



**2016 / 2017  
PARENT AND ATHLETE INFORMATION  
BOOKLET**

[www.citynorthlas.asn.au](http://www.citynorthlas.asn.au)

[info@citynorthlas.asn.au](mailto:info@citynorthlas.asn.au)

In co-operation with Mayne Harriers Amateur Athletics  
Club

Version 2.1 09/09/2016

Affiliated with  
Little Athletics Queensland

## **Committee Members for 2016/2017**

<b>Centre Manager</b>	Nat Wong	0401 261 199
<b>Assistant Centre Manager</b>	David Nyssen	0410 657 252
<b>Secretary</b>	Tanya Wong	0402 049 033
<b>Treasurer</b>	Linda Moss	0417 004 375
<b>Chief Registrar</b>	Linda Cartwright	
<b>Committee Member</b>	Melanie Fletcher	
<b>Committee Member</b>	Natasha Iselin	
<b>Committee Member</b>	Steve Iselin	
<b>Committee Member</b>	Michael Kennedy	
<b>Committee Member</b>	Fred Leone	
<b>Committee Member</b>	MC Morgan	
<b>Committee Member</b>	Kylie Nyssen	
<b>Committee Member</b>	Pauline Parnell	
<b>Committee Member</b>	Tina Roberts	
<b>Committee Member</b>	Cameron van Balen	

A list of Committee Positions is included at the end of the handbook.

City North welcomes Parents or Carers who wish to join the Club Management Committee. Please contact any of the current members of the committee for more information.

**Emergency Contact for Saturday afternoon,  
Training or Competitions**

**David Nyssen– Ph 0410 657 252  
or email [info@citynorthlas.asn.au](mailto:info@citynorthlas.asn.au)**

## **Welcome from the Centre Manager**

As the 2016 Rio Olympics herald in the start of our own competition year, we look forward to welcoming many new athletes and their families inspired by the performances of the world's best.

Little Athletics across Australia has nurtured some of our most successful track and field athletes. Familiar names such as Sally Pearson, Jana Pittman-Rawlinson, John Steffensen, Steve Hooker and Melinda Gainsford-Taylor have won Olympic and Commonwealth Laurels. Yet former little athletes include not just Track and Field stars, but sporting icons across many different sports. Rugby Union greats George Gregan and Matt Giteau, Rugby League star Jarrad Hayne, Cyclist Kathy Watt, Brownlow medallists Simon Black and Garry Ablett Jr and Cricketers Michael Bevan and Michael Witney lead a list of hundreds of famous Australians who've participated in Little Athletics.

Closer to home, Queensland Reds and Australian under 20 player Campbell Magnay still holds sprint records at our club, while former Wallaby and Level 5 athletics coach Greg Hallam has assisted with our extended training program.

Little Athletics is more than a pathway for track and field prowess, but an opportunity to complement and enhance the exercise of speed, strength, endurance and coordination across many sporting disciplines.

This season, we launch a new results management system, ResultsHQ that will not just manage our internal record keeping, but allow families to review and track their children's performances in a secure Internet portal. We're introducing electronic timing for our track events and will pilot tablet devices to record field event participation.

In conjunction with senior Athletics club Mayne Harriers we're developing new integrated training programs to support not just our under 6 little athletes but our emerging junior athletes that have set their eyes on State or Australian level competition.

We're working to refine our competition days, increase our use of TeamApp and Facebook, and look for innovative ways to grow our club.

To be successful, our club needs your participation. Help us to make your child's experience of Little Athletics the best it can be, by learning how to officiate, by

guiding them as age marshals between different events, by helping in the setup of the competition field, in the canteen and bbq, and/or by joining the City North Management committee.

Whether Track and Field is your child's passion, an opportunity for them to be active, or whether it's an off season sport to keep them active, our club welcomes your participation.

Nat Wong  
Centre Manager

## **What is Little Athletics?**

Little Athletics began in Victoria in 1964 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](http://www.laq.org.au) or at our website [www.citynorthlas.asn.au](http://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.

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

## **Fees**

The following fees will apply for the 2016/2017 season:

First Child	\$165.00 (\$150.00 for U6s)
Each Child Thereafter	\$145.00 (\$119.00 for U6s)
Arena and Canteen Volunteer Bonds (registration)	\$80.00 per family (paid at time of registration)

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.

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 2016/2017 season commences on the 27<sup>th</sup> August 2016 with a "Come and Try" day (which gives potential new members the chance to experience little athletics) and runs through until the 11<sup>th</sup> March 2017 at Windsor Park with the State Championships held from the 18<sup>th</sup> to 20<sup>th</sup> March 2017 at QEII Stadium, Nathan, Brisbane.

City North Little Athletics runs its club competition each Saturday afternoon from 3:00pm until approximately 6:00pm, with only a short break in December and early January.

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. Formal recording of results will commence on the 10<sup>th</sup> September 2016 with the official start of our club season. Events rotate over approximately a 3 week period.

A short warm-up session starts at 2:45pm and is held prior to the first event. It is essential that all athletes begin with this warm-up on time and athletes should be at the club from 2:30pm for 3:00pm sharp start.

In addition there will be coaching sessions starting at 5:45pm 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 which 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.mayneharrers.org.au](http://www.mayneharrers.org.au)



# Standard Events Table

The table below shows all Little Athletics Queensland recognised events. City North do not offer any of the Cross Country events in the table below.

EVENTS	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
70 metre	C	√	√	√	√							
100 metre	C	√	√	√	√	√	√	√	√	√	√	√
200 metre	C	√	√	√	√	√	√	√	√	√	√	√
300 metre	C	C										
400 metre				√	√	√	√	√	√	√	√	√
500 metre		C	C									
700 metre			C									
800 metre				√	√	√	√	√	√	√	√	√
1500 metre						√	√	√	√	√	√	√
60m Hurdle	C	C	√	√	√	√	√					
80m Hurdle								√	G			
90m Hurdle									B	G	G	
100m Hurdle										B	B	G
110m Hurdle												B
200m Hurdle								√	√			
300m Hurdle										√	√	√
300m Race Walk			C									
700m Race Walk			C	√								
1100m Race Walk					√	√						
1500m Race Walk							√	√	√	√	√	√
3000m Race Walk									√	√	√	√
4 x 70 Relay		√	√									
4 x 100 Relay		√	√	√	√	√	√	√	√	√	√	√
4 x 200 Relay				√	√							
4 x Medley Relay						√	√	√	√	√	√	√
1000m Cross			√	√	√	√	√	√	√	√	√	√
2000m Cross						√	√	√	√	√	√	√
3000m Cross								√	√	√	√	√
4000m Cross										√	√	G
6000m Cross												B
Long Jump	C	C	C	√	√	√	√	√	√	√	√	√
Triple Jump						√	√	√	√	√	√	√
High Jump			C	√	√	√	√	√	√	√	√	√
Shot Put	C	√	√	√	√	√	√	√	√	√	√	√
Discus	C	√	√	√	√	√	√	√	√	√	√	√
Javelin						√	√	√	√	√	√	√
Vortex	C	C	C									
Turbo Jav			C									

**Legend:**

- √ Centre & LAQ Competition
- C Optional at Centre only

permitted

Standard Events (may be eligible for ABP's)

## Registration Ages for the 2016/2017 Season

	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
JAN	Little A's Can register with Mayne 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 1<sup>st</sup> October 2011 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.

If you are interested in supporting City North Little Athletics Club, please consider becoming a sponsor. For more information, please contact the Centre Manager or Assistant Centre Manager.

## Uniforms

We recommend that all athletes wear their club uniform at our regular club competition. The registration patch sewn onto the uniform assists with identifying athletes when recording results in our result management software.

Full Club uniform must be worn by City North Athletes when competing in Little Athletic Association events other than our regular club competitions. Athletes may be disqualified if they are not dressed in the full uniform. The full uniform comprises shirt and shorts.

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.

The JetStar patch is to be placed on the front of the polo short on the right hand side of the chest.

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:

<b>Polo Shirts</b>	<b>\$40.00</b>
<b>Boys Shorts</b>	<b>\$30.00</b>
<b>Girl’s Bike Pants</b>	<b>\$30.00</b>
<b>Caps &amp; Hats</b>	<b>\$15.00</b>

## Club Communications

City North Little Athletics uses a variety of tools to communicate with our members. Our principal communications tools are,

- TeamApp
- City North Facebook page
- City North Internet website
- Email
- Noticeboards

TeamApp is our principal tool for communication. It is a free App that runs on Apple and Android devices, and contains a wealth of information about club events, news, and track and field information. To install TeamApp on your phone follow these steps.

1. Download TeamApp from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for “City North Little Athletics”
4. Choose your applicable access group(s) and in the reason/supporting documentation field please provide the name(s) of your children who are registered members of our club.

If you do not have a smartphone go to [citynorthlittleathletics.teamapp.com](http://citynorthlittleathletics.teamapp.com) to sign up and view our TeamApp website online.

City North has a regularly updated Facebook site. Please like it at,

[www.facebook.com/CityNorthLittleAthletics](http://www.facebook.com/CityNorthLittleAthletics)

Our Internet website can be found at,

[www.citynorthlas.asn.au](http://www.citynorthlas.asn.au)

TeamApp communications are supplemented by periodic email newsletters.

A 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.

A whiteboard is positioned neared the entry to the oval and contains information regarding current competition and training activities.

## **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. We understand that work and other commitments may prevent you from staying 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 may be required for,

- ✓ Raking and spiking at Long Jump pits
- ✓ Spiking and retrieving at Discus, Shot put and Javelin
- ✓ Adjusting High Jump bars
- ✓ Place judging
- ✓ Timekeeping
- ✓ Setup and pack up of the competition
- ✓ 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” section 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.laaq.org.au](http://www.laaq.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.

## 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.

For all eligible athletes,

- 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 Home and Away Records for City North Athletes.

A Home record is the best recorded performance by a City North Athlete at a Little Athletics event held at Windsor Park. This includes regular City North Club competitions, Little Athletics Regional Relays or Championships, and/or any Little Athletics Australia competition event held at Windsor Park.

An Away Record is the best recorded performance by a City North Athlete at any Little Athletics Australia registered event. Away records are new for the 2016/2017 season and have been initialised based on historical home records.

The recorded performance must be published in the Event results on the Little Athletics Queensland (LAQ) website ([www.laq.org.au](http://www.laq.org.au)). Results which are not published on the LAQ website are not eligible for consideration.

To have an away record recognised, an athlete or their parent/carer must complete an “Away Record recognition form” with supporting evidence and provide this to the Chief Recorder. The onus on having an Away performance recognised is the sole responsibility of the athlete and/or their parents and carers.

City North members should understand that as a new category of best performances, the recorded Away records may change from time to time as historical submissions are received for recognition.

## **McDonalds Achievement Cards**

For the 2016/2017 City North Little Athletics is introducing a new result management system that records all athletes’ performances over the season. This information will be available online at the ResultsHQ website at <https://resultshq.com.au/login>. This new system will be progressively used to record athlete achievement levels. During the transition to this new system, athletes may continue to use the McDonald’s achievement cards as noted below.

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 – 9<sup>th</sup> October 2016. 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, 30<sup>th</sup> October 2016 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 – STRATHPINE – JOHN OXLEY RESERVE:** 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 teams of 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, 15<sup>th</sup> October 2016 and the event will be held on Saturday, 5<sup>th</sup> November 2016.

**STATE RELAY DAY:** is held at QEII stadium at Nathan on 10<sup>th</sup> December 2016 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, 5<sup>th</sup> March 2017. 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 – BRACKEN RIDGE – MCPHERSON PARK:** is an individual competition and is open to U7 – U17 age groups and will be held on Friday 3<sup>rd</sup> to Sunday 5<sup>th</sup> February 2017. 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<sup>th</sup> to 7<sup>th</sup> February 2017 at City North the last day to nominate at the Centre is Saturday, 23 January 2017. This needs to be done at the Club and ideally athletes should nominate prior to end of first half of the season in December 2016.

**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<sup>th</sup> to Sunday 20<sup>th</sup> March 2017 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 50% 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 - 2015/2016 Season**

**Darryl Paroz 2015/2016 Overall Most Improved**

Amber Nyssen

**Sports Person of the Year**

Amy Northfield

**2015/2016 Most Consistent**

Michael Malone

**Parent Volunteer Award**

Cheryl Radnedge

## Most Improved

### Junior Girl

Sapphire Montgomery-Ivers

### Junior Boy

Doug Phillips

### Intermediate Girl

Jessica Fletcher

### Intermediate Boy

Jamaji Iselin-Leone

### Senior Girl

Ruby Goodbun Rodgers

### Senior Boy

Connor McGurgan

## Encouragement Awards

### Junior Girl

Emily Boon

Allira Elson

Ava Ferguson

Mia Ferguson

Nicola Veneris

Isabella Crichton

Brianna Fitzell

### Junior Boy

Darcy O'Donoghue

Ethan Gration

Lachlan Wong

Riley Boon

Jack Williams

Aidan Nyssen

Lachlann Watson

Braidyn Polich

### Intermediate Girl

Gwen Watson

Giordana Pozzebon

Sally Galvin

Claudia Burke

Anika Foster

### Intermediate Boy

Rory O'Donoghue

Patrick Kennedy

### Senior Girl

Georgia van Balen

Ella Somarriba

Samantha Galvin

Emma Winstanley

### Senior Boy

Hamilton Fitzell

Mathew Mitchell

# Association and Club Competition Trophies

- 1. Regional Relay Day Medallion** - is awarded to all U7 & U8 athletes whose Relay team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> overall at the Regional Relay Day Competition.
- 2. Regional Championships Medallion** – is awarded to any U7 & U8 athletes who place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> 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 on TeamApp

If you wish to become a sponsor of City North Little Athletics please contact the Centre Manager or Assistant Centre Manager.

## 2016 / 2017 Calendar of Events

Date	Events	Program	Time
Sat, 20 Aug 2016	Returning Athletes Sign-on Day		2.00-4.00
Sat, 27 Aug 2016	Come & Try/New Athletes Sign-on Day, Competition and Fun Day	1	2.00pm
Sat, 3 Sep 2016	Sign-on Day & Competition and Fun Day	2	2.45pm
<b>Sat, 10 Sep 2016</b>	<b>Official START (Results Recorded) - Week 1</b>	<b>3</b>	<b>2.45pm</b>
Sat, 17 Sep 2016	City North Competition - Week 2 (Meeting)	1	2.00pm
<b>Sat, 24 Sep 2016</b>	<b>No Competition – Middle week school holiday</b>		
Sat, 1 Oct 2016	<b><u>NOMINATIONS DUE: Aspley/Ked Wavell Pentathlon</u></b>		
Sat, 1 Oct 2016	City North Competition - Week 3	2	2.45pm
Sat, 8 Oct 2016	<b>No Competition - Attendance at Aspley Pentathlon encouraged</b>		
<b>Sun, 9 Oct 2016</b>	<b>Aspley/Kedron Wavell Pentathlon (Bowden Pk, Geebung)</b>		<b>See Program</b>
Sat, 15 Oct 2016	City North Competition - Week 4 (Meeting)	4	2.45pm
<b>Sat, 15 Oct 2016</b>	<b><u>NOMINATIONS DUE: Regional Relays</u></b>		
<b>Sat, 15 Oct 2016</b>	<b><u>NOMINATIONS DUE: Junior Pentathlon / Senior Carnival</u></b>		
Sat, 22 Oct 2016	City North Competition - Week 5	1	2.45pm
Sat, 29 Oct 2016	City North Competition - Week 6	2	2.45pm
<b>Sat,30 Oct 2016</b>	<b>Junior Pentathlon / Senior Carnival (QSAC Nathan)</b>		<b>See Program</b>
<b>Sat, 5 Nov 2016</b>	<b>McDonald's Regional Relays (Strathpine LAC 18-24 Ogg Rd, Murrumba Downs)</b>		<b>See Program</b>
Sat, 12 Nov 2016	City North Competition - Week 7	3	2.45pm
Sat, 19 Nov 2016	City North Competition - Week 8 (Meeting)	1	2.45pm
Sat, 26 Nov 2016	City North Competition - Week 9	2	2.45pm

Sat, 3 Dec 2016	City North Competition - Week 10	3	2.45pm
Sat, 3 Dec 2016	<b>CHRISTMAS PARTY &amp; END of 1st HALF of SEASON</b>		2.45pm
Sat, 10 Dec 2016	McDonalds State Relays		See Program
Sat, 14 Jan 2017	<b>START of 2nd HALF of SEASON (Meeting)</b>		2.45pm
Sat, 14 Jan 2017	City North Competition - Week 11	1	2.45pm
Sat, 21 Jan 2017	City North Competition - Week 12	2	2.45pm
Sat, 21 Jan 2017	<b>NOMINATIONS DUE: Regional Championships</b>		
Sat, 28 Jan 2017	City North Competition - Week 13	4	2.45pm
3,4,5 Feb 2017	Nordic Sport Regional Championships		See Program
3,4,5 Feb 2017	(Bracken Ridge LAC, McPherson Park, Denham St, Bracken Ridge)		
Sat, 11 Feb 2017	City North Competition - Week 14 & Parent Challenge (Meeting)	1	2.45pm
Sat, 18 Feb 2017	City North Competition - Week 15 & Bring a Friend Day	2	2.45pm
Sat, 18 Feb 2017	<b>NOMINATIONS DUE: Junior Carnival/Senior Pentathlon</b>		
Sat, 25 Feb 2017	City North Club Championships (Windsor Park) Day 1 - Week 16	Special	2.45pm
Sat, 4 Mar 2017	City North Club Championships (Windsor Park) Day 2 - Week 17	Special	2.45pm
Sun, 5 Mar 2017	Junior Carnival/Senior Pentathlon, QSAC Main Stadium, Nathan		See Program
Sat, 11 Mar 2017	<b>Final Day fun day. Trophy Day. AGM</b>	Special	2.45pm
17,18,19 Mar 2017	State Championships, QSAC Main Stadium, Nathan	Special	See Program

**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:** 2.45pm for 3.00pm sharp start.

**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)

## 2016 / 2017 Committee Positions

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



<b>Volunteer Roles/Job</b>	<b>Current Holders*</b>	<b>Brief Description</b>	<b>When</b>
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	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, ensure sufficient age marshals prior to competition.	As required
Officials Officer		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	Tina Roberts	Maintaining & updating Facebook	As required
Chief Timekeeper		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	Melanie Fletcher Natasha Iselin Steve Iselin Michael Kennedy Fred Leone MC Morgan Kylie Nyssen	Attends meetings & contributes ideas & helps where needed.	Meetings & As required

<b>Volunteer Roles/Job</b>	<b>Current Holders*</b>	<b>Brief Description</b>	<b>When</b>
	Pauline Parnell Gerald Piper Cameron van Balen Tina Roberts		
<b>Parent Age Group Co-ordinator</b>		2 per grouping, ie 30 parents required in total - Act as Liaisons	As required
<b>Age Marshalls 3 per group</b>		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
<b>Controlling Event</b>			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.			

## Notes


# City North Little Athletics



In co-operation with Mayne Harriers Amateur Athletics  
Club

**[www.citynorthlas.asn.au](http://www.citynorthlas.asn.au)**

**2016 / 2017 Season**