

ILLAWONG ATHLETICS INC.

# Illawong Little Athletics Centre



## 2011 - 2012 SEASON HANDBOOK

AFFILIATED WITH THE  
LITTLE ATHLETICS ASSOCIATION OF NSW

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# President's Welcome

## “FAMILY, FUN and FITNESS”.

On behalf of the Illawong Little Athletics Executive and coaches I extend a very warm welcome to all new and returning families to The Ridge for the 2011/2012 season. This will be our Centre's 36<sup>th</sup> season and the 8<sup>th</sup> season at The Ridge.

Congratulations to our 2011/2012 Club Captains, David Ross and Jessica Kable, who were elected by their fellow athletes and announced at our Presentation Night. I am sure they will be great role models for our junior athletes and display excellent mentoring and leadership skills.

Encouraging and helping our athletes to do their best is our main aim, however to do this we need help from each and every one of you. With up to 20 events running at the same time assistance is required all day at every event to ensure we get through the program in a good time frame. We ask parents to move to the events with your child/ren - do not worry about not knowing what to do as there are always other parents and officials around who can show you – give it a go and get involved, after all it is that you are asking your children to do.

In early November the U11's and U12's can try out for a position on the LAANSW Trans Tasman Team to travel to New Zealand in January 2012 to compete against the NZ athletes in the Trans Tasman Challenge. This is a fabulous learning experience for these junior athletes and I encourage the athletes and their families to seriously consider this opportunity. We have one current athlete who made the team 2 years ago and had a fantastic time in NZ (and won a silver medal).

Also in November is the State Relays, start thinking about this event now as it comes around quickly. This year the Zone Championships will be held at the Port Hacking track and the Region Championships at The Crest (Bass Hill). Parental assistance at all these championships is a condition of entry, entries for the Zone championships will open in late October.

There have been IAAF changes to the weight of implements used in some youth women's throwing events. U17 girls shot will now be 3kg; the U14 girls javelin will be 400g; and the U15-U17 girls javelin will now be 500g. That also means new records can be set in these events this season. The records that were set using the previous weights will now remain as historic records.

This season we are going green and will be distributing our fortnightly newsletter electronically (also available for viewing on the website). If you have not provided an email address as yet please email Laura Reid, our newsletter editor, and she will include you in the distribution list.

Finally, **thank you to all the sponsors** who have signed up with Illawong Little Athletics for another season, your assistance is greatly appreciated. Please support our sponsors as they support us.

Best of luck to all our athletes this season.

*Deborah Engeler*  
**President ILAC**



# Illawong Little Athletics Centre Executive

| President                                                                                                                                        |  | Vice President                                                                                                             |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------|--|
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| Secretary                                                                                                                                        |  | Treasurer                                                                                                                  |  |
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| Officer for Championships                                                                                                                        |  | Officer for Officials                                                                                                      |  |
| VACANT                                                                                                                                           |  | VACANT                                                                                                                     |  |
| Registrar                                                                                                                                        |  | Director of Coaching                                                                                                       |  |
| Helen Nisbet<br>Phone: <b>9543 0490</b><br>Email: <a href="mailto:thenisbets@bigpond.com">thenisbets@bigpond.com</a>                             |  | Danielle Clarke<br>Email: <a href="mailto:dclarke63@bigpond.com">dclarke63@bigpond.com</a>                                 |  |
| Officer for Equipment                                                                                                                            |  | Marketing Officer                                                                                                          |  |
| VACANT                                                                                                                                           |  | Amanda Nicholls<br>Phone: <b>9541 0681</b><br>Email: <a href="mailto:amanda@sign.net.au">amanda@sign.net.au</a>            |  |
| Newsletter Editor                                                                                                                                |  | Canteen Administrator                                                                                                      |  |
| Laura Reid<br>Phone: <b>0407 148 121</b><br>Email: <a href="mailto:Laura.Reid@alere.com">Laura.Reid@alere.com</a>                                |  | VACANT                                                                                                                     |  |

The Little Athletics Association of NSW has a zero tolerance on the consumption of alcohol during any sanctioned event. There will be no sale or consumption of alcohol during the conduct of any Little Athletics activity.

Smoking shall not be permitted in any competition or spectator area during any Little Athletics competition.



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# ITINERARY: 2011-2012 Season

|                   |                  |                  |                |                                                                                                                               |
|-------------------|------------------|------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>SEPTEMBER:</b> | 10               | Sat              | 12:45pm        | Centre Competition/grading day at The Ridge                                                                                   |
|                   | 17               | Sat              | 12:45pm        | Centre Competition/grading day at The Ridge                                                                                   |
| <b>OCTOBER:</b>   | 4                | Sat              | 12:45pm        | Centre Competition at The Ridge - <b>OFFICIAL START OF SEASON</b>                                                             |
|                   | 1                | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
|                   | 8                | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
|                   | 15               | Sat              | 12:45pm        | Centre competition at The Ridge                                                                                               |
|                   | 22               | Sat              | 12:45pm        | Centre competition at The Ridge                                                                                               |
|                   | <b>28</b>        | <b>Fri</b>       | <b>12:45pm</b> | Centre competition at The Ridge                                                                                               |
|                   | 29               | Sat              |                | <i>Athletics NSW Club Premiership Competition. Athletes dual registered with ANSW are welcome to compete</i>                  |
|                   | <b>NOVEMBER:</b> | 5                | Sat            | 12:45pm                                                                                                                       |
| <b>6</b>          |                  | <b>Sun</b>       | <b>8:00am</b>  | <b>TRANS TASMAN TRIALS – Flinders, Shellharbour (U11 - U12s only)</b>                                                         |
| 12                |                  | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
| 19                |                  | Sat              | 12:45pm        | Centre Competition at The Ridge<br><b>Entries Close for Zone Championships</b>                                                |
| 26                |                  | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
| <b>26</b>         |                  | <b>Sat</b>       | <b>8:00am</b>  | <b>STATE RELAYS JUNIORS - SOPAC, Homebush</b>                                                                                 |
| <b>27</b>         |                  | <b>Sun</b>       | <b>8:00am</b>  | <b>STATE RELAYS SENIORS - SOPAC, Homebush</b>                                                                                 |
| <b>DECEMBER:</b>  | 3                | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
|                   | 10               | Sat              | 12:45pm        | Centre Competition at The Ridge<br><b>XMAS BREAK</b>                                                                          |
| <b>JANUARY:</b>   | <b>5-17</b>      |                  |                | <b>Trans Tasman Tour – New Zealand (selected U11 - U12s only)</b>                                                             |
|                   | 14               | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
|                   | 21               | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
|                   | 28               | Sat              | 12:45pm        | Centre Competition at The Ridge<br><b>Entries Open for Illawong Teams Pentathlon</b>                                          |
| <b>FEBRUARY:</b>  | <b>3</b>         | <b>Fri</b>       | <b>6:00pm</b>  | <b>ZONE CHAMPIONSHIPS - Sylvania Waters Athletics Track</b>                                                                   |
|                   | <b>4</b>         | <b>Sat</b>       | <b>8:00am</b>  | <b>ZONE CHAMPIONSHIPS - Sylvania Waters Athletics Track</b>                                                                   |
|                   | <b>5</b>         | <b>Sun</b>       | <b>8:00am</b>  | <b>ZONE CHAMPIONSHIPS - Sylvania Waters Athletics Track</b>                                                                   |
|                   | 11               | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
|                   | <b>17</b>        | <b>Fri</b>       | <b>6:00pm</b>  | <b>REGION CHAMPIONSHIPS - The Crest</b>                                                                                       |
|                   | <b>18</b>        | <b>Sat</b>       | <b>8:00am</b>  | <b>REGION CHAMPIONSHIPS - The Crest</b>                                                                                       |
|                   | <b>19</b>        | <b>Sun</b>       | <b>8:00am</b>  | <b>REGION CHAMPIONSHIPS - The Crest</b>                                                                                       |
|                   | 25               | Sat              | 12:45pm        | Centre Competition at The Ridge                                                                                               |
| <b>MARCH:</b>     | 3                | Sat              | 12:45pm        | Centre Competition at The Ridge<br><b>Entries Close for Illawong Teams Pentathlon</b>                                         |
|                   | <b>3</b>         | <b>Sat</b>       | <b>8:00am</b>  | <b>State Multi Championships - Cessnock</b>                                                                                   |
|                   | <b>4</b>         | <b>Sun</b>       | <b>8:00am</b>  | <b>State Multi Championships - Cessnock</b>                                                                                   |
|                   | 10               | Sat              | 12:45pm        | Teams Pentathlon & Club Relay Championship at The Ridge<br>Medals presentation to winning teams - <b>last competition day</b> |
|                   | <b>23-25</b>     | <b>Fri - Sun</b> |                | <b>STATE TRACK &amp; FIELD CHAMPIONSHIPS- SOPAC, Homebush</b>                                                                 |
| <b>APRIL:</b>     | <b>3</b>         | <b>Tues</b>      | <b>7:00pm</b>  | <b>Presentation Day - Club Menai (to be confirmed)</b>                                                                        |
|                   | <b>18-22</b>     |                  |                | <b>AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS - Hobart</b>                                                                     |
| <b>MAY:</b>       | <b>10</b>        | <b>Thur</b>      | <b>7:30pm</b>  | <b>Illawong Athletics Inc Annual General Meeting - The Ridge</b>                                                              |
| <b>JULY:</b>      | <b>1</b>         | <b>Sun</b>       | <b>8:00am</b>  | <b>STATE CROSS COUNTRY &amp; ROAD WALKS CHAMPIONSHIPS – West Dapto</b>                                                        |

# Rules for Centre Competition

1. All events will be conducted under the rules of competition of the LAANSW, IAAF Handbook, or Local Rules as they apply.
2. All competitors **MUST** be registered members of the LAANSW or an interstate LAA to compete.
3. Officials and competitors only are permitted on the competition area. On completion of their events, competitors must leave the competition area.
4. **ALL COMPETITORS MUST COMPETE IN APPROVED CLUB UNIFORM WITH REGISTERED NUMBER VISIBLY ATTACHED TO FRONT OF UNIFORM**, and approved sponsorship must be clearly shown.
5. Spiked shoes cannot be worn by athletes competing in Under 6, 7 or 8 age groups.
6. Spiked shoes may be used by the Under 9 and above age groups in all jump events, and only in track events which are contested solely in lanes, ie. Up to and including 400m.
7. **SPIKED SHOES MUST NOT BE WORN OUTSIDE COMPETITION AREA.** Because of the danger involved in wearing spikes outside the competition area, any athlete who breaches this rule will be reported to the Competition Manager. The athlete's name will be recorded and his/her parents notified that a second infringement will result in appropriate action being taken by the Illawong Executive. This will entail loss of competition points or debarring from competition.
8. Maximum length of spikes at all Association conducted carnivals may vary from one athletic venue to another. It is the responsibility of each athlete to ensure his/her spikes do not exceed these limits, otherwise he/she will not be allowed to compete.
9. **Starting blocks are to be used by all competitors wearing spikes.** They may be used at the discretion of each competitor if not wearing spikes
10. Each event will only be called twice. No calls will be made for individual competitors for any event.
11. All competitors must report to the marshalling area before proceeding to an event, unless advised otherwise. Any competitor arriving late at the marshalling area will only be allowed to compete in their event at the discretion of either the Chief Marshal, Track Referee or Chief Field Referee.
12. Where insufficient numbers arrive to compete in an event, age groups may be combined at the discretion of the Competition Manager.
13. In all field events, one practice and three competition throws or jumps only will be allowed for each competitor.
14. All additional rules and regulations will apply as per "NOTES FOR GUIDANCE OF OFFICIALS HANDBOOK" LAANSW, and the IAAF HANDBOOK .
15. Adjustments and additions to the Centre program may be implemented at the discretion of the Competition Manager.
16. Any protests are to be directed to the appropriate referee or Competition Manager, accompanied by a \$20 fee. If the protest is upheld or considered genuine, the \$20 will be refunded. Money will not be refunded for frivolous protests.
17. In all long and triple jumps, the 0.5 metre x 1.0 metre rectangle take-off will be used for all age groups up to and including Under 12. The 20cm take-off board will be used for Under 13, 14 and 15 age groups.

18. Implement Specifications

|            | Shot Put       |                | Discus |       | Javelin |       |
|------------|----------------|----------------|--------|-------|---------|-------|
|            | Boys           | Girls          | Boys   | Girls | Boys    | Girls |
| <b>U6</b>  | 1kg (blue)     | 1kg (blue)     | 350g   | 350g  |         |       |
| <b>U7</b>  | 1kg (blue)     | 1kg (blue)     | 350g   | 350g  |         |       |
| <b>U8</b>  | 1.5kg (yellow) | 1.5kg (yellow) | 500g   | 500g  |         |       |
| <b>U9</b>  | 2kg (orange)   | 2kg (orange)   | 500g   | 500g  |         |       |
| <b>U10</b> | 2kg (orange)   | 2kg (orange)   | 500g   | 500g  |         |       |
| <b>U11</b> | 2kg (orange)   | 2kg (orange)   | 750g   | 750g  |         |       |
| <b>U12</b> | 3kg (white)    | 2kg (orange)   | 750g   | 750g  | 400g    | 400g  |
| <b>U13</b> | 3kg (white)    | 3kg (white)    | 1kg    | 750g  | 600g    | 400g  |
| <b>U14</b> | 4kg (red)      | 3kg (white)    | 1kg    | 1kg   | 600g    | 400g  |
| <b>U15</b> | 4kg (red)      | 3kg (white)    | 1kg    | 1kg   | 600g    | 500g  |
| <b>U17</b> | 5kg (green)    | 3kg (white)    | 1.5kg  | 1kg   | 700g    | 500g  |

19. **Children must compete in events for their correct age group only.**

20. If a complete program is cancelled due to inclement weather, that series will be held on the next Saturday afternoon listed for Centre competition.

21. All track events up to and including 400m will be graded each week based on previous times. All other track events will be graded at the discretion of the Track Referee.

22. **SHOES MUST BE WORN AT ALL ASSOCIATION CARNIVALS IN ALL EVENTS AND ATHLETES WILL NOT BE ALLOWED TO COMPETE WITHOUT THEM. SHOES MUST BE WORN AT ILLAWONG COMPETITION FOR ALL EVENTS.**

The Centre fully supports the wearing of shoes regardless of whether the surface is grass or synthetic. We suggest that it is wise to invest now in adequate footwear.



# Program of Events

A two-day program of events will be conducted for each age group. Detailed below is a preliminary program which will operate from the commencement of the **first week of the season, that is, 10 September, 2011**. Depending on registration numbers and the availability of parents to help with the conduct of each day's events, this program will continue to operate throughout the season.

However, it may be necessary to change the program if insufficient parental assistance is forthcoming. In fact, it may be necessary to cancel some events - but this is something we don't like doing at Illawong, as it disappoints the children. It is, therefore, in the interests of your children that you help out. Remember, Little A's can only operate with the assistance of parents.

In the event of any change, the program of events will be displayed on the notice board on each day of competition and announcements made throughout the carnival.

**NB: IN ORDER TO FINISH EACH DAY'S COMPETITION WITHIN A REASONABLE TIMEFRAME, ALL EVENTS WILL HAVE FIRST CALL AT 12:45pm TO COMMENCE AT 1.00pm. IT IS YOUR RESPONSIBILITY TO ARRIVE ON TIME.**

## Day 1:

Under 6: 50m, 70m, 200m, Shot Put, High Jump  
Under 7: 70m, 100m, 500m, Shot Put, Long Jump  
Under 8: 70m, 100m, 400m, Discus, High Jump  
Under 9: 100m, 400m, 800m, Shot Put, Long Jump  
Under 10: 70m, 100m, 400m, 1500m, Shot Put, High Jump  
Under 11: 100m, 400m, 1500m, Discus, High Jump, Triple Jump  
Under 12: 100m, 400m, 1500m, Discus, Long Jump, Javelin  
Under 13: 100m, 400m, 1500m, 200m Hurdles, Shot Put, High Jump, Triple Jump, Javelin  
Under 14: 100m, 400m, 1500m, 200m Hurdles, Shot Put, High Jump, Triple Jump, Javelin  
Under 15: 100m, 400m, 1500m, 200m Hurdles, Discus, Long Jump, Javelin  
Under 17: 100m, 400m, 1500m, 200m Hurdles, Discus, Long Jump, Javelin

## Day 2:

Under 6: 70m, 100m, X-Country, 60m Hurdles, Long Jump  
Under 7: 70m, 200m, 60m Hurdles, Discus, High Jump  
Under 8: 200m, 700m, 60m Hurdles, Shot Put, Long Jump  
Under 9: 70m, 200m, 60m Hurdles, 700m Walk, Discus, High Jump  
Under 10: 200m, 800m, 60m Hurdles, 1100m Walk, Discus, Long Jump  
Under 11: 200m, 800m, 60m Hurdles, 1100m Walk, Shot Put, Long Jump  
Under 12: 200m, 800m, 60m Hurdles, 1500m Walk, Shot Put, High Jump, Triple Jump  
Under 13: 200m, 800m, 3km, 80m Hurdles, 1500m Walk, Discus, Long Jump  
Under 14: 200m, 800m, 3km, 80/90m Hurdles, 1500m Walk, Discus, Long Jump  
Under 15: 200m, 800m, 3km, 90/100m Hurdles, 1500m Walk, Shot Put, High and Triple Jump  
Under 17: 200m, 800m, 3km, 100/110m Hurdles, 1500m Walk, Shot Put, High and Triple Jump

## Tiny Tots

(Non-competition events.) A special program of fun events will be conducted on each day of competition for children 3 to 5 years. Tiny Tots must be registered.

## **THOUGHT FOR THE SEASON:**

Remember when "EVERYBODY" said that "SOMEBODY" would do it - "NOBODY" did. So come on, give us a hand - you will enjoy it.

## No Competition Days

Please note, that there will be **no Saturday afternoon competition** on the following dates:-

|            |                                                         |
|------------|---------------------------------------------------------|
| 29/10/2011 | <b>Friday night competition to be held - 28/10/2011</b> |
| 17/12/2011 | Christmas/New Year Break                                |
| 24/12/2011 | Christmas/New Year Break                                |
| 31/12/2011 | Christmas/New Year Break                                |
| 07/01/2012 | Christmas/New Year Break                                |
| 04/02/2012 | Zone Championships                                      |
| 18/02/2012 | Region Championships                                    |

Any athlete who is interested in additional competition on these "no competition days" would be most welcome to attend Illawong Senior Carnival (Friday nights starting at 6:30pm) or alternatively other local Centres. However, it is suggested that you confer with a member of the Illawong Executive first to ensure that your visit does not inconvenience the host Centre, and to ensure that the host Centre is also conducting competition.

## Wet Weather/Extreme Heat - Cancellation of Centre Competition

A decision on whether or not to proceed **will be made at approx 12:15pm** by the Committee at The Ridge. Text the password **ILAC** to the Bounce Back SMS service on 199BBSMS (199 22767) and you will receive a return text notifying you of any cancellations/changes. A standard 55c call fee applies.

## Centre Records

An updated list of all Centre Records is available each week along with a list of records broken the previous week.

## Insurance

Athletes and officials are covered by insurance taken out by the LAANSW. Details of coverage can be obtained from the Centre Executive. However, the Executive of Illawong Little Athletics Centre recommends that parents and guardians should consider taking out their own separate accident insurance to cover expenses not met by the Association's policy.

## Illawong Centre Representative Uniform

From the 2011/2012 season **we are changing to black pants**. During 2011/2012 athletes to can wear either black or royal blue pants at centre level only. If representing Illawong at any Association Carnivals (ie Representative) you would need to be in black pants. The following season (2012/2013) would be black only (both Centre and Association Carnivals). You must still continue to wear shorts over skins (any colour) – this is an Association rule.

Two tone blue singlet or crop top (royal blue and light blue) will continue to be worn this season. We will be seeking permission to change this top in a future season so that both the junior and senior clubs are wearing the same uniform and are a unified club. You will be able to see the new top on display in the Operations Room at The Ridge.

The **age patch** must be fixed to the bottom left side of the shorts. The **Centre number 70** must be attached to the back of singlet. Individual registration numbers must be attached to the front.

The Centre uniform must be worn at **ALL** Zone, Region and State Carnivals and all other Association conducted events.

## Coaching and Training

We are fortunate at Illawong to have a number of accredited coaches for most of the disciplines in athletics. These people volunteer their time to assist our athletes and we are very grateful for their assistance.

Training times for each coach is posted on the website. Coaches will organise the training sessions but may need some parental assistance. Please remember not to “push” your child by over training; at Illawong we are very aware that this is the biggest threat to injury and burn out. Our coaches have had a great deal of success and only have the children’s best interest at heart. Special relay training will be organised for teams selected for State Relays in November. As you can imagine, this will require some assistance from the parents of the athletes selected.

Many of the coaches with Illawong no longer have children of their own at Little Athletics. We are now seeking additional coaches to boost our numbers so we are prepared when our current crop of coaches retire. Coaching courses are run by LAANSW during the season and details are obtainable from the newsletter and the LAANSW website. The Centre is prepared to meet the costs of such courses for people who are willing to become coaches for our athletes.

Senior athletics is conducted on Friday evenings from 6:00pm and no training is permitted during that time.

## Supervision

It is a requirement of Illawong Little Athletics that at least one parent or guardian of an athlete be present for the duration of centre competition (no drop and go). Tiny tots must be accompanied by a parent or guardian at all times. Athletes will be excluded from events if this rule is not met.

## Centre Officials and Helpers

To run a successful Centre competition, requires the assistance of some 50+ parents. Our Centre has a number of fully qualified officials in both track and field events, many of whom have officiated at Zone, Region and State Championships. However, these officials need the help of parents to conduct each event. You will find it is very enjoyable being amongst the action and your children will be glad to see mum and dad helping too.

We encourage parent to gain official qualifications. From this season D Grade qualifications (centre competition and zone level) can be done on-line. If you are interested please see a member of the centre executive.

## Officials' Exams

All officials are encouraged to sit for Officials' exams in any particular event of their choosing. Whilst these exams are not compulsory, they serve as a valuable means of judging your own performance as an official at Centre level. These exams are for the benefit of the official and of the Club and are aimed at boosting the confidence level of each official. Qualifications at these exams as well as proven practical experience will enable parents to progress as officials at higher levels of competition, for example, Zone, Region and State Championships. Further details can be obtained from the Centre Executive.

## Centre Meetings

Illawong Little Athletics Centre conducts regular meetings on **the second Wednesday commencing at 7.45pm each month** to plan, organise and implement all facets of athletics and to conduct all business associated with the running of the Centre. They are held in the **Operations Room at The Ridge**. Please consult your newsletters.

All meetings are open to parents and interested persons to enable them to stay in touch with what is happening. Voting on matters relating to the Centre can be done only by members of the Executive and Club Delegates, but all interested persons may speak on matters and put forward their points of view.

Voting at the Annual General Meeting, held in May, can be exercised by all eligible voters as defined in the Constitution.

Notification of both times and venues for each meeting will be announced and also displayed on the Centre notice board.

## **Merit Awards**

The Illawong Little Athletics Centre has implemented a system of awards to encourage children of all abilities to participate in all events available to them, and to compete in a maximum number of events on each Centre competition day. Trophies for both age champion and personal improvement are presented to the first 3 boys and first 3 girls in each age group on Presentation Day. Special awards will also be presented for outstanding performances during the season, as will trophies for Centre Outstanding Athlete and the athlete with the most Personal Improvements for the Centre. These awards will be decided by the Championship Committee. Centre Encouragement Awards are also available to athletes who do not receive one of the above.

**To qualify for an award a minimum of 50% attendance is required after Christmas.**

*Note: Because of the way awards are determined, athletes who miss competition or do not compete in all events reduce their chances of receiving an award.*

## **Age Champion Award**

Athletes are graded so that they are competing against other athletes of equal ability. That is, Heat 1 has the fastest qualifying times, etc. Points are awarded on a sliding scale from Heat 1 downward. Regular attendance and participation in all events offered is a significant contributing factor in winning this award. This system will not operate on the first two competition days of the season. On these weekends all athletes who attend will be allocated points for participation in events. However, times and distances will be recorded for records and other awards. You must, however, be a registered athlete on the day of competition to be eligible for points.

Records, times and/or heights are not recorded for the Under 6 and 7 High Jump and Under 6 Cross Country. However, each athlete who competes in these events receives points towards the Age Champion Award.

## **Personal Improvement Award**

This is perhaps the most important award for the children as they do not need to be a star or super athlete to win. This award is judged solely on the athletes' ability to improve their own previous personal best. Points are awarded for each personal improvement in all events attempted.

## **Star Awards**

The Star Awards are designed to encourage Athletes to compete and improve their performances in a range of events, rather than specialising in just a few. Also, children learn the value of doing their best rather than winning at all costs.

There are four levels of standard which can be attained throughout the season. YELLOW, GREEN, RED and BLUE are the four colour standards for which similarly coloured Star Awards Certificates will be awarded if the time and distance standards as established by the Illawong

Centre are achieved. Different standards have been set for each age group and for both girls and boys within each age group. These levels are listed in the "ILLAWONG STAR RECORD SHEET" which each athlete should receive soon after registration.

All recorded events on Saturday afternoon competition may count towards the Star Awards.

*Performances at other Centres' Gala Days, State Relay Championships, Zone, Region, State Championships and other Association conducted events are excluded.*

To obtain a Star Award, it will be necessary for each athlete to reach the time or distance levels indicated on the "ILLAWONG STAR RECORD SHEET" for their respective age and gender groupings in the indicated number of events.

Further information will be available at the enquiry table during the season.

*Note: It is the responsibility of athletes or their parents to maintain their Star Award Sheets.*

## **Sports Awards in Local Papers**

For outstanding performances at Centre or Association conducted carnivals, nominations will be accepted for Sports Awards presented by local papers. If you feel that any child warrants nomination for these awards, please submit the nomination together with an article to the members of the Executive within 24 hours of the event. These nominations will then be considered by the Executive for submission to the local papers. The Centre will actively encourage and promote these nominations where warranted.

*Note: Nominations under the auspices of the Illawong Little Athletics Centre must not be submitted directly to the local press without prior approval of the Executive.*

## **Special Events**

### **Trans Tasman Trials – 6<sup>th</sup> November, 2011**

To be selected, Under 11 and Under 12 children must compete at the Trans Tasman Trials on:

**Sunday, 6<sup>th</sup> November 2011 at Flinders, Shellharbour.**

EVENTS: 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Shot Put, Discus.

No Hurdles, Triple Jump or Walks.

**Closing date for entries to be advised.**

### **State Relays – 26<sup>th</sup> & 27<sup>th</sup> November, 2011**

The State Relay Championships will be held at SOPAC, Homebush over two days –

**Saturday, 26<sup>th</sup> November 2011.**

*This is "Junior's Day" with events for age groups of 8 to 11.*

**Sunday, 27<sup>th</sup> November 2011**

*This is "Senior's Day" with events for age groups of 12 to 17.*

Nominations will be called from all interested children early in the season and teams to represent the Centre will be **selected based on performances at Centre competition.** Any child selected will be expected to attend all relay training sessions - failure to do so could result in loss of place in the team to another athlete. As this is a fun as well as competitive day, the Centre shall endeavour to form as many teams as possible to give all children the chance of attending. Assistance will be required by the parents of competing children to help in organising

teams on the day, and training sessions. During past years, the Illawong Centre has been very successful in bringing home many medals, and we hope to continue that success this season.

Teams will be selected for the State Relays by the Championship Committee and their decision will be final. Entry forms will clearly define conditions of entry.

**Closing date for entries to be advised.**

***NB: Under 6 and Under 7 age groups do not compete in this Championship.***

## **Little A's Christmas Breakup – 10<sup>th</sup> December 2011**

Santa Claus will be coming on this day - a regular feature at Illawong. Why not stay behind and socialise with us before the Christmas break. More details later – refer to your newsletters.

## **Trans Tasman Tour – New Zealand, 5<sup>th</sup> - 17<sup>th</sup> January, 2012**

The Trans Tasman Challenge will be held this year in Auckland. This is an annual challenge between Little Athletes from NSW and Little Athletes from New Zealand. Each alternate year the challenge is held in Auckland New Zealand. Only selected children in the Under 11 and Under 12 age groups compete (selected from the trials).

## **State Multi-Event – Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> March, 2012**

This season the State Multi-Event will be held at **Cessnock**.

It is open to all athletes in the Under 7 to Under 15 age groups and will consist of various track and field events for each age group in which each athlete will compete.

Medals will be awarded to the first 3 places in each age group, with all other competitors receiving a certificate.

**Closing date for entries to be advised.**

## **Zone, Region and State Championships - 2012**

Application forms to represent the Illawong Centre at the Southern Metropolitan **Zone Championships** will be available early in the season. These Championships **will be held at Sylvania Waters Athletics Track on 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> February 2012**. All age groups except Under 6 may compete at the Zone Championships.

Athletes may nominate for a maximum of 4 events in the U7-U12 age group and 6 events in remaining age groups. Only 4 athletes per event, per age group can compete from each Centre in this Zone (except for the Under 13s - 17s where an unlimited number of athletes may nominate for all events from each Centre).

There are 6 Centres in our zone: Illawong, St George, Sutherland, Port Hacking, Helensburgh and Revesby Workers. Children who nominate to be in the Zone team will be selected based on their performances during the season. Under 7 children do not proceed beyond this level of competition, and medals will be awarded to the Under 7 age group. All finalists (top 8) receive certificates.

**ENTRIES CLOSE FOR ZONE ON SATURDAY, 19 November 2011**

**After entries close the Zone team will be selected and placed on the notice board. It is the responsibility of parents to check the zone team selection to ensure that they are aware of what events their children are in and to identify any errors.**

**Parents of athletes competing at association carnivals are also required to undertake duties at the association carnivals.**

From the Zone Carnival, qualifiers will progress to the **Southern Metropolitan Region Championships**. These will be held at **The Crest, Bass Hill, on 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> February 2012**. Under 8 children do not compete beyond this level of competition. Medals will be awarded for first three placegetters in all age groups. All finalists (top 8) receive certificates.

From the Region Carnival, qualifying athletes shall progress to the **State Championships to be held on Friday 23<sup>rd</sup>, Saturday 24<sup>th</sup> and Sunday, 25<sup>th</sup> March 2012 at Sydney Olympic Park Athletics Centre (SOPAC)**. Medals will be awarded for first three placegetters in all age groups. All finalists (top 8) receive certificates.

**Please refer to your newsletters for more details and reminders of close of entry dates for all events and carnivals.**

## **Teams Pentathlon and Club Relay Day - Saturday 10th March, 2012**

The Teams Pentathlon is a fun day held each year and is our last official Centre competition day for the season. Children are seeded into teams and then the teams are handicapped so each team has an equal chance. They compete over a range of events and score points according to performance. Gold, silver and bronze medals are awarded to each member of the teams depending on the team's placing (in other words, all children receive a medal).

At the end of the pentathlon competition, junior and senior boys and girls and parents relay teams will compete just for the fun of it.

At the end of Competition you are invited to stay on for our end of year BBQ to farewell our U15 Boys and Girls.

**Entries close for Teams Day on Saturday 3<sup>rd</sup> March 2012.**

***For your results to count towards your teams point score on the day you must register by the deadline. Those that only enter on the day may still participate but their points/positions do not count towards the teams effort.***

Pentathlon teams will be announced on the day.

## **Weekly Results**

We will endeavour to place each week's preliminary results on the Internet. This will enable those with access to be able to look at provisional times and placings mid week following the competition. At times the information may not be available on the internet but results will be posted in the Operations room the following week and results slips available for collection.

**Results can not be finalised until checked by the age recorders.** All Centre records will also be listed. Point your browser to the following address and follow the links.

**[www.illawongathletics.org](http://www.illawongathletics.org)**



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