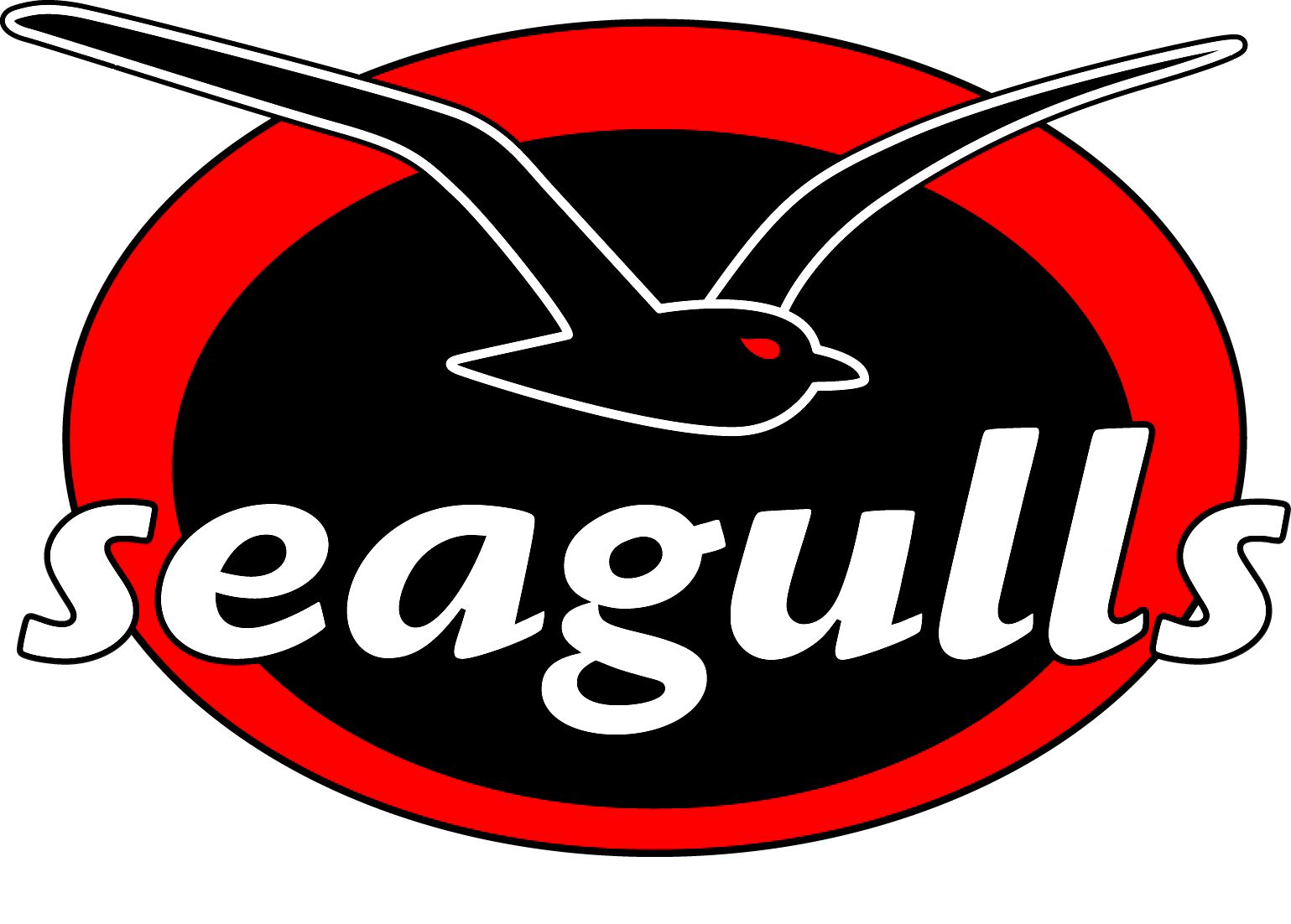
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TWEED



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**2014/2015**

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CENTRE MANAGEMENT COMMITTEE 2014/2015

**LIFE MEMBERS** Ron & Diane Baker Les & Kay Gearey Barbara Morton

# OFFICIALS

Centre Manager Craig Simpkins (07) 55 908 195 / 0412 433 583

Secretary Sheree Scott 0417 599 289

Treasurer Janeen Simpkins (07)55 908 195 / 0413 171 822 Registrar

Officials Officer Janeen Simpkins (07)55 908 195 / 0413 171 822 Nominations Officer Crystal Walkerden 0407 589 013

Publicity Rhione Madden (02) 66 763 662 / 0407557167

Website Editor Janeen Simpkins (07)55 908 195 / 0413 171 822

Canteen Convener Janeen Simpkins (07)55 908 195 / 0413 171 822

Equipment Officer Dave Williams (02) 66 744 529

Program Officer Andrew Barkworth arb375@gmail.com

Recorder Angela Finkel 0434 266 102

Fundraising Officer

Child Protection Officer Crystal Walkerden 0407 589 013

Coach Coordinator Les Gearey (07) 55 245 189 / 0438 245 189

# CENTRE COMMITTEE MEETINGS

Committee members meet on the second Tuesday of each month at Seagulls Club. If anyone has an issue/concern please submit in writing and either mail to the Centre or give to a Committee Member.

**COMPETITION VENUE**

Walter Peate Oval Postal Address

Wommin Bay Road PO Box 280

KINGSCLIFF NSW 2487 TWEED HEADS NSW 2485

SATURDAY COMPETITION STARTING TIME

*COMPETITION START TIME - 8.00am

*   (NSW Daylight saving time – when applicable)

Email: [ttlittleathletics@hotmail.com](mailto:ttlittleathletics@hotmail.com)

LAQ website www.qlaa.asn.au

# WET WEATHER INFORMATION

**In the case of the weekly meeting being cancelled due to inclement weather, the committee will make a decision as soon as is practical and notification through OUR message service**

**Message Service no. for Tweed Seagulls Little Athletics Centre only:**

**07 30302934**

**COMPETITION CALENDAR 2014/2015 SEASON**

**Note: Tweed Seagulls Little Athletics is on every Saturday from 20th September – 14th March 2014 (weather permitting) unless stated below-**

|  |  |  |  |
| --- | --- | --- | --- |
| **EVENT** | **VENUE** |  | **COMPETITION**  **DATE** |
| **2014** | | | |
| Newcomers Days | Walter Peate Oval  Murphy’s Rd Kingscliff |  | Sunday 14th Sept 2014  Start – 9am |
| First day of Competition | Walter Peate Oval Kingscliff |  | Saturday  Official start 8am  20 th September 2014 |
| October Long Weekend | Kingscliff | TWILIGHT MEET | Thursday 5pm  2nd October 2014 |
| Senior Carnival/  Junior Pentathlon | Qld State Athletics Centre  Brisbane | Nominations close 28/10/13 | Sunday  2nd November 2014 |
| Regional Relays | Mudgeeraba | Nominations Close  02/11/14 | Sunday  16th November 2014 |
| Last Comp day before Christmas | Kingscliff | TWILIGHT MEET | Thursday TWILIGHT  11 th December 2014 |
| State Relays | Qld State Athletics Centre  Brisbane | No Tweed Seagulls  Little A’s Comp  (eligible teams only) | Saturday  13th December 2014 |
| **Christmas Break**  **3 Saturdays only** | so02065_**No Competition**  Seasons  Greetings | | **Saturday 20th Dec**  **Saturday 27th Dec**  **And**  **Saturday 3rd Jan** |
| **2015** | | | |
| First Day Back from Christmas break | Kingscliff |  | Saturday  10th January 2015 |
| Regional  Championships | Kingscliff | No Tweed Seagulls  Little A’s Comp  Nom’s Close 31/1/15 | Saturday & Sunday 14th & 15th February 2015 |
| Junior Carnival/  Senior Pentathlon | State Athletics Field  Nathan | Nom’s Close 21/2/15 | Sunday  1st March 2015 |
| Last Competition Day !!!! | Kingscliff |  | Saturday  14th March 2015 |
| State Championships | QSAC | Nom’s Close 21/2/15 (eligible athletes only) | Friday-Sunday  20th – 22nd March 2015 |



**Little Athletics Mission Statement**

**“Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through**

**family and community involvement in Athletic activities.”**

WHAT IS LITTLE ATHLETICS?

* LITTLE ATHLETICS is a FAMILY activity in which children from the age groups of U6 to U17 years learn the basic athletic skills of running, jumping and throwing.
* LITTLE ATHLETICS is a **FUN** activity. ALL children, regardless of ability, are encouraged to participate.
* Each child is encouraged to improve their own personal best (PB) performance. To do this, your LITTLE ATHLETICS CENTRE provides friendly competitions on Saturday mornings, and provides training/coaching activities during the week.
* By joining in these activities, and learning how to do all the events correctly your

child will have lots of fun.

* LITTLE ATHLETICS is a **FITNESS** activity. From the simple warm-up exercises, which precede each meeting and training session, to the actual running, jumping and throwing events, all LITTLE ATHLETICS activities are designed to help improve your child’s fitness and well being.

j0078793![Text Box: BEING A GOOD
SPORT IS BETTER THAN BEING
GOOD AT SPORT
](data:image/x-wmf;base64,183GmgAAAAAAADABqgBPAAAAAADEVgEACQAAA4oAAAAAAGwAAAAAAGwAAAAmBg8AzgBXTUZDAQAAAAAAAQBPZQAAAAABAAAArAAAAAAAAACsAAAAAQAAAGwAAAAAAAAAAAAAAP//////////AAAAAAAAAACdHgAAGhEAACBFTUYAAAEArAAAAAUAAAABAAAAAAAAAAAAAAAAAAAAAAUAACADAABKAQAAzgAAAAAAAAAAAAAAAAAAABAJBQCwJAMAFgAAAAwAAAAYAAAACgAAABAAAAAAAAAAAAAAAAkAAAAQAAAAAAAAAAAAAAAOAAAAFAAAAAAAAAAQAAAAFAAAAAQAAAADAQgABQAAAAsCAAAAAAUAAAAMAqoAMAEEAAAALgEYAAMAAAAAAA==)

# BEING A GOOD

SPORT IS BETTER THAN BEING

GOOD AT SPORT

LITTLE ATHLETICS AUSTRALIA WIDE

LITTLE ATHLETICS is conducted in all States and Territories within Australia and involves many thousands of children. This Australia wide activity is administered by AUSTRALIAN LITTLE ATHLETICS, which acts as the secretariat for the State Associations.

In Queensland, our activities are co-ordinated by QUEENSLAND LITTLE ATHLETICS ASSOCIATION, which is administered by a BOARD OF MANAGEMENT, STAFF AND COMMITTEES. TWEED LITTLE ATHLETICS is affiliated with this State body.

SOUTH COAST REGION

All centres in Queensland are grouped into Regions for competitions to determine qualifiers for STATE, INDIVIDUAL and TEAMS CHAMPIONSHIPS.

The SOUTH COAST REGION of QUEENSLAND LITTLE ATHLETICS is comprised of the following centres:

Ashmore ~ Byron Bay ~ Beaudesert ~ Gold Coast ~ Helensvale ~ Mudgeeraba ~ Mullumbimby ~ Runaway Bay ~ Tweed ~ Mount Tamborine

REGISTRATION AND UNIFORM REGULATIONS

REGISTRATION

|  |  |  |
| --- | --- | --- |
| 14/15 |  | Ryan xxxxxx |

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1. Upon registration you will receive a registration number, which is to be attached firmly to the FRONT of the Centre shirt, so as to be clearly visible at all times.
2. The athletes name and season should also be inserted in the spaces provided with a fabric pen.
3. An age label, which is to be attached in the form of a pocket to the LEFT shoulder of the shirt. This should be sewn on THREE SIDES, with the top left open, to hold performance tickets.

4. A result book in which you can fix your performance tickets.

5. A Centre Yearbook – one per family.

1. Each child also receives a McDonald Achievement Award Card, .

REGISTRATION AGES – 2014/2015

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONTH** | **2009** | **2008** | **2007** | **2006** | **2005** | **2004** | **2003** | **2002** | **2001** | **2000** | **1999** | **1998** | **1997** |
| JANUARY | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| FEBRUARY | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| MARCH | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| APRIL | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| MAY | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| JUNE | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| JULY | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| AUGUST | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| SEPTEMBER | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |  |
| OCTOBER |  | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |
| NOVEMBER |  | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |
| DECEMBER |  | **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13** | **U14** | **U15** | **U16** | **U17** |

**NOTE: CHILDREN IN THIS AREA ARE TOO YOUNG AT 1st OCTOBER**

Children born on or after 1st October 2009 are too young for full registration however; they can register as soon as they turn five years of age **but** not before. Please inquire with the registrar for further details.

**POLICY FOR THE UNDER 6 AGE GROUP**

The U6 age group does not compete up an age group for any reason and may only compete at their own Centre or other Centre carnivals. This policy was formed after due consideration of the National guidelines for the involvement of children in Athletics.

UNIFORMS

**SHIRT** Red shirt with collar, black band and piping, with Tweed Seagulls printed across the back. Registration and age labels must be attached correctly. (Available only from the Centre)

**SHORTS** Black shorts for boys, black sports briefs, bike pants or shorts for girls.

**SKINS Skins must be black with minimal writing and above the knees – full length skins are not permitted.**



**NO LOGOS OF ANY DESCRIPTION ON SHORTS/BIKE PANTS.**

**These must be plain black only.**

**Disqualification WILL occur at competition level.**

**HATS Brimmed hat**

This uniform MUST be worn at ALL CENTRE COMPETITIONS

(Saturday mornings), as well as ASSOCIATION & REGIONAL competitions,

or DISQUALIFICATION WILL RESULT.

**SUPPORTER SHIRTS:** We also have CLUB SUPPORTER shirts available for Committee and Parents. We will attempt to have a variety of stock most of the time.

FOOTWEAR

**It is QLAA policy that ALL children MUST compete in footwear at ALL times.**

Your child will be asked to leave the event if they do not have shoes.

Footwear is compulsory in all events at all competition levels including State, Region and Centre level.

SPIKES

**SPIKES** may be worn by U/11 to U/17 in laned events, long jump, triple jump,

high jump and javelin, they also can be worn unlaned events in the U13-U17

but not walks. Spikes are not permitted in any other events or age

groups due to the risk of injury to other children. **Spikes must be removed**

**immediately after the event** i.e. the finish line.

They are not to be worn to and from events or walking around the field.

Children who are found doing this will be given one warning and for any

subsequent offences they will have a deduction made in their points for that

day’s competition. This is an issue of safety and will be strictly adhered to.

LOST PROPERTY

All property left unclaimed at the end of the season will be given to charity. It is the responsibility of all parents to check that their children’s belongings are collected after each competition and training session. All items left on the field are placed in the lost property box in the shed.

SAFETY GUIDELINES

**WARM UP BEFORE COMPETITION IS A MUST**

[](http://paradisegolfproducts.com/Chiller%20Hat%20Photos/PGP_Hats%20064.j)Competition and training sessions are preceded by warm up exercise and drills. **Participation in this session is essential to prevent injuries such as strains and sprains.** Parents should also become familiar with the warm up programme as this will be your responsibility to assist your child with this at Regional and Association Competitions.



SUN SAFETY

It is the policy of our Centre that **EVERY CHILD** must wear a hat and sunscreen at all times.

We would ask that you ensure that your child has a hat and wears it at all times except when they are actually competing in events. Sunscreen is provided in the canteen area, please make use of it and **PROTECT YOUR CHILD FROM THE SUN.**

**WATER: MAKE SURE YOUR CHILD HAS WATER. IF YOU DON’T BRING IT FROM HOME, BOTTLED WATER IS AVAILABLE FOR PURCHASE AT THE CANTEEN.**

NO SMOKING

Smoking shall not be permitted in any competition or spectator areas during any Little Athletics competition. Little Athletics understands the harmful effects of smoking on health, fitness and performance in sport.

MEDICAL

All athletes, officials and helpers should have a regular intake of fluids, not high sugar drinks, before and during training and competition. Care should be taken that athletes do not participate

in activities of long duration in conditions of extreme temperatures and high humidity. An individual’s medical condition and/or disability must be identified and the Centre Committee advised

accordingly. Athletes suffering injury should be removed from training or competition **IMMEDIATELY.** Details of any injury sustained during training or competition should be reported to the Centre Manager: Craig Simpkins.

**FIRST AID OFFICERS**

**RICK VANDEN DRIEST**

PARENT PARTICIPATION

To enable us to conduct the events which will be held at our Centre every week we require the assistance of parents. The duties you will be called upon to perform require NO

athletic knowledge or experience, and consist of timekeeping, place judging, measuring heights and distances, recording results of events and acting as age leaders, to ensure that athletes are at the correct event at the correct time. At least one leader is required per age-group, boys and girls, but it is preferable to have two.

We ask that all age leaders report ANY UNSATISFACTORY behaviour to the Centre Manager or any member of the Centre Committee – these people can be identified by their club badges – so that appropriate action can be taken to ensure the safety and well being of all our athletes.

To run a normal Saturday morning program we require the assistance of AT LEAST 60 PARENTS. To all families that are new to our Centre – if you are unsure of what to do or where help is required just ask any of the Committee and you will be shown how to do these simple tasks that are vital to the successful running of our Centre.

PARENT ATTENDANCE AND SUPERVISION

ALL ATHLETES MUST HAVE A PARENT/GUARDIAN WITH THEM TO ASSIST EVERY WEEK

* Obviously the younger age groups need more parents to help supervise but we must not forget the older ones. They still need some guidance and assistance at events

and at times for behaviour control.

* Particular attention is to be made at events such as javelin, discus, shot put and high jump.
* If it is found that athletes **DO NOT RESPOND** to safety instructions given during the running of the event then that athlete may be removed from participation in

that event or the event may be cancelled altogether.

* FURTHER BREACHES OF SAFETY SHOULD BE BROUGHT TO THE IMMEDIATE ATTENTION OF THE CENTRE MANAGER AND/OR A COMMITTEE MEMBER WHO WILL DEAL WITH THE MATTER AS REQUIRED.
* All athletes and unauthorised persons are not permitted access to the equipment shed for safety reasons.

**Please Note:**

Parents/Guardians are to be held wholly responsible for the safety and well being of ALL

and any of their children within their care whilst at our Centre.

This means for the entire time your child/children, whether they are competitors or not,

are YOUR RESPONSIBILITY.WHERE CAN YOU HELP OUT?

The following list indicates the minimum number of officials/parents required to conduct a Saturday’s program. Add to this at least 2 age leaders per age group and you can easily see why we need so many parent helpers. The more help we have from our parents the more efficiently the program will run.

**TRACK EVENTS**

* 1 STARTER
* 1 CHECK STARTER (assists with lane draws and keeps a check on false starts)
* 8 TIMEKEEPERS (times are to be recorded for all athletes in all events)
* 1 CHIEF PLACE JUDGE
* 8 PLACE JUDGES
* 1 FINISH MARSHALL (to keep the athletes in their lanes until the place

Judges have handed out the place tickets and to ensure that all athletes remove their spikes before leaving the track)

✓ 2 RECORDERS (these people will be situated near the finish line at the recorders table and will be writing out the performance tickets for the athletes)

**THROWING EVENTS (SHOTPUT – DISCUS – JAVELIN)**

* 1 JUDGE
* 2 MEASURERS
  + 1 SPIKER (to place the spike in the place where the implement first strikes the ground)
  + 1 RETURN OFFICIAL (to return the implement to the throw area without throwing it  -      it must be returned by hand)
* 1 RECORDER
* THIS MANY OFFICIALS/PARENTS ARE REQUIRED PER THROW AREA.

**LONG AND TRIPLE JUMP**

* 1 JUDGE
* 2 MEASURERS
* 1 SPIKER (to place the spike at landing point)
* 1 PIT ATTENDANT
* 1 RECORDER

**HIGH JUMP**

* 1 JUDGE
* 2 BAR ATTENDANTS (to remeasure the heights and replace the bar when required)
* 1 RECORDER

**ALL RECORDERS ARE TO COMPLETE THE**

**PERFORMANCE TICKETS FOR THAT EVENT**

**OFFICIALS! YOU CAN BE ONE**

As you would most likely appreciate, our centre cannot run efficiently without the valued assistance of officials. All parents are encouraged to become officials. If you assist on a Saturday morning you are already half way to obtaining your D grade officials ticket. It’s not as hard as you think. All exams are open book and on our Website SO HAVE A GO.

**Simply put, we need more!**

This is YOUR centre and your valuable assistance for the week-to-week running of your children's events will be most appreciated.

It's not a difficult job and does not require a lot of your time.

The more help we have the quicker we finish the program.

1. *      **Parents should be filling out grey official’s card.**
2. *      **Talk to the committee for more information.**

RESPONSIBILITIES

ALL ATHLETES MUST HAVE A PARENT/GUARDIAN IN ATTENDANCE AT EACH MEET. THOSE ATHLETES WHO DO NOT HAVE A PARENT /GUARDIAN IN ATTENDANCE WILL NOT BE ABLE TO COMPETE.

**PARENT LEVY – ABOLISHED**

Last year to bring us in line with all other clubs in Qld we have abolished the parent levy refund as it takes too much manpower and hours to administer and is a great burden to the committee. All other clubs charge same or higher fees than us even with none refund of parent levy. We hope you will understand this decision **TWEED SEAGULLS LITTLE ATHLETICS PARENTAL CODE OF CONDUCT**

## * Treat each other as you would like to be treated

* Promote constructive discussion

De-personalize issues

Be supportive

Be tactful and considerate

Keep an open mind

Co-operate with each other

Assist the Centre when and where possible

Always keeping in mind our motto:

***FAMILY, FUN AND FITNESS***

*Authorised by:*

*The Voluntary Centre Committee of Tweed Seagulls Branch Little Athletics Centre*

###### LAQ Codes of Conduct

Sport has a very special place in the Australian society. Winning, of course, is a vital part of that tradition, but not as important as the spirit in which the majority of those Australian heroes have played their sport. That spirit stems from our commitment of fair play.

**Parents, Administrators, Officials and Spectators**

1. If children are interested, encourage them to participate. If not willing, do not force them.
2. Focus upon the child’s efforts and performance rather than the overall outcome of the event. This reduces the emphasis on winning.
3. Teach the child that honest efforts are as important as victory, so that the result of each competition is accepted without undue disappointment.
4. Encourage the child to always participate according to the rules.
5. Never ridicule or yell at the child for making a mistake or losing a competition.
6. Remember children are involved in organized sports for their enjoyment not yours.
7. Remember that children learn best by example and applaud good performances by all athletes.
8. If you disagree with an Official, raise the issue through the appropriate channels rather than question the official’s judgment and honesty in public.
9. Support all efforts to remove verbal and physical abuse from children’s sporting activities.
10. Recognize the value and importance of volunteers. They give their time and resources to provide recreational activities for children.

**Coaches**

1. Be reasonable in your demands on the young athlete’s time, energy and enthusiasm. Remember that they have other interests.
2. Teach the athletes that rules of the sport are mutual agreements, which no one should evade or break.
3. When coaching, group athletes according to age, height, skill and physical maturity whenever possible.
4. Avoid over-attention to the talented athletes. The ‘just average’ athletes need and deserve equal time.
5. Remember that children compete for fun and enjoyment and that winning is only part of their motivation.
6. Ensure that equipment and facilities meet safety standards and are appropriate to the athlete’s age and ability.
7. The scheduling and length of coaching practice times and competitions should take into consideration the maturity level of the children.
8. Develop each athlete’s respect for the ability of opponents, as well as for the judgment of Officials and opposing athletes.

9. Follow the advice of a sports medicine physician when determining when an injured athlete is ready to compete or practice again.

10. Remember that children need a coach they can respect. Be generous with your praise when it is deserved, and set a good example.

1. Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.

**Athletes**

1. Compete and train for the ‘fun of it’, not to please your parents or coach.
2. Play by the rules and never argue with Officials’ decisions.
3. Control your temper, no ‘mouthing off’, and breaking equipment throwing implements or other equipment.
4. Work equally for yourself and your team in relay and team events, as your team’s performance will benefit and so will your own.
5. Be a good sport. Cheer all good performances, whether they are your centre mates or your opponents.
6. Treat all athletes, as you would like to be treated. Don’t interfere with, bully or take unfair advantage of any other athlete.
7. Remember that the goal of training or competition is to have fun, improve your skills and feel good. Don’t be a show-off or brag about your own performances.
8. Co-operate with your Coach, Centre mates and opponents, for without them you don’t have a competition.

**Zero Tolerance**

LAQ recognizes the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics in Queensland. LAQ does not tolerate abuse

in any of its forms, and has developed the policy to clearly outline the processes and penalties to be applied. The policy is to be used, where applicable, in conjunction with the LAQ Codes of Conduct, QAA member Protection Policy and the relevant Constitution.

Please visit the LAQ website for a complete copy of this policy.

**Website: http://laq.org.au/**

[](http://www.dep.state.fl.us/admin/training/neo/YourRights/images/datntry3.g)

PRESENTATION DAY END OF SEASON AWARDS

**NOTE: To receive any awards on presentation night athletes (U6 – U15) must have attended at least *60%* of our weekly meets for the season.**

*AGE GROUP AWARDS*

One of the aims of Little Athletics is to improve the athletic performance of our members. We have a system of scoring whereby the number of points each child receives for each event each week is not determined by where they come in their race/group, but by the actual distance they throw/jump or the time they run/hurdle/walk. The minimum points received per **completed** event are 10. Every athlete also receives **25 points for attendance** each week they participate at our Centre as well as for attending the following LAQ sanctioned events – Regional Relays, Jnr/Snr Carnival, Jnr/Snr Pentathlon and Regional Championships. (Note: Performance points are **not** awarded for these carnivals.

If your child is unable to attend any meets, due to illness or medical condition, a medical certificate from your doctor will ensure they still receive their basic attendance points for that period. Also if your family is going away the athletes can compete at any Little Athletics Centre Australia wide and still receive their points. Ask for copies of their performances to be posted to the Centre Manager, PO Box 280, Tweed Heads NSW 2485.

At the end of the season all points are collated in age groups and sex and the Centre gives out 1st, 2nd & 3rd place trophies for each group(U6 –U15) from track events (70m,100m,200m,400m,800m,1500m,hurdles and walks) and also 1st, 2nd & 3rd place trophies for Field events (shot put, discus, javelin, long/high/triple jump)

Encouragement and Participation trophies are also awarded.

All senior athletes (U16 & U17) as long as they have attended the minimum centre requirements as stated by LAQ, will be recognised for their participation and contribution as ambassadors to the Centre via an individual plaque.

***IAN WHITE MEMORIAL AWARD***

This prestigious perpetual Encouragement award is given to the male athlete who always gives 110%, participates in everything, participates with a smile and encourages and supports others to also perform and develop their skills to the best of their abilities. It is not given to the best athlete but to one who epitomises sportsmanship – that being a good sport is better than being good at sport’

***TWEED CARAVAN ENCOURAGEMENT AWARD***

This prestigious perpetual Encouragement award is given to the female athlete who always gives 110%, participates in everything, participates with a smile and encourages and supports others to also perform and develop their skills to the best of their abilities. It is not given to the best athlete but to one who epitomises sportsmanship – that being a good sport is better than being good at sport’

***100%ATTENDANCE Certificates***

Certificates are awarded to those athletes who have attended and competed at **each** weekly meet.

***RECOGNITION OF LONG SERVICE AWARDS***

These are our awards in recognition of those athletes who have had 5 (or more) consecutive years competing at our centre.

***SUB-JUNIOR, JUNIOR and SENIOR Boy & Girl Champion Awards***

These trophies are awarded to the male and female athletes who perform the best at the annual Queensland State Little Athletics Championships. Sub-Junior Champion is from the U9 –U10 age groups, Junior Champions is from the U11 – U12 age groups and the Senior Champions come from the U13-U15 age groups.

COMPETION TICKETS AND RECORDS

The Centre maintains records of the individual performances of each athlete on every Centre competition day; however, all children can keep a record of their own performances and improvements. Tickets, showing times/distances, are given for each attempted event each week and can be kept in the booklet received at sign on. Athletes are reminded to collect these tickets each week.

***CENTRE RECORDS CAN ONLY BE SET AT OUT CENTRE (in competition, not a practice jump/throw) and must be verified by an official.* If you are helping at an event and suspect that there is a new record, make sure that the measure spike is left in place and call for an official to re-measure/verify it. Claimed records that have not been verified by an official will not be accepted.**

**Officials who can verify records are: Les Gearey, Craig Simpkins, and Janeen Simpkins.**

***COMPETING AT REGIONAL, STATE and NATIONAL COMPETITIONS***

All U7 – U17 athletes registered with TLA that have competed at the centre for at least 4 weeks, can compete at the Regional Relays and/or Regional Championships.

All U9 – U17 athletes who qualify at the Regional Relays and/or Regional Championships are eligible to participate at the State Championships.

All U13’s & U15’s who have a minimum Club attendance of 60%, attend the Regional Championships and State Championships are eligible for selection in the Qld Little Athletics Team. Only 11 boys and 11 girls from the U13’s and 2 boys and 2 girls from the U15’s are chosen by State selectors each year.

***McDONALDS ACHIEVEMENT AWARDS***

All Athletes will now receive in their pack at beginning of season a card for the McDonalds Achievement Awards; this will enable you to track your progress in these categories. When you achieve 3 in the event group, present your card to committee member for verification and the award will be issued the following week.

The McDonald’s achievement levels are calculated by LAQ. Anyone achieving a Green level has achieved a good level of performance, a Red level – a very good performance, but achievable by only about 65% and a Blue level – an excellent performance achievable by only about 20% of Little Athletes. Levels for each age group and all events are detailed on the LAQ website. To receive a McDonald’s Achievement Award Certificate (given throughout the season), an athlete must reach the relevant level in all events applicable to their age group in three event groups. For example an U13 athlete would be awarded a Green level certificate if they were to equal or better the Green level times and distances in (1) Hurdles: 60m Hurdles and 200m hurdles, (2) sprints: 70m,100m& 200m and in (3) throws: Discus, Javelin and Shot put.

The maximum number of certificates an athlete can receive each season is three: one Green level, one Red level and one Blue level.

SOME RULES FOR YOUR INFORMATION

**HIGH JUMP:**

U/8 to U/11 does a scissor jump on scissor mats.  The "Fosbury Flop" can only be done at Little Athletics by athletes in the U/12 to U/17 age groups. However, this is not compulsory and they can still do the scissor jump.

U/12 to U/17 use “flop” (thick) mats regardless if they scissor or flop.

**LONG JUMP:**

U/6 to U/12 are measured from the toe imprint on the mat to the first imprint in the sand closest to the take off mat.  U/13 to U/17 are measured at 90 degree to the board.  Competitors are to exit the pit forward of their jump and not retrace their steps.  If they retrace their steps back through the pit it will be called a foul.  If they fall back placing any part of their body in the sand the jump will be measured from the mark closest to the board.

**TRIPLE JUMP:**

U/11 to U/17 do triple jump. U/13 – U17 athletes have a board set at 5, 7 or 9 metres from the pit, U/11 & U/12 use a mat to jump from. All jumps are measured as per long jump.  When practicing at home use a mat to hop from. The foot that lands on the mat MUST be the one used to do the hop, then you do a step onto the other foot, then jump into the pit, if you don’t reach the pit a foul jump is recorded.  For exiting the pit the same rules as long jump apply.

**800M & 1500M TRACK EVENTS:**

The 800m event can either be a **laned or pack start** event depending on the meet. The 1500m is a pack start event.

**DISCUS:**

A discus may be thrown any way as long as it lands within the sector lines. **If it lands on the sector lines it**

**is a foul.** The competitor must not leave the circle through the front, all competitors must leave the circle from the back half and ONLY AFTER the discus has landed. Otherwise the throw will be fouled.

**SHOT PUT:**

A shot put can only be "put" in a very specific way, please ask if you have any problems. The shot must be thrown from the shoulder in close proximity to the neck and the chin, no further back than the midline of the shoulder, and should move in a forward direction from the shoulder.  The shot must land within the sector lines.  **If it lands on the sector lines it will be called a foul.  Competitors MUST leave the shot put**

**circle through the back half of the circle or the "put" will be fouled.**

**JAVELIN:**

U/11 to U/17 athletes do javelin.  This can be a very dangerous event and competitors MUST obey the rules

of not playing with javelin and acting sensibly at all times.  Anyone found to be careless or disregarding these rules will not be allowed to participate further in javelin that day.  The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall NOT be slung or hurled. The javelin MUST land within the sector lines and the thrower must wait until the javelin lands before leaving the throw area.  If the thrower goes over the foul line the throw will be considered a foul and not measured.  The javelin must land tip first to be considered a fair throw.

ALL COMPETITORS AT CENTRE LEVEL IN THE FOLLOWING EVENTS ARE ONLY PERMITTED TO HAVE THREE TRIALS PER EVENT REGARDLESS OF THE CIRCUMSTANCES:

**SHOT PUT, DISCUS, JAVELIN, LONG JUMP & TRIPLE JUMP**

ALL THROW EVENTS MUST START FROM A STATIONARY POSITION. IF AN ATHLETE LEAVES AN EVENT AREA WITHOUT COMPLETING THEIR THREE TRIALS THEY ARE ONLY ENTITLED TO REJOIN HE COMPETITION AT THE STAGE IT IS WHEN THEY RETURN.  ***UNDER NO CIRCUMSTANCES CAN ANY ATHLETE HAVE TWO OR THREE TRIALS IN A ROW.***

EVENT SPECIFICATIONS RULES

HURDLES

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Age | **Boys/ Girls** | **Distance** | **Height** | **No. of Flights** | **First Hurdle** | **Distance Between** | **Last Hurdle** |
| U8 **U9** | Boys &  Girls | 60m  60m | 45cm | 6 | 12m in | 7m | 13m out |
| **U10**  **U11** | Boys &  Girls | 60m  60m | 60cm | 6 | 12m in | 7m | 13m out |
| **U12** | Boys &  Girls | 60m  60m | 68cm | 6 | 12m in | 7m | 13m out |
| **U13**  **U14** | Boys & Girls  Girls | 80m  80m | 76cm | 9 | 12m in | 7m | 12m out |
| **U14**  **U15-17** | Boys  Girls | 90m  90m | 76cm | 9 | 13m in | 8m | 13m out |
| **U15-**  **U17** | Boys | 100m | 76cm | 10 | 13m in | 8.5m | 10.5m out |
| **U/17** | Boys | 110m | 76cm | 10 | 13.72m in | 9.14m | 14.02m out |
| **U13** | Boys & Girls | 200m | 68cm | 5 | 20m in | 35m | 40m out |
| **U14-17** | Boys & Girls | 200m | 76cm | 5 | 20m in | 35m | 40m out |

## WEIGHTS OF THROWING IMPLEMENTS USED

**GIRLS** **BOYS**

***DISCUS - GIRLS* *DISCUS - BOYS***

**U6 & U7 350gr U6 & U7 350gr  
U8/ U9/ U10 500gr U8/ U9/ U10 500gr**

**U11/ U12/ U13 750gr U11 & U12 750gr**

**U14/U15/U16/U17 1kg** **U13/U14/U15/U16/U17 1kg**

***SHOT PUT - GIRLS SHOTPUT - BOYS***

**U6 & U7 1kg U6 & U7 1kg**

**U8 1.5kg U8 1.5kg**

**U9/ U10/ U11/ U12 2kg U9/ U10/ U11 2kg**

**U13/ U14/ U15 3kg U12/ U13/U14 3kg**

**U16 & U17 3kg U15/ U16/ U17 4kg**

***JAVELIN - GIRLS JAVELIN - BOYS***

**U11/ U12/ U13/U14 400gr U11/ U12 400gr**

**U15/ U16/ U17 500gr U13/ U14 600gr**

**U15/U16/ U17 700gr**

**2013/2014 GIRLS CENTRE CHAMPIONS**

|  |  |
| --- | --- |
| TRACK | FIELD |
| **Under 6**  **1st Indiana Crawford**  **2nd Rose Beddoes-Clarke**  **3rd Lyla Williams** | Under 6 **1st Rose Beddoes-Clarke**  **2nd Indiana Crawford**  **3rd Emily Rose O’Brien** |
| **Under 7**  **1st Indiana Branch**  **2nd Evie Clarkson**  **3rd Lily O’Donnell** | Under 7 **1st Evie Clarkson**  **2nd Lily O’Donnell**  **3rd Indiana Branch** |
| **Under 8**  **1st Edie Pearson**  **2nd Lacey Madden**  **3rd Kiara Rose** | **Under 8**  **1st Lacey Madden**  **2nd Edie Pearson**  **3rd Francesca O’Brien** |
| **Under 9**  **1st Eva Pietraszkiewicz**  **2nd Elli Steel**  **3rd Ashley Palin** | **Under 9**  **1st Imogen Scott**  **2nd Eva Pietraszkiewicz**  **3rd Grace Williams** |
| Under 10 **1st Sophie Hollis**  **2nd Ulani Nelson**  **3rd Mariah Ouwerling** | **Under 10**  **1st Ulani Nelson**  **2nd Ebony Laing**  **3rd Ella McLaughlin** |
| **Under 11**  **1st Georgia Charles**  **2nd Emily French**  **3rd Holly Taylor** | **Under 11**  **1st Eva Williams**  **2nd Darcie Pearson**  **3rd Georgia Charles** |
| **Under 12**  **1st Chloe Palin**  **2nd Maia Shaw**  **3rd Jade Harrison Kitchener** | **Under 12**  **1st Summer Butler**  **2nd Kayla Harris**  **3rd Jade Harrison Kitchener** |
| Under 13 **1st Nina Gordon**  **2nd Mikayla Madden**  **3rd Lily Perry-Swift** | **Under 13**  **1st Mikayla Madden**  **2nd Nina Gordon**  **3rd Lily Perry-Swift** |
| **Under 14**  **1st Jordan Rose**  **2nd Jessica Hoy**  **3rd Phoebe Robson** | **Under 14**  **1st Jessica Hoy**  **2nd Jordan Rose**  **3rd Phoebe Robson** |
| **Under 15**  **1st Millicent Cotmore**  **2nd Sarah Trevaskis** | Under 15 **1st Millicent Cotmore**  **2nd Sarah Trevaskis** |
| **Under 16**  **Kuepper Feehan**  **Alexandra Robinson**  **Tannaya Twomey** | **Under 16 Boys**  **Dylan Clarke**  **Kyle Hill**  **Ben Kaufman**  **Curtis Marsden**  **Sam Naoum** Aodhan O’Reilly Wilson |

**2013/2014 BOYS CENTRE CHAMPIONS**

|  |  |
| --- | --- |
| **TRACK** | **FIELD** |
| **Under 6**  **1st Tex Milroy**  **2nd Ethan Grocott**  **3rd Zeke Zimmerle** | Under 6 **1st Tex Milroy**  **2nd Zeke Zimmerle**  **3rd Ethan Grocott** |
| **Under 7**  **1st Lachlan Morton**  **2nd Jake Penney**  **3rd Luke Steel** | Under 7 **1st Lachlan Morton**  **2nd William Spedding**  **3rd Luke Steel** |
| **Under 8**  **1st James Mellor**  **2nd Lachlan French**  **3rd Shane Stanford** | **Under 8**  **1st Shane Stanford**  **2nd Lachlan French**  **3rd James Mellor** |
| **Under 9**  **1st Matthew Bollard**  **2nd Ned O’Neill**  **3rd Klyde Milroy** | **Under 9**  **1st Matthew Bollard**  **2nd Lachlan Walker**  **3rd Ned O’Neill** |
| **Under 10**  **1st Luke Bennett**  **2nd Ezra Trotter**  **3rd Mathew Walkerden** | **Under 10**  **1st Ezra Trotter**  **2nd Joel McAlister**  **3rd Tom Mulligan** |
| **Under 11**  **1st Eoghan Barnes**  **2nd Ryan Simpkins**  **3rd Reece Madden** | **Under 11**  **1st Reece Madden**  **2nd Eoghan Barnes**  **3rd Ryan Simpkins** |
| **Under 12**  **1st Joseph Manning**  **2nd Callum Vanden Driest**  **3rd Kel Shaw** | **Under 12**  **1st Callum Vanden Driest**  **2nd Joseph Manning**  **3rd Connor Morton** |
| **Under 13**  **1st Mathew Kilburn**  **2nd Thomas Marsden**  **3rd Jack Dawson** | **Under 13**  **1st Mathew Kilburn**  **2nd Lachlan Stanford**  **3rd Thomas Marsden** |
| **Under 14**  **1st Dainton Hickey** | **Under 14**  **1st Dainton Hickey** |
| **Under 15**  **1st Nicholas Andreas**  **2nd Zachary Perry-Swift**  **3rd Brody Butler** | Under 15 **1st Nicholas Andreas**  **2nd Brody Butler**  **3rd Ben Prestwich-Hart** |

**TWEED SEAGULLS BRANCH LITTLE ATHLETICS**

**2014 STATE CHAMPIONSHIPS TEAM**

Nicholas Andreas, Luke Bennett, Matthew Bollard, Brody Butler, Summer Butler, Georgia Charles, Millicent Cotmore, Kuepper Feehan, Kayla Harris, Mathew Kilburn, Ebony Laing, Mikayla Madden, Reece Madden, Kylde Milroy, Eva Pietraszkiewicz, Ben Prestwich-Hart, Imogen Scott, Ryan Simpkins, Sarah Trevaskis and Tannaya Twomey

|  |  |  |  |
| --- | --- | --- | --- |
| Age Group | Event | Medal | Name |
| U/9 | 70m | Gold | Matthew Bollard |
| U/9 | Long Jump | Gold | Matthew Bollard |
| U/9 | 60m Hurdles | Gold | Matthew Bollard |
| U/9 | 100m | Silver | Matthew Bollard |
| U/9 | 200m | Silver | Matthew Bollard |
| U/10 | Shotput | Bronze | Ebony Laing |
| U/12 | Shotput | Silver | Summer Butler |
| U/12 | Discus | Silver | Summer Butler |
| U/16 | 100m Hurdles | Silver | Dylan Clarke |
| U/16 | High Jump | Silver | Dylan Clarke |
| U/16 | High Jump | Gold | Kuepper Feehan |
| U/16 | Pentathlon | Gold | Kuepper Feehan |

**IAN WHITE ENCOURAGEMENT AWARD**

**Under 11 Boys - Ethan Kilburn**

**TWEED CARAVAN AWARD**

**Under 12 Girls - Anna Morris**





 *Seagulls Club*

**Gollan Drive Tweed Heads West**

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