



WELCOME

2018/19

HORNSBY DISTRICT LITTLE ATHLETICS CENTRE

MESSAGE FROM YOUR PRESIDENT



My philosophy is that Little Athletics is a place where kids learn to enjoy being active. I am a firm believer that a good technique is the biggest part of an athlete's performance so we are investing heavily in coaching this year. I also believe an athlete with a good attitude will perform to the best of their ability every time they compete and so I will be encouraging all age managers to recognise good sportsmanship.

Our centre will be championing training and skills development to ensure all athletes get the support that they need to be the best they can be. You can help us by encouraging your kids to listen to the coaches and TRY their best. Those PBs will come.

Most of all we want the kids to have fun. Children who have fun while doing their sport will be more inclined to want to keep coming back and associate being active with having fun, which is what I as a parent want for my own children's futures.

Lance Erasmus

SAVE THE DATE

Saturday 8/9:

First Competition Day U7+ only

Saturday 15/9:

Competition starts for U6 & Tiny Tots

Saturday 29/9

No Competition - October long weekend

Sat 17/11 - Sun 18/11:

State Relay Champs at SOPAC

Fri 30/11 - Sun 2/12:

Zone Championships at Narrabeen (no centre competition)

Saturday 15/12:

Festive Bonanza and last day of competition before Christmas

Friday tbc January:

Disco night with NDLAC

IMPORTANT HEALTH AND SAFETY

These important rules help us to keep everyone safe while at the centre. Please take note of the following:

- If you are assisting on the field, you must be wearing a yellow vest, starters bib or first aid bib. Spectators must stay off the competition areas at all times.
- No prams are to be on the field at any time.
- To get help from a first aider, find someone in a green First Aid bib or notify a committee member or computer operator to call a first aider. In an emergency situation dial 000 immediately.
- The oval and surrounding areas are a cigarette free zone.
- Please read the enclosed behavioural guidelines and help us to encourage positive, respectful behaviour from all parents and athletes.
- Limited water and sun screen will be available, but please arrive prepared for warm weather.

WHAT TO BRING

- Centre uniform must be worn every Saturday along with race number and age patches. Please review our website for instructions on correct placement of patches. A light jumper can be worn on cold mornings.
- Bring a small bag with a water bottle, morning tea and a hat, and be sure to label everything clearly.
- Shoes are compulsory for all events. U7-U10 athletes: Athletes in these age groups should wear sports shoes or waffle shoes. U11-U17 athletes: Shoes with metal spikes are optional and can be worn by athletes in the U11-U17 age groups only.
- Safety is very important when an athlete wishes to compete in 'spiked shoes'. An athlete must carry their shoes to their event, put their shoes on at the start, and remove them at the finish line after the race. Please note: only tartan spikes are allowed on the long jump track.

DON'T MISS A THING!

Our facebook page is always updated



2018/19

NEWSLETTER

HORNSBY DISTRICT LITTLE ATHLETICS CENTRE

AWARDS

The **Star Awards** system provides athletes with goals to aim for during the season. It rewards athletes for their attendance and improvement.

An athlete can be awarded up to 5 stars in a season, for increasing levels of performance; Yellow, Green, Red, Blue and finally Gold. The stars can be displayed on the athlete's centre uniform. Stars will be automatically awarded this season. See website for specific information.

End of **season trophies** are awarded at presentation day in May. To be eligible for an award, athletes need to attend at least 60%* of competition days within the season. (*25% for U14-U17 age groups)

Our annual **Septathlon** event is a points based event with medals awarded to first, second and third boy and girl in each age group. See the website for more details and the date for Septathlon.

TRAINING & PROGRAM CHANGES

Each week the groups follow one of 4 programs and rotate between events. The weekly program can be found on the website home page or in the online calendar. In the case of wet weather, either a specific wet weather program will be followed, or competition may be cancelled. The Facebook page and website will be updated by 7am in case of cancellation.

For the first 5 weeks, the Saturday program will include a non-measured or timed skills based training session, followed by a shorter competition. This aims to help our age managers teach the fundamental skills in all technical events, for better performances throughout the season. We have new professional coaches at HDLAC this season who join the existing parent coaching team. These qualified coaches, age managers and helpful parents will coordinate the Saturday training.

Mid week training will start in Week 1 of Term 4 and details are still being finalised. Training is optional and is recommended for ages U8 and above, although younger siblings are welcome to attend. Parents may be asked to assist depending on numbers. See the training page and Facebook page for details. Athletes may also be selected to join the Epping District AC coaching program where relevant. Speak to the coaching coordinator for more details.

AGE MANAGERS



Each group has a dedicated age manager who is responsible for supervision of the group, passing along important messages and coordinating the purchase of well deserved ice blocks each week. Please

Speak to your age manager if you have any questions about Saturday mornings.

Age Managers also coordinate set up duties, canteen and bbq helpers.

HOW TO HELP

The parent obligation form provides numerous ways for you to assist the centre each week, depending on your level of commitment. From a committee position, helping with decision making, or an occasional Saturday morning job running the events, there is a job for everyone. Your children will also benefit from seeing you volunteer with their club.

OPTIONAL ENDURANCE EVENTS

U10 and older athletes have the option to compete in a race walk or 1500m event once a month at 7:30am. These events count towards star awards and are often a good opportunity to qualify for zone competition. Review the programs to see when these events are scheduled.

SENIORS

Our partner club Epping District AC caters for seniors and adults, including a social running group.

