insigniature Signs – 3844 2425. Shane made and installed the new City North Little Athletics sign near the carpark. He does a very professional job and can be contacted if you need any signage created.
- Jim Ryan, Herston Smash Repairs – for painting shot-puts and also to repaint trailer.
- Ken Wood KCW Engineering – for donation of steel for shot-put / discus rings.
- Rex Vegt Atlas Engineering – for donation of labour and some parts for fabrication equipment trailer.
- Simon Miller – Millers Steel – for donation of steel for trailer fabrication.
- BCF Lawnton – for donation of shade tents and tables.
- Trade Tools Virginia – for donation of tools.

Many thanks to all of the persons and organisations who have helped us.

A special thanks also to the Mayne Harriers Amateur Athletics Club who have provided hurdles and high jump mats for our clubs use.

Fees

The following fees will apply for the 2015/2016 season:

First Child	\$160.00 (\$144.00 for U6s)
Second Child	\$160.00 (\$144.00 for U6s)
Each Child Thereafter	\$145.00 (\$114.00 for U6s)
 Arena and Canteen Volunteer Bonds	 \$80.00 per family (paid at time of registration)

The Arena and Canteen Volunteer Bonds are used as an incentive for parents/guardians to actively assist the Club. A refund is provided to those families who help out a certain number of times during the season (or in most cases the Bond/s are rolled over and it appears as a discount in the following season's enrolment).

The Arena Volunteer Bond is \$50 and is refundable when parents/guardians assist the club for 8 or more times during the season's Saturday

competitions. The Canteen Volunteer Bond is \$30 and is refundable if you assist with the canteen 2 or more times during the season. You must sign the applicable Volunteer Roster, as these are the only records we have that indicate you have helped.

Refunds are made at the beginning of the following season (usually August or early September) as the information about who is entitled to a refund is calculated at this time. If you are not planning to come back and have actively helped the Club we are happy to arrange for a refund of your Bond/s.

Families who have an active member on our Committee are not required to pay either Bond and are not required to fill out either weekly Volunteer Roster.

It is very important that you sign the applicable Volunteer Roster to be entitled to receive the Bond/s refund, otherwise we will have no proof you have helped.

Proof of Age

Proof of Age must be provided within 28 days of registration. This can be in the form of a birth or baptism certificate, or current passport.

The Program

The 2015/2016 season commences on 22 August 2015 with a "Come and Try" day (which give potential new members the chance to experience little athletics) and runs through until 12 March 2016 at Windsor Park with the State Championships held from 18 to 20 March 2016 at QEII Stadium, Nathan, Brisbane. City North Little Athletics runs its club competition each Saturday afternoon from 2:00pm until approximately 5:00pm, with only a short break in December and early January. Start time from January is 3:00pm.

The first day of the season is a "Come and Try" day where athletes from last season participate, however this is also an opportunity for potential new members to experience Little Athletics. From 29 August 2015 the Club will commence its regular 5 event program which will continue for the remainder of the season. Recording of results will commence 5 September 2015. Events rotate over approximately a 3 week period.

A short warm-up session starts at 1:45pm and is held prior to the first event. It is essential that all athletes begin with this warm-up on time and athletes need to be at the club from 1:30pm for 2:00pm sharp start.

In addition there will be coaching sessions starting at 5:45pm and running through to 7:00pm at Windsor Park on Tuesday and Thursday nights. This will be an important and regular part of our Club program and it is hoped that all Club members will attend the coaching session where coaches will be present to instruct.

The idea behind the Tuesday and Thursday nights coaching is that event training will take place. There will be coaches rostered during Saturday competitions so that all including new athletes can perform the correct technique. It is valuable to attend either the Tuesdays or Thursdays training to receive professional coaching. We encourage your child to attend at least one of the coaching sessions per week.

Mayne Harriers

We work very closely with Mayne Harriers Athletics Club who also uses Windsor Park for training on Tuesday and Thursday nights throughout the year.

Mayne Harriers is one of Brisbane's oldest clubs. They focus mainly on running events. Their training program starts at 6:30pm on Tuesday and Thursday nights.

City North athletes can join their training program for a yearly discounted training fee of \$50 for the year.

For further information about Mayne Harriers visit their web site at www.mayneharriers.org.au

The table below shows the events offered for each age group:

Age	50m	70m	100m	200m	300m	400m	500m	800m	1500m	Walks	Hurdles	High Jump	Long Jump	Triple Jump	Discus	Shot-put	Javelin	Turbo Javelin
U6	√	√	√	√						√			√		√	√		
U7	√	√	√	√	√					√			√		√	√		
U8		√	√	√			√			√	√	√	√		√	√		
U9		√	√	√		√		√		√	√	√	√		√	√		√
U10		√	√	√		√		√		√	√	√	√		√	√		√
U11		√	√	√		√		√	√	√	√	√	√	√	√	√	√	
U12		√	√	√		√		√	√	√	√	√	√	√	√	√	√	
U13		√	√	√		√		√	√	√	√	√	√	√	√	√	√	
U14		√	√	√		√		√	√	√	√	√	√	√	√	√	√	
U15-U17		√	√	√		√		√	√	√	√	√	√	√	√	√	√	

REGISTRATION AGES FOR 2015/2016 SEASON

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
JAN	Little A's Can register with Wayne TOO OLD for	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
FEB		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
MAR		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
APR		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
MAY		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
JUN		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
JUL		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
AUG		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
SEP		U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6
OCT	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	TOO YOUNG SEE NOTE
NOV	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
DEC	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	

NOTE: Children born on or after 1st October 2010 are too young for registration however, they can register as soon as they turn five years of age but not before. Please note they will have to stay in the under 6 age group the following season.

Fundraising

Fundraising is very important to our Club. Fundraising pays for coaching, improvements to the Windsor Park ground and provides a sound financial basis for the Club going forward.

Any businesses or individuals wishing to become a sponsor of our Club or to make a donation please contact Assistant Centre Manager, David Nyssen on 0410 657 252 or Michael Kennedy on 0417 817 597.

The Club is very grateful for its sponsors and donations and sponsorship given to date and would specifically like to thank the following major sponsors:-

McDonald's

Nordic World of Sport

JetStar

Queensland State Government

Medibank

Comfort Inn & Suites, Robertson Gardens

V Insurance Group

Home Laundry Plus Dry Cleaners

The Run Inn

Kennedys Timbers

DN Computer Services

This year we once again we appreciate the contribution of our sponsor **Home Laundry Plus Dry Cleaners** who have offered a weekly gift voucher to parents who assist the club by offering a weekly Saturday prize draw with a free \$50 gift voucher.

All parents that register in the parent roster have a chance to win this prize which will be drawn on the Saturday after the day they assisted the club.

Uniforms

Uniforms are not compulsory for Saturday Club competition, but it is preferable. In addition any athlete competing in Little Athletics Association events (i.e. those held outside of Windsor Park), must be in full Club uniform or they will be disqualified. The uniform comprises shirt and shorts. Full uniform, that is both items, must be worn in Little Athletics Association events.

When you register, you will receive a registration patch, an age group patch and various sponsor patches. The registration patch is to be attached to the front of the polo shirt, so that it is clearly visible when the shirt is tucked in. The age group patch is to be attached to the left sleeve and sewn on three sides to form a “U” shaped pocket. This pocket serves to hold the athlete’s event tickets for the day. If you have a IGA patch or Medibank patch, they should be removed as these are no longer major sponsors this year. The JetStar patch is to be placed on the right sleeve.

Should you require a uniform item in time for an Association event, please enquire a few weeks in advance to ensure the particular size item is available.

Cost of Uniforms:

Polo Shirts	\$40.00
Boys Shorts	\$30.00
Girl’s Bike Pants (short, mid or long)	\$30.00
Caps & Hats	\$15.00

Noticeboard / Newsletters

The noticeboard is located outside the canteen and each week will display the Program of Events for the afternoon, as well as details of coming events and carnivals. Please check the noticeboard each week.

Emails are sent to families weekly. If you are not receiving emails, please forward email address to info@citynorthlas.asn.au

Toilets

Toilets are located inside the Clubhouse. Athletes must notify their Age Marshall before going to the toilet.

Canteen

The canteen is located inside the Clubhouse and is open every Saturday afternoon together with a sausage sizzle, selling a variety of drinks and snacks for athletes and families. The proceeds from the canteen help to cover the costs of hiring the grounds, paying the coaches and keeping City North Little Athletics as affordable as possible. Please be supportive of the canteen.

Parking

All parents are requested to park in the carpark off the Grafton Street entrance to the grounds. Parking behind the Windsor Bowls Club is exclusively for the use of the Bowls Club and Windsor Croquet Club patrons. Your co-operation is appreciated.

Family Involvement

Parents, Guardians, and Friends play an integral role in the success and enjoyment of Little Athletics.

The Saturday program requires a large number of officials and parent volunteers every week to run it properly, and for this reason parent involvement is essential.

Parents please remember that WE ARE NOT A CHILD-MINDING ORGANISATION. **A parent or guardian must be in attendance throughout the centre competitions on Saturday and at all training sessions.** Please get involved and help officiate or be an age marshal whenever you can. You'll find out that it is very fulfilling and lots of fun.

We understand that work and other commitments may prevent you from staying and helping every Saturday, but it is essential that your child has another adult who has agreed to take responsibility for them. This is not only necessary in case of accident or illness, but the program may finish early for many reasons - rain, small numbers etc. If this occurs, it is not fair that Club committee members are left minding your child long after the day's events are over. It is also distressing for the child to be left after everyone else has gone.

Adults can help out in the following ways:

1. **Age Marshalling**

Every week there is a need for adults to accompany each age group of girls and boys to each event to record the children's performances. This is referred to as "Age Marshalling."

2. **Assisting at Events**

Numerous assistants are required to successfully run each event. Assistants are required for:

- Place judging
- Timekeeping
- Raking and spiking at Long Jump pits
- Spiking and retrieving at Discus, Shot put and Javelin
- Adjusting High Jump bars

➤ Canteen and more...

3. **Assisting at regional competitions** such as Regional Relay Day and Regional Championships where parent involvement is crucial. Please see Team Managers about how you can help.

Please refer to “Fees” for further information regarding the Arena and Canteen Volunteer Bonds.

Code of Behaviour

1. Encourage children to participate if they are interested, however, if a child is not willing, do not force him/her.
2. Focus upon the child's efforts, rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
3. Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
4. Encourage children to always participate according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing an event. Provide constructive criticism in private.
6. Remember children are involved in Little Athletics for **their** enjoyment, not yours.
7. 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 voluntarily for your child's involvement.
8. Make every athletics competition meeting serve as a training ground for life and as a basis for good mental and physical health.

The above code of behaviour is aimed at establishing an "across the board" pattern of behaviour that should be considered of paramount importance to all parents, coaches and officials under the ideals and philosophies outlined in the aims and objective of the Little Athletics movement throughout Australia, which we feel will greatly assist in bringing up children in a FAMILY environment of FUN, FITNESS and the establishment of friendships.

Centre Rules

1. A Parent or Guardian must be in attendance at all times on Saturdays and Tuesday and Thursday training.
2. Swearing and displays of bad sportsmanship will not be accepted. Pushing, shoving and rough play will not be tolerated.
3. Handling of equipment – to prevent accidents and injury, athletes must not handle equipment except under the instruction of a club official.
4. No athlete is allowed into the equipment shed unless authorised by an official.
5. Athletes must check that the running track is clear and that no race is in progress before crossing.
6. Athletes must walk behind throwing circles – shot puts and discus can cause serious injury.
7. The javelin area is out of bounds to all athletes except those competing.
8. QLAA policy – Smoking or alcohol are not permitted in all areas of the competition arena (track & field), or spectator areas during any Little Athletics Competitions.
9. Shoes must be worn for all events. Shoes must be sports shoes NOT thongs or sandals. Spikes - refer Spike Safety.
10. It is essential that children bring a hat, sunscreen and water bottle each Saturday. A jumper may be necessary during the early part of the season, as it can get quite cool towards the end of the afternoon. Please refer to the QLAA Sun Safe Policy displayed at the registration desk.
11. Children must not climb on equipment or on fences or other items around the ground.

See the QLAA Code of Conduct at www.laq.org.au

Training

Regular training will be held throughout the year on Tuesday and Thursday nights at Windsor Park from 5:45pm to 7:00pm. Coaches will be in attendance. There will be training in a variety of events each night. Athletes should attend at least one training session per week.

All athletes are encouraged to attend training regularly. There will also be relay training prior to the Regional Relays.

Please contact Coaching Officer, Andrew Iselin, on 0423 235 393 regarding coaching.



The Run Inn is a specialist running and triathlon shop trading since 1983

We stock Asics shoes and clothing and selected 2xu triathlon gear, as well as a range of hydration products and nutritional supplements. Shoe fitting for difficult to fit feet is our specialty, and our staff have many years of experience behind them.

Spike Safety

U6 to U10 are *not* allowed to wear spiked running shoes with or without blanks.

U11 & U12:

- may wear spikes in all laned track events, all jumping events, and javelin.
- any spike shoe without spikes attached, may be worn in unlaned events.

U13 to U17:

- may wear spikes in all laned and unlaned track events, (excluding walks), jumping events and javelin.

- Spikes must be carried to the start line at track events
- Spikes must be removed at the finish line at track events
- Spikes must be carried to field events and removed upon completion of the event.

Any athlete who arrives at the track recording table in spikes will not have their performance recorded. Parents, please help us to enforce this safety rule.

Personal Bests

The Recorder keeps a record of each athlete's performance in each event. As athletes improve their performances they will receive stars on their tickets to indicate their new personal best performances (PB's). If an athlete achieves four PB's on the same Saturday, they will receive a free drink from the canteen.

Simply present your four event tickets (with the stars on them) to the track recording table. Show your four PB's tickets to the canteen to receive your free drink.

This encouragement reward is achievable for all athletes as the only person they have to compete against are themselves.

Centre Records

The Club recognises Centre Records. Only performances at City North Little Athletics Club Saturday competition days at Windsor Park are recognised for Centre Records.

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McDonalds Achievement Cards

At the completion of every event an athlete competes in at City North club competition, they will be given a performance ticket stating the time or distance achieved for that event. These tickets should be retained to enable your child/ren to keep track of their performance and see whether or not they are improving. They can be glued or attached to the Little Athletics book distributed at the start of the season.

On sign on day you should receive a McDonalds Achievement Card, which is either Blue or Pink (boy or girl).

Results should be checked against the table of performances at the back of the McDonalds card to determine what level of achievement they are at. If a child reaches an achievement milestone, colour in the appropriate circle beside the event in the **event levels** section. For example, if a child achieves the Red performance level the first time they compete in an event, then you colour in the Green and the Red event level circles.

When the child achieves GREEN, then RED, then BLUE event levels for all events in which the child competes, colour in the appropriate circle in the **groups awards** section.

As the child achieves all the Green, then RED, then BLUE Group Awards for all groups the child competes in, the child can hand in the card to the Centre Recorder at each of these levels and receive special achievement awards including McDonalds vouchers.

ASSOCIATION COMPETITIONS

Under 6's do not compete outside of the club except for the Aspley Pentathlon – 11 October 2015. Under 7s to Under 17s are encouraged to participate in external competitions. More details about each competition and the nomination fees and closing dates will be provided in emails and on the noticeboard.

MEDIBANK SENIOR CARNIVAL / JUNIOR PENTATHLON: is open to athletes from the U9 – U17 age groups only. It will be held on Sunday, 1 November 2015 at the State Athletics Facility at Nathan. Senior athletes can nominate for a maximum of 5 events appropriate to their age group. At Senior Carnival, the emphasis is on participation and there are no heats or finals. There are no prizes for places, however each competitor receives a participation patch. In the Junior Pentathlon junior athletes participate in a 5 event program throughout the day.

REGIONAL RELAYS: is an opportunity for athletes to compete in teams, while representing our City North Club. Athletes from the U7 – U17 age groups compete in teams of 4 for track events and 2 for field events. There are set events for each age group – maximum of 5 events. The top 3 teams in each age group (U9 - U17 only) are eligible to compete at the State Relay Day Championships. Any U7 & U8 teams who place in the top 3 will receive a special medallion at our Club Trophy Day at the end of the season. Every team's placing scores points for our Club, not just the teams who place in the top three. Nominations need to be submitted by Saturday, 17 October 2015 and the event will be held on Saturday, 7 November 2015.

STATE RELAY DAY: is held at QEII stadium at Nathan on 12 December 2015 and is open to teams (U9 – U17 only), who have qualified by competing at the Regional Relay Day. Medals are presented on the day to the first 3 teams in each event final.

QUEST NEWSPAPERS JUNIOR CARNIVAL / SENIOR PENTATHLON: is open to athletes from the U9 – U17 age groups and will be held on Sunday, 6 March 2016. It will be at the State Athletics Facility at Nathan. Senior athletes compete in the five events of the Pentathlon in their respective age groups. This consists of one hurdle, sprint and distance event on track and two field events run over the course of a day. Points are allocated for performance achieved in each event and totalled at the end of the day. All five events must be completed or zero points are awarded. This is the reverse of the November competition.

NORDIC SPORT REGIONAL CHAMPIONSHIPS – CITY NORTH – WINDSOR PARK: is an individual competition and is open to U7 – U17 age groups and will be held on Friday, 5 to Sunday, 7 February 2016. Athletes can nominate for a maximum of 5 events, appropriate to their age group. There will be heats and finals and the top 3 placegetters in each event final qualify for the State Championships (U9 – U15 only). Any U7 & U8 athlete who qualifies, will receive a special medallion at the Club Trophy Day at the end of the season.

IT IS ESSENTIAL THAT ANYONE WISHING TO NOMINATE DO THIS BY THE APPROPRIATE TIME. For Regional Championships scheduled for 5 to 7 February 2016 at City North the last day to nominate at the Centre is Saturday, 23 January 2016. This needs to be done at the Club and ideally athletes should nominate prior to end of first half of the season in December 2015.

MC DONALD'S STATE CHAMPIONSHIPS: is open to athletes (U9 – U17 only) who have qualified by competing at the Regional Championship. Medals are presented on the day, to the first 3 placegetters in each event final. This event will be held in on Friday, 18 to Sunday, 20 March 2016 at Nathan, Brisbane.

There are a small number of athletes that are selected from the State Championships to proceed to the Australian Championships. This is in the Under 13 and Under 15 age groups and, again, only a small number of athletes are selected based on performance over a number of events at the championships. To be eligible, an athlete must have participated in two thirds of the Centre competitions.

Major Trophy Criteria

1. The Darryl Paroz Memorial Trophy

This is a Perpetual Trophy which is awarded to the athlete who achieves the most Personal Bests (PBs) overall for the season. The winner receives an individual trophy, as well as their name on the Perpetual Trophy.

2. Sportsperson of the Year

This is a Perpetual Trophy which is awarded to the athlete who displays outstanding conduct on and off the field, during the season. The winner receives an individual trophy, as well as their name on the Perpetual Trophy.

3. City North Little Athletics Most Consistent

The points system to determine the winner is as follows:

- Each athlete receives 3 points for every event that they compete in each Saturday.
- Every time a new PB is set, the athlete receives 2 points.
- For competing in the Regional Relay Day, the athlete is awarded 30 points.

The winner receives an individual trophy.

4. Most Improved Trophies

These are divided into the following categories:

Junior Boy & Girl	U6, 7 & 8 age groups
Intermediate Boy & Girl	U9, 10 & 11 age groups
Senior Boy & Girl	U12, 13, 14, 15, 16 & 17 age groups

These Trophies are awarded to the athlete who has set the most PB's in their age group category. The winners receive an individual trophy.

- All of the above trophies are exclusive of each other i.e. an athlete can win only one of the Major Trophies. In the event that one athlete qualifies for both the Darryl Paroz & the Most Consistent Trophies, they will be awarded the Darryl Paroz Memorial Trophy and the Most Consistent Trophy will be awarded to the second placed athlete.
- Only PB's achieved at Windsor Park during the Saturday competition will be recognised.
- In the event of two or more athletes achieving the same points, the winner is determined by the Centre Manager, Team Manager and Coach.

Trophy Winners - 2014/2015 Season

Darryl Paroz 2014/2015 Overall Most Improved

Hamilton Fitzell

Sports Person of the Year

Daniel Di Giandomenico

2014/2015 Most Consistent

Ashley Wong

Parent Volunteer Award

Nat & Tanya Wong

Some of our other Trophy winners:

Most Improved

Junior Girl

Rhyda Parnell

Intermediate Girl

Zara Caswell

Senior Girl

Aaliyah Hassan

Junior Boy

Max Van Balen

Intermediate Boy

Patrick Kennedy

Senior Boy

Rodin Martin

Encouragement Awards

Junior Girl

Lily Adams

Brianna Fitzell

Rhyda Parnell

Junior Boy

Nate Bodel

Mitchell Obrien

Max Van Balen

Intermediate Girl

Indiaha Frawley

Aleisha Ling

Georgia Van Balen

Ella Somarriba

Intermediate Boy

Patrick Kennedy

Senior Girl

Carla Galvin

Aaliyah Hassan

Syhianne Howlett

Che-La Radnedge

Finlaye Williams

Senior Boy

Hamish Dixon

Durian Lawn

Yazeed Hassan

Randle Tyson

The above are some of our trophy winners from last season – apologies to anyone omitted.

Association and Club Competition Trophies

1. **Regional Relay Day Medallion** - is awarded to all U7 & U8 athletes whose Relay team places 1st, 2nd or 3rd overall at the Regional Relay Day Competition.
2. **Regional Championships Medallion** – is awarded to any U7 & U8 athletes who place 1st, 2nd or 3rd in the final, at the Regional Championships.
3. **State Relay Day Trophy** – is awarded to all athletes (U9 – U17) whose Relay team places in the top 8 at the State Relay Day Championships.
4. **State Championships Trophy** - is awarded to any athlete who qualifies for the State Championships. Previously we had awarded trophies to those who placed in the Top 8 at the State Championships (Individual) but given our trophy day is now held prior to the State Championships, all athletes who qualify for the State Championships will receive a trophy and be acknowledged at trophy day.

Outstanding Achievement Trophy – is not an annual trophy. It may be awarded at the discretion of the Committee, to recognise an Outstanding Achievement by an athlete. The Centre Manager, Team Manager and Coach will make the final decision.

Centre Manager's Encouragement Trophy – is awarded by the Centre Manager to recognise a male & female athlete who is regular in attendance, tries their best each week, displays good sportsmanship and generally upholds the ideals of City North Little Athletics.

Attendance Shield – to be eligible for an Attendance Trophy, the athlete must attend at least 70% of Saturday competition at Windsor Park and return for at least one week of competition after the Christmas break. In the case of sickness or any other genuine reason that prevents an athlete from competing, arrangements can be made so that the athlete is not disadvantaged.

Parent Volunteer Award – Parents are eligible for the “Parent Volunteer of the Year” award.

Sponsorship

The club is always looking for avenues to raise funds and create savings and we welcome any new sponsors.

The club has several options currently available including:

- Sponsorship of a trophy category
- Advertising in the weekly newsletter either for a small fee or for free using the spotters fee method
- Placing an advertisement in the Information Booklet

If you wish to become a sponsor of City North Little Athletics please contact the Assistant Centre Manager David Nyssen on 0410 657 252.

This year we once again appreciate the contribution of our sponsor **Home Laundry Plus Dry Cleaners** who has offered a weekly gift voucher to parents who assist the club by offering a weekly Saturday prize draw with a free \$50 gift voucher.

2015 / 2016 Calendar of Events

Date	Events	Program	Time
Sat, 15 Aug 2015	Returning Athletes Sign-on Day		2.00-4.00
Sat, 22 Aug 2015	Come & Try/New Athletes Sign-on Day	1	1.45pm
Sat, 29 Aug 2015	Sign-on Day & Competition	2	1.45pm
Sat, 5 Sep 2015	Official START (Results Recorded) - Week 1	3	1.45pm
Sat, 12 Sep 2015	City North Competition - Week 2 (Meeting)	1	1.45pm
Sat, 19 Sep 2015	City North Competition - Week 3	2	1.45pm
Sat, 26 Sep 2015	City North Competition - Week 4	4	1.45pm
Sat, 3 Oct 2015	City North Competition - Week 5	1	1.45pm
Sat, 10 Oct 2015	City North Competition - Week 6 (Meeting)	2	1.45pm
Sat, 17 Oct 2015	<u>NOMINATIONS DUE</u>: Regional Relays & Jun Pent/Sen Carn		
Sat, 17 Oct 2015	City North Competition - Week 7	3	1.45pm
Sat, 24 Oct 2015	City North Competition - Week 8	1	1.45pm
Sat, 31 Oct 2015	City North Competition - Week 9	2	1.45pm
Sun, 1 Nov 2015	Medibank Junior Pentathlon/Senior Carnival - SAF, Nathan		See Program
Sat, 7 Nov 2015	McDonalds Regional Relays (McPherson Pk, Bracken Ridge)		See Program
Sat, 14 Nov 2015	City North Competition Week 10 (Meeting)	4	
Sat, 14 Nov 2015	NOMINATIONS DUE: Aspley/Ked Wavell Pentathlon		
Sat, 21 Nov 2015	City North Competition - Week 11	1	1.45pm
Sat, 28 Nov 2015	No Competition - Attendance at Aspley Pentathlon encouraged		

Date	Events	Program	Time
Sun, 29 Nov 2015	Aspley/Kedron Wavell Pentathlon (Bowden Pk, Geebung)		See Program
Sat, 5 Dec 2015	CHRISTMAS PARTY & END of 1st HALF of SEASON		1.45pm
Sat, 12 Dec 2015	McDonalds State Relays		See Program
Sat, 16 Jan 2016	START of 2nd HALF of SEASON (Meeting)	2	2.45pm
Sat, 23 Jan 2016	NOMINATIONS DUE: Regional Championships		
Sat, 23 Jan 2016	City North Competition - Week 12	3	2.45pm
Sat, 30 Jan 2016	City North Competition - Week 13	1	2.45pm
5,6,7 Feb 2016	Nordic Sport Regional Championships		See Program
5,6,7 Feb 2016	(City North hosting at Windsor Park, Albion)		
Sat, 13 Feb 2016	City North Competition - Week 14 & Parent Challenge (Meeting)	2	2.45pm
Sat, 20 Feb 2016	City North Competition - Week 15 & Bring a Friend Day	4	2.45pm
Sat, 27 Feb 2016	NOMINATIONS DUE: Junior Carnival/Senior Pentathlon		
Sat, 27 Feb 2016	City North Club Championships (Windsor Park) Day 1 - Week 16	Special	2.45pm
Sat, 5 Mar 2016	City North Club Championships (Windsor Park) Day 2 - Week 17	Special	2.45pm
Sun, 6 Mar 2016	Quest Junior Carnival/Senior Pentathlon		See Program
Sat, 12 Mar 2016	Final Day of Competition. Trophy Day. AGM	Special	2.45pm

Please note:

Core Coaching Hours: Tuesdays and Thursdays at Windsor Park, 5:45pm to 6:30pm.

Additional Coaching Support: Tuesdays and Thursdays at Windsor Park, 6:30pm to 7:00pm.

Further Development: available with Mayne City North from 6.30pm to 7.45pm. (\$50 fee per year fee applies)

Club Competitions start: 1.45pm (Aug to Dec) and 2.45pm (Jan to Mar).

Come & Trys: available throughout the season so if you want to introduce a friend please do.

Committee Meetings: usually every second Saturday of the Month (except Dec, Jan)

City North Little Athletics: Volunteer Roles Job:	Current Holders*	Brief Description	When
Centre Manager	Cameron Van Balen	Managing Club & Meetings, Representing club	As required
Assistant Centre Manager(s)	David Nyssen	Assist Centre Manager in performance of duties & deputise where necessary	As required
Secretary	Michael Rogers	Minutes, Correspondence, Representing Club	Monthly
Treasurer	Linda Moss	Receipts, Payments, Prep Centre Financial records, Present to Meeting	As required
Registrars	Linda Cartwright, Linda Moss, David Nyssen	Ensuring all registration details are obtained, correct and info forwarded to LAQ	Busy Aug/Sep
Administrator		Assists without whatever admin is required, communicating, email	As required
Nominations Officer	Linda Cartwright	Receiving nominations for Association days and ensuring nominations are submitted prior to deadlines.	See calendar
Program Officer	Andrew Iselin	Prep of diary of seasons activities, weekly comp program, recommend committee on program events, champs etc	As required
Arena Manager		Conduct comp activities, supervision of weekly program, recommend programming events, championships etc to committee	Saturdays
Coaching Manager	Greg Hallam & Andrew Iselin	Organise coaching, educate parents & encourage participation in Assoc coaching programs.	Tues & Thurs
Officials Education Officer	Catherine Malone	Organise sufficient parents to act as officials, educate parents & ensure centre supplies officials for Assoc comps.	As required
Canteen Convenor	Lambert-Payne Family	Supply canteen service, purchase stock, annual stocktake, and coordinate canteen & balance monies.	Saturdays
Equipment & Facilities Manager	Michael Kennedy & Simon Hegarty	Control equipment, prep & maintain arena, complete annual stocktake.	As required
Uniform Officer	Danielle Northfield	Ensure adequate supply of uniforms, co-ordinate sales, balance monies.	As required
Publicity Officer		Relations bet Centre, members, wider Assoc, general public & maintaining a pictorial record of activities for season.	As required
Fundraising Officer	Michael Kennedy	Organising and running fundraising activities	As required

City North Little Athletics: Volunteer Roles Job:	Current Holders*	Brief Description	When
Chief Recorder	Linda Cartwright	Co-ord recording of comp results, arrange transfer to master recording sheets & keeping Centre Records.	Saturday & as required
Parent Liaison Officer	Danielle Northfield & MC Morgan	Acting liaison bet parents & committee, providing parents with relevant info, ensuring new parents are familiar with procedures at Assoc Days, maintaining parent help roster & organise reimbursement of parent help fees as nec, ensure sufficient age marshalls prior to competition.	As required
Officials Officer	Catherine Malone	Organise officials participation in instruction, training & examinations & co-ord age group managers.	As required
Trophies Officer		Using info provided by Recorder & LAQ to identify winners (documented in Parent & Athlete Handbook, order trophies & organisation of Trophy Days.	Jan-Mar
Team Manager	Olivia Nock?	In conjunction with coaches (& info from recorder) puts together relay teams & advises on all matters to do with teams	Regional Relays
Website	David Nyssen	Maintaining & updating website	As required
TeamApp	Nat Wong	Maintaining & updating TeamApp	As required
Facebook	Olivia Nock	Maintaining & updating Facebook	As required
Chief Timekeeper	Darryl Ling, Garth Caswell	Uses a multi-time stopwatch for timekeeping & trains others in its use	Saturdays
Events Supervisors		Assists parents with these events	
Discus	MC Morgan		Saturdays
Shot Put			Saturdays
Walks	Kylie Nyssen		Saturdays
Javelin			Saturdays
High Jump			Saturdays
Long Jump			Saturdays
Grants Officer	supported by Steve Iselin	Prep & submission of Government Grants claims	As required
General Committee Members	I Henderson, O Nock, B Henderson	Attends meetings & contributes ideas & helps where needed.	Meetings & As required

City North Little Athletics: Volunteer Roles Job:	Current Holders*	Brief Description	When
Parent Age Group Co-ordinator		2 per grouping, ie 30 parents required in total - Act as Liaisons	As required
Age Marshalls 3 per group		45 per Competition Day. Accompany age group to each event and record the children's performances, spike, place judge, retrieve implements, measure distances, etc	Saturdays
Controlling Event			Saturdays
* Note: Assistants are always required. If a job already has a name or two and you would like to do it please put your name down anyway.			

City North Little Athletics



In co-operation with Mayne Harriers Amateur Athletics
Club

www.citynorthlas.asn.au

2015 / 2016 Season