



**2018/ 2019
PARENT AND ATHLETE INFORMATION
BOOKLET**

www.citynorthlas.asn.au

info@citynorthlas.asn.au

In co-operation with Mayne Harriers Amateur Athletics
Club

Version 1.6 Last modified 24/08/2018
Compiled by Sally Doyle

Affiliated with
Little Athletics Queensland

Committee Members for 2018/2019

Centre Manager	David Fitzell
Assistant Centre Manager	
Secretary	Sharon Davidson
Treasurer	Paul Coscarella
Chief Registrar	Linda Jordan
Publicity Officers	Amy Northfield Tina Roberts
Chief Recorder	Sally Doyle
Trophy Coordinator	Sally Doyle
Uniform Shop	Vanessa Vickery
Committee Member	Natasha Iselin
Committee Member	Michelle Whipps
Committee Member	Matt Phillips
Head Coach (not on Committee)	Andrew Iselin

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. **Positions in yellow above are currently vacant and need filling.**

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

**David Fitzell - 0417705413
or email info@citynorthlas.asn.au**

Welcome from the Centre Manager

As the recently finished 2018 Commonwealth Games 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 Magray still holds sprint records at our club.

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 year we are introducing a new competition program to the club starting at the ground level with our under 6s which will hopefully develop them in all track and field events as they make their journey into senior levels and beyond.

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 and pull down of the competition field, 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.

David Fitzell
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 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.

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

Fees

The following fees will apply for the 2018/2019 season:

First and second Child	\$180 (\$160.00 for U6s)
Each Child Thereafter	\$160 (\$140.00 for U6s)
Arena and Field set up 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 Field set up and pull-down Volunteer Bond is \$30 and is refundable if you assist 3 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 and Age Groups

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 2018/2019 season commences on the 25th August 2018 with a "Come and Try" day (which gives potential new members the chance to experience little athletics) and runs through until the 11th March 2019 at Windsor Park with the McDonald's State Championships held from the 22nd – 24th March 2017 at Townsville Sports Reserve, Townsville.

City North Little Athletics runs its club competition each Saturday afternoon from 2:30pm until approximately 5:00pm, with only a short break in December and early January.

The first day of the season is a "Come and Try" day where both athletes from last season and new athletes can participate. Formal recording of results of all *registered* athletes will commence on the 25th August. The official start of the season *is the week after* when each individual athlete is registered. Events rotate over approximately a 6 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.

During the athletes' warm up session each Saturday, there will be some parent coaching for the field events, so the parents can learn the correct rules and measuring techniques.

In addition there will be coaching sessions starting at 5:45pm running through to 6:45pm 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. These are included in the fees.

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 \$100, Mayne Harriers operates throughout the entire year.

For further information about Mayne Harriers visit their web site at www.mayneharrriers.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 2018/2019 Season

Age groups have changed this season from previous years. The cut-off date used to be September 30th but now LAQ has changed this to December 31st. For example, if your child is turning 6 this year (2018), they will be in the under 7 age group. Existing athletes who were born in October, November or December will be going up 2 age groups this time.

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 Coles 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:

Polo Shirts	\$40.00
Boys Shorts	\$30.00
Girl’s Bike Pants	\$30.00
Caps & Hats	\$15.00

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 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

Our Internet website can be found at,

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. It will be a rostered system for setting up the oval each Saturday afternoon and for running the 'Age Marshalling' groups. It is essential that everyone takes their part here so that the afternoon can run smoothly.

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." This operates on a rostered system.

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.

4. **Setting up beforehand**

Each Saturday at 1:30, families will be rostered on to set up the oval. We will need parents with a tow bar on a vehicle so that equipment can be transported to the correct positions on the field. Two coaches will be assisting too.

Please refer to “Fees” section for further information regarding the Arena and Field set up 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.
9. Be aware of your child's behaviour that he/she is not instigating physical/verbal misconduct towards others. Such repeated offences will not be tolerated and may result in dismissal from the club. Please notify the manager if your child is a target of such bullying so it can be eradicated immediately and peacefully. Your support here is essential to maintain the current tone of the club.

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.

POLICY POSITION STATEMENT CHILD PROTECTION

Every person and organisation bound by this policy must always place the safety and welfare of children above all other considerations.

City North acknowledges that our committee, staff and volunteers provide a valuable contribution to the positive experiences of our athletes. A volunteer is a person who is employed by another person not for financial reward but who may receive reimbursement for out of pocket expenses.

City North aims to ensure this continues and to protect the safety and welfare of its athletes. Several measures will be used to achieve this such as:

- Prohibiting any form of abuse against children
- Providing opportunities for our athletes to contribute to and provide feedback on our program development
- Carefully selecting and screening people whose role requires them to have regular contact with children. [Screening procedures as per state legislation are outlined in the appendix http://laq.org.au/Portals/47/Documents/Policies/Child%20Protection_Risk%20Management_Endorsed%2013%20Sept%202006.pdf]
- Ensuring our codes of conduct, particularly for roles associated with junior sport, are promoted, enforced and reviewed
- Providing procedures for raising concerns or complaints and Providing education and/or information to those involved in our sport on child abuse and child protection.

City North requires that any child who is abused, or anyone who reasonably suspects that a child has been or is being abused by someone within our sport, reports it immediately to the Centre's nominated Grievance Officer – Kylie Nyssen.

All allegations of child abuse will be dealt with promptly, seriously, sensitively and confidentially. A person will not be victimised for reporting an allegation of child abuse and the privacy of all persons concerned will be respected. If anyone bound by this policy reasonably suspects that a child is being abused by his or her

parent/s, they are advised to contact the Commission for Children and Young People and Child Guardian or the relevant government department for youth, family and community services in Queensland.

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. The only shot put, discus and javelin throwing permitted is in the circle (or throwing area for javelin) during the competition; not outside while waiting for your turn.
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 6:45pm. Accredited hand-picked 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 both during the week and on Saturday competitions. If your child is competing in Regional Relays, it is an expectation they practise with their teams frequently in lead up to the competition so the whole team can benefit. Failure to adhere to this may result in the athlete being replaced by another athlete. Coaches will keep a list of attendances.

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 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, (three PB's for Under 6 – 8 inclusive) 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.

The personal best that are accrued throughout the season begin a *week after the individual's athlete date of registration to the week prior to the Club Championships* at the conclusion of the season.

Club Championships

The club championships are held at the end of the season on Saturday 23rd February and Saturday 2nd March. Each age group compete in a total of 10 events over the two Saturdays and the points accumulated from these add for a total score which then allocate the places for all the competitors. The first 4 place getters in each age group is awarded with medallions on awards night.

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 were 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). 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 2018/2019 City North Little Athletics is continuing the 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 system will be progressively used to record athlete achievement levels. 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 does not compete outside of the club except for the Aspley Pentathlon – 21st October 2018. 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.

Aspley/Kedron Wavell PENTATHLON: is open to athletes from the U7 – U17 age groups only. It will be held on Sunday, 21st October 2018 at Paul O'Brien Oval, Bowden Park, Maidencombe Street, Geebung.

REGIONAL RELAYS – REDCLIFFE – LANGDON PARK, CNR OXLEY AND MABEL ST, MARGATE: 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. 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, 20th October 2018 and the event will be held on Saturday, 10th November 2018.

STATE RELAY DAY: is held at QEII stadium at Nathan on 15th December 2018 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.

NORDIC SPORT REGIONAL CHAMPIONSHIPS – ARANA HILLS – LESLIE PATRICK PARK: is an individual competition and is open to U7 – U17 age groups and will be held on Friday 1st to Sunday 3rd February 2019. 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). Nominations due on 12th January 2019.

IT IS ESSENTIAL THAT ANYONE WISHING TO NOMINATE DO THIS BY THE APPROPRIATE TIME. For Regional Championships scheduled for 1st to 3rd February 2019 at City North the last day to nominate at the Centre is Saturday, 12th 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 22nd to Sunday 24th March 2019 at Townsville Sports Reserve, Townsville.

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 (athletes must have over 70% attendance)

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 a large 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 individual age group categories:

Boys/Girls Under 6 – 17 inclusive.

5. Outstanding Achievement

To an athlete selected by the coaches and committee who have shown outstanding achievement throughout the season.

6. Centre Management Encouragement Award

Award to a male/female athlete to the discretion of the Centre Manager.

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.

Association and Club Competition Trophies

These remaining trophies are only awarded to athletes who haven't yet received any other trophy and have attended at least 60% of the competitions.

- 1. 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.
- 2. 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.
- 3. Encouragement Awards** – These smaller trophies are available to various athletes that are selected by the committee and coaches who really have put in maximum effort and displayed impeccable behaviour throughout the season. One is available for each age group.
- 4. Coach's Choice** – awarded up to 3 athletes who haven't received any other award but the coaches agree they deserve one for their achievements and positive attitude.

Medallions

- 1. State Relay Day Medallions** – is awarded to all athletes (U9 – U17) whose Relay team places in the State Relay Day Championships.
- 2. Championships Medallions** - is awarded to any athlete who qualifies for the State Championships.
- 3. Club Champion Medallions** – is awarded to the first four place getters in each age group.

Attendance Shield – to be eligible for an Attendance Trophy, the athlete must attend at least 50% 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.

Trophy Winners - 2017/2018 Season

Darryl Paroz 2017/2018 Overall Most Improved

Grace Doyle

Sports Person of the Year

Indiahna Frawley

2017/2018 Most Consistent

Amber Nyssen

Parent Volunteer Award

Michael Blain

Outstanding Achievement

Brianna Fitzell

Centre Manager's Encouragement Award

Jamaji Iselin-Leon

Saffron Jenkinson

Most PB's

Age group	Girls	Boys
6	Sadie Ashby	Alexander Hope
7	Ruby Jordan	Aston James
8	Abigail Middlemis	William Medland
9	Vienna Ranchod	Janis Lessner
10	Brianna Fitzell	Lachlan Chayter Braidyn Polich
11	Evie Ashby	Christopher Doyle
12	Indiahna Frawley	Jamaji Iselin-Leone Mana Mutale
13	Zara Blain	Finn Craze
14	Lauren Davidson	Matthew Eickenloff
15	Saffron Worthington- Inwood	
16		Connor McGurgan

Encouragement trophies are only awarded to athletes who have attended at least 60% of Saturday's competitions.

Encouragement Awards

Age Group	Girls	Boys
6	Lisa-Emma Brant	Oliver Wiecek Rojo
7	Makenzie Tull	Sebastian Bryan
8	Lilla Ribot De Bresace	Joshua Kwan
9	Sophia Hope	Baxter Jordan
10	Charlotte Blain	Thomas De Luca
11	Jessica Fletcher Milla Roberts	Seth Hudson
12	Eva Cirsten	Lucas Bryan
13	Zara Blain	
14	Fiona Kinnane Ursula Piper	

2018 / 2019 Calendar of Events

Date	Events	Program	Time
AUGUST			
Sat, 18 Aug 2018	Athletes Sign-on Day		1:30-4.30
Sat, 25 Aug 2018	OFFICAL SEASON START Come & Try/New Athletes Sign-on Day, Week 1	1	2.30pm
SEPTEMBER			
Sat, 01 Sep 2018	Come & Try/New Athletes Sign-on Day, Week 2	2	2.30pm
Sat, 08 Sep 2018	City North Competition - Week 3	3	2.30pm
Sat, 15 Sep 2018	City North Competition - Week 4	4	
Sat, 22 Sep 2018	City North Competition - Week 5	5	
Sat, 29 Sep 2018	NO COMPETITION, SCHOOL HOLIDAYS		2.30pm
OCTOBER			
Sat, 06 Oct 2018	City North Competition - Week 6	6	
Sat, 13 Oct 2018	City North Competition - Week 7	1	2.30pm
Sat, 20 Oct 2018	<u>Redcliffe carnival</u> <u>Langdon Park Margate</u>	1pm	Enter directly with Redcliffe La
Sat 20th Oct	<u>Nominations close for Regional Relays</u>		
Sat, 20 Oct 2018	City North Competition - Week 8	2	2.30pm
Sat, 27 Oct 2018	City North Competition - Week 9	3	2.30pm
NOVEMBER			
Sat, 03 Nov 2018	City North Competition - Week 10	4	2.30pm
Sun, 04 Nov 2018	<u>LAQ Summer Carnival</u> <u>SAF Nathan</u>		Nominations close Friday 26 OCT
Sat 10 Nov	No competition due to regional relays		
Sat, 10 Nov	<u>McDonald's Regional Relays Langdon Park Margate</u>		Nominations close Sat 20th Oct
This calendar and events listed are subject to change. Should an event change occur or if event is cancelled, it will be repeated the following week. Please see TeamApp or website for latest info.. Please keep in mind that all updates are completed by volunteers.			

Date	Events	Program	Time
NOVEMBER (continued)			
Sat, 17 Nov 2018	City North Competition - Week 11	5	2.30pm
Sat, 24 Nov 2018	City North Competition - Week 12	6	2.30pm
DECEMBER			
Sat, 01 Dec 2018	City North Competition - Week 13	1	2.30pm
Sat 8 th Dec 2018	City north competition week 14 Last day and break-up party	2	2:30pm
Sat 15 th Dec	McDonalds State Relays (QSAC Nathan)		See Program
JANUARY 2019			
Sat, 12 Jan 2019	START of 2nd HALF of SEASON (Meeting)		1.30pm
Sat, 12 Jan 2019	City North Competition - Week 15	3	2.30pm
Sat, 19 Jan 2019	City North Competition - Week 16	4	2.30pm
Sat, 19 Jan 2019	NOMINATIONS CLOSE: Regional Championships		
Sat, 26 Jan 2019	City North Competition - Week 17	5	2.30pm
FEBRUARY			
Sat 2 nd Feb	No competition due to regional champs		
1,2,3 Feb 2019	Nordic Sport Regional Championships Leslie Patrick Park		See Program
Sat, 9 Feb 2018	City North Competition - Week 18 & Bring a Friend Day	6	2.30pm
Sat 16 th Feb	LAQ Multi Carnival SAF		Nominations close
Sat, 16 Feb 2018	City North Competition - Week 19	1	2.30pm
Sat, 23 Feb 2018	City North Club Championships (Windsor Park) Day 1 - Week 19	Special	2.30pm
MARCH			
Sat, 2 Mar 2018	City North Club Championships (Windsor Park) Day 2 - Week 20	Special	2.30pm
Sat 9 Mar 2018	City North Competition – week 20 PB's not counted.	2	
Sat 2 & Sun 3	LAQ multi Carnival - SAF		See Program
This calendar and events listed are subject to change. Should an event change occur or if event is cancelled, it will be repeated the following week. Please see TeamApp or website for latest info. Please keep in mind that all updates are completed by volunteers.			

2018 / 2019 Committee Positions

Volunteer Roles/Job	Current Holders*	Brief Description	When
Centre Manager	David Fitzell	Managing Club & Meetings, Representing club	As required
Assistant Centre Manager(s)		Assist Centre Manager in performance of duties & deputise where necessary	As required
Secretary	Sharon Davidson	Minutes, Correspondence, Representing Club	Monthly
Treasurer	Paul Coscarella	Receipts, Payments, Prep Centre Financial records, Present to Meeting	As required
Registrars	Linda Jordan	Ensuring all registration details are obtained, correct and info forwarded to LAQ	Busy Aug/Sep
Data Entry	Kelly Frost and Tanya Frawley	Enters the competition results to master recording sheets.	Weekly
Nominations Officer	Linda Jordan	Receiving nominations for Association days and ensuring nominations are submitted prior to deadlines.	See calendar
Program Officer	Sally Doyle	Prep of diary of seasons activities, weekly comp program, recommend committee on program events, champs etc	As required
Arena Manager	David Fitzell	Conduct comp activities, supervision of weekly program, recommend programming events, championships etc to committee	Saturdays
Coaching Manager	Andrew Iselin	Organise coaching, educate parents & encourage participation in Assoc coaching programs. Organise officials instruction, training and examinations.	Tues & Thurs
Officials Education Officer	Cameron Van Balan	Organise sufficient parents to act as officials, educate parents & ensure centre supplies officials for Assoc comps.	As required
Canteen Convenor BBQ Coordinator	Nick Roberts Rachelle Farquharson	Supply canteen service, purchase stock, annual stocktake, and coordinate canteen & balance monies.	Saturdays
Equipment & Facilities Manager		Control equipment, prep & maintain arena, complete annual stocktake.	As required
Uniform Officer	Vanessa Vickery	Ensure adequate supply of uniforms, co-ordinate sales, balance monies.	As required
Publicity Officer	Tina Roberts Amy Northfield	Relations bet Centre, members, wider Assoc, general public & maintaining a pictorial record of activities for season.	As required
Fundraising Officer	Natasha Iselin	Organising and running fundraising activities	As required
Chief Recorder	Sally Doyle	Co-ord recording of comp results, arrange transfer to master recording sheets. Interprets data for awards.	Saturday & as required

Volunteer Roles/Job	Current Holders*	Brief Description	When
Parent Liaison Officer	Amy Northfield	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
Records	Natasha Iselin	Centre Records	As required
Trophies Officer	Sally Doyle	Using info provided by Recorder & LAQ to identify winners (documented in Parent & Athlete Handbook, order trophies & organisation of Trophy Days.	Jan-Mar
Team Manager	Amy Northfield	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	Tina Roberts	Maintaining & updating TeamApp	As required
Facebook	Tina Roberts, Amy Northfield	Maintaining & updating Facebook	As required
Chief Timekeeper		Uses a multi-time stopwatch for timekeeping & trains others in its use	Saturdays
Grants Officer	supported by Steve Iselin	Prep & submission of Government Grants claims	As required
General Committee Members	Natasha Iselin Matt Phillips Sally Doyle Linda Jordan Steve Iselin Amy Northfield Vanessa Vickery Michelle Whipps	Attends meetings & contributes ideas & helps where needed.	Meetings & As required
* 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.			
Positions in yellow above are currently vacant and need filling.			

City North Little Athletics



In co-operation with Mayne Harriers Amateur Athletics
Club

www.citynorthlas.asn.au

2018 / 2019 Season