

2020/21 SEASON

CLUB HANDBOOK



Welcome



Welcome to the Gladstone Athletics Club. Our Club incorporates mostly athletes from Little Athletics (governing body Little Athletics QLD-LAQ) but we also have members from age 12 up to Adults who are also Members of Queensland Athletics (QA).

Little Athletics is a uniquely Australian activity for children from 3 to 16 years. As the name suggests, it is based on the sport of Athletics (track & field) and the events are specifically modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and a few walking events are conducted.

Little A's is all about "being your best", and in doing so having fun, making friends and encouraging families to be involved in healthy activities. The emphasis is on participation and personal improvement. For over 40 years now across Australia the Little A's motto has been Family, Fun & Fitness.

Committee Members

Shane Gibson (President)
VACANT (Vice President)
Jo Gibson (Secretary)
Maree McKneil (Treasurer)
Dana Gallie (Media Officer)
Chris Teggin (Grounds Officer)
Jane Corke (Registrar)
Kerryn Harris (Results Officer)
VACANT (Canteen Officer)
Anna Werder (Uniform Officer)
VACANT (Coaching Co-Ordinator)
Helena Henman (Fundraising Officer)
Lilly Gibson & Nick Barton (Equipment Officers)
Steven Cragg (Coach)
Gemma & Bill Geiger (General Members)
Andrea Teggin (General Member)
Melanie Bayntun (General Member)
Jo Bates (General Member)
Troy Gallie (General Member)
Carmen Barton (General Members)
Natalie Heinemann (General Member)
Mack Geiger (General Member)

Our club Committee is voted in at the AGM at the end of each season for the next year, and they meet every month.

Gladstone Athletics Club

Address: Laurie Delaney Oval, CQU Campus, 25 Derby Street, Gladstone, QLD 4680

Postal: PO Box 1003, Gladstone, QLD, 4680

Ph: 0749756843

Email: GladstoneAthletics@hotmail.com
or GACregistrations@hotmail.com for registration enquires.

Follow us on Facebook

History of Gladstone Athletics Club

The club was originally known as the Gladstone Amateur Athletics Club. Previous members advise us the Club started around 1980. In 1995 it was incorporated and become known as the Gladstone Athletics Club. With the affiliation of Little Athletics Queensland & Queensland Athletics, we provide a competitively modified athletic program for children aged 4 through to the mature age competitors, including persons with a disability/impairment. Our Membership base has remained reasonably steady over the past 5-10 years with between 120 – 160 members, making us one of the largest little athletics club in our Central Coast Region. Our home ground is also host to School Athletic Carnivals, Port Curtis Interschool Carnivals, as well as our annual Combined Events Carnival open to all Qld athletic clubs.

Registering with Gladstone Athletics

Registration Fees for the 2019/20 Season

Little Athletics (per athlete) - Online Registrations via Results HQ website - <https://registration.resultsq.com.au/centreregistration/familydetails/e4bbe928-a2f0-4fea-8098-35976bf5f7fa>

- Tiny Tots (Children with birthdates in 2015 only) **\$85 including fees**
- Under 6's to Under 17's (Birthdates 2003-2014) **\$155 including fees**

The fees paid for Results HQ allow you to access your child's results on the results HQ website

Discounts for Children in a Family - 3 Children \$25, 4 Children \$50, 5+ Children \$75.

(2 Free Trials are allowed before the Registration Fees must be paid) (please upload child's birth certificate for proof of age if registering for the first time)

Family Volunteer Levy (per family) \$50

The Family Volunteer Levy is charged on a per family basis to encourage parent help and is refundable at the end of the season or does not need to be repaid the following year if the family meets the following criteria:

1. Parent volunteers at our Saturday morning Club Meet Days (helping with your children's age group or helping set up equipment), helping with Oval maintenance, helping at Little Athletics QLD Events or at Working Bees at least 12 times during the season.
2. You complete and sign the volunteer section on the Age group record sheets or the parent helper register in the canteen each time you volunteer.

Queensland Athletics- Register via QA website - <https://qldathletics.org.au/index.cfm/join/details/?id=4342> (you will be added to Results HQ to allow results to be recorded)

- Adult Athletes (Birthdates 2003 and older) - **\$62 (basic membership)**
- Child Athletes may also join QA from age 12 to be able to compete in QA Events **\$12 (basic membership)**

(Fees vary according to the type of membership—please register via QA website)

Gladstone Athletics are proud to be a Fair Play Club.

If you are eligible please email GACregistrations@hotmail.com with copy of voucher—you will then be given a discount code to use when registering online.

<https://www.qld.gov.au/recreation/sports/funding/fairplay>

Competition Club Meet Days

Gladstone Athletics competition is held on Saturday mornings from September through until March at the Laurie Delany Oval at CQU on Derby Street in Gladstone.

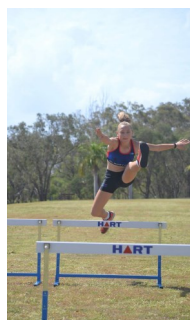
Athletes should be at the track by 8.15am for the Warm up.

Officials will outline the days events and any Club Notices. Coaches will be around the oval to assist as needed.

Events start at 8.30am (normally completed by approx. 11am).

- Tiny Tots - participate in play based events focusing on the basics of running, jumping and throwing skills (no measurements recorded).
- Under 6's to Under 8's - Compete in 2 Field Events and 2 Track Events
- Under 9's to Adult Athletes—Compete in 3 Field Events and 2 Track Events
- Walk events (voluntary) may also be offered throughout the season

At the beginning of the season some events will be training events where a coach/s will teach the skills of the event allowing the athletes to learn the correct technique and get tips from the coach/s. The focus will be technique therefore no measurements will be recorded.



Age Groupings for 2020/21 Season

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Jan	17	16	15	14	13	12	11	10	9	8	7	6	TT
Feb	17	16	15	14	13	12	11	10	9	8	7	6	TT
Mar	17	16	15	14	13	12	11	10	9	8	7	6	TT
Apr	17	16	15	14	13	12	11	10	9	8	7	6	TT
May	17	16	15	14	13	12	11	10	9	8	7	6	TT
Jun	17	16	15	14	13	12	11	10	9	8	7	6	TT
Jul	17	16	15	14	13	12	11	10	9	8	7	6	TT
Aug	17	16	15	14	13	12	11	10	9	8	7	6	TT
Sep	17	16	15	14	13	12	11	10	9	8	7	6	TT
Oct	17	16	15	14	13	12	11	10	9	8	7	6	TT
Nov	17	16	15	14	13	12	11	10	9	8	7	6	TT
Dec	17	16	15	14	13	12	11	10	9	8	7	6	TT

The ages listed refer to the year group the athletes will be in. For example Under 10's.

Our club only accepts children turning 5 in 2021 in our Tiny Tots Program.

Weekly Program

At Gladstone Athletics, we run a 5-week rotational program to give all athletes the chance to compete in all available events for their age groups a number of times throughout the season. The Athletes form into their age groups and move around together with an Age Marshall and other parent helpers.

Please note: Programs are allocated to Saturday Morning meet dates. In the event that a Saturday morning competition is cancelled due to weather, Programs will not be re-allocated. (e.g. if a Week 2 Program meet is rained out, the following weeks' competition will be run as Program 3).

The weekly programs are available on calendar in your Results HQ Family Portal and will also be posted weekly on our Facebook page.

Please follow link to LAQ for more information about LAQ and Individual Events.

<https://laq.org.au/>



Weather

In the event of wet weather, extreme heat or other weather warnings the decision may be made to cancel competition to ensure the safety of all athletes and families. Decision to cancel competition will be made by the President by 7.30am on competition days. Notification of cancellation due to weather will be via our Facebook page.

Parent Supervision & Volunteering

Please note that it is club and LAQ policy that all athletes must have at least one parent/guardian at the track for the duration of the Saturday morning competition.

Canteen, Water & Toilet Facilities

Our Canteen operates every Competition Club Meet Day from the small shed on the oval. A range of cold drinks, zooper doopers, chips and lollies are available. Pies & sausage rolls will also be available depending on demand. Free sunscreen is also available at the Canteen. A water cooler and toilets are located above the oval at CQU Buildings.

2020/21 Season Dates

Week	Date	Event	Information
1	22nd Aug 2020	Sign on Day	No points.
2	27th Aug 2020	Regular Meets Start	Points Count
5	19th Sept 2020	School holidays start-club meet on	Points Count
6	26th Sept 2020	No club meet	26/9 Bundaberg Carnival
7	10th October 2020	Return after Holidays	Points count
16	12th Dec 2020	Christmas Break up	Fun meet—no points
17	16th Jan 2020	Return after Xmas	Points count
20	6th & 7th Feb 2021	Nordic Sport Regional Championships	Bundaberg
22	20th Feb 2021	Gladstone Combined Events Carnival	Points Count
25	13th March 2021	Final club meet	Final meet for points
	19th-21st March 2021	McDonalds State Championship	In Brisbane
	8th May 2021	Club Break Up	Fun afternoon, Presentations & AGM



External LAQ Competitions 2020/21

As a member of LAQ the Athletes are eligible to enter LAQ events. For all events and further information please see LAQ website. Most events are open to U7's to U17's. The main events our Athletes in Gladstone attend are:

- Gympie Spring Carnival - Unfortunately cancelled this year
- Coles Spring Carnival - Bundaberg 26th September 2020 TBC
- Nordic Sport Regional Championships (for Central Coast Region) - Bundaberg 6th & 7th February 2021 TBC (open to U7's to U17's - U9's and above are eligible to qualify for the State Championships if they place 1st-4th)
- McDonalds State Championships - 19th-21st March 2020 - Brisbane TBC

Queensland Athletics Athletes are eligible to enter Queensland Athletics Events. Please see the QA website for more details.

Gladstone also holds a Combined Events Carnival in February attracting athletes from our region and beyond.

- Gladstone Combined Events Carnival 20th February 2021 TBC



Gladstone Athletes at the Regional Championships in Gladstone February 2020

Uniforms

- Uniforms are not compulsory for Club Meet Competitions but are encouraged.
- Uniforms are compulsory for away competitions. Athletes can wear plain black shorts/tights with no logos(must be above knee for walk events and boys must wear shorts over plain black skins).
- POLO SHIRT (all ages); SINGLET/CROP TOP (available for U13 and above).
- SHORTS: Black shorts or bike pants with or without Gladstone Athletics Logo on the leg. No stripes or logos are permitted.
- Age labels are to be sewn onto the left sleeve of the shirt, or on left side of shorts/pants for those wearing a singlet or crop top. Registration numbers are to be sewn onto the front of the shirt (velcro is an option for athletes who may have both a shirt and singlet/crop top). Coles sponsor patches should be attached to the right side of the chest.

Please note: Athletes must wear the correct uniform at all away competitions (Must have new style of uniform by Jan 2020). Non-compliance may lead to ineligibility for competition points at Centre meets, & being prevented from competing at LAQ competitions. See link to LAQ Uniform policy. <https://laq.org.au/wp-content/uploads/sites/5/2019/07/Uniform-Policyv1.pdf>

Uniform Pricing

Uniforms are available to order via Uniform order form from canteen/Facebook Page or on sign on day.

- Athlete Youth/Adult Polo or Singlet \$35
- Athlete Youth/Adult Shorts or Tights (Bike Shorts) \$35
- Athlete Girls/Ladies Crop Top \$35
- Bucket Hat, Visor or Cap \$20
- Supporter Shirt (Available soon-price pending)
- Bag \$35



Footwear

Shoes are compulsory for all athletes competing in all events at all venues to ensure athletes can compete safely and with less risk of injury. Our Centre supports & implements the LAQ policy on footwear. Please check competition handbook for each Away competition as rules regarding spikes can vary.

Younger Athletes may choose to wear Waffle Runners.

Spikes may be worn at Centre level & Away competitions in the **U11 to U17** age groups.

Spikes **MUST** be carried to each event and removed after each event.

Spikes must be no longer than:

- 7mm (synthetic track); (Maximum allowed for Gladstone High Jump Mats)
- 9mm (synthetic field); (Maximum allowed for Gladstone Grass Track)
- 12mm (grass – track or field).

Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions including Regional Competitions.

LAQ Footwear Policy Link. <https://laq.org.au/wp-content/uploads/sites/5/2018/11/Footwear-Policy-1.pdf>

Event	U11-12	U13-U17
Laned	SwS	SwS
Unlaned	--	SwS
Relay—4x100m	SwS	SwS
Relay-Medley	--	SwS
Walks	--	--
High Jump	SwS	SwS
Long/Triple Jump	SwS	SwS
Javelin	SwS	SwS

SwS: spike shoes with spikes

--: spike shoes not permitted for this event

Coaching/Training

Coaching/Training will be offered on some afternoons during the season for Athletes in Under 10's and above.

A Program detailing which days each event coaching will be offered will be shared when it is available.

Coaches are all volunteers.

Specific small group coaching to learn advanced technique may be offered throughout the season for a small fee.

Visiting LAQ Coaches occasionally visit and offer coaching clinics.

If you would like to be involved in coaching please speak to our coaching co-ordinator.



Parents & Volunteers

At Gladstone Athletics we are privileged to have a passionate and dedicated group of volunteers who are responsible for coordinating our Saturday Morning competitions. But we need your help!

Saturday Morning competitions are completely dependent on the assistance of parents and carers. There are many ways that you can help us out including:

- Equipment set-up and pack-up;
- Being an age marshal;
- Assisting age marshals with recording results and measuring;
- Helping in the canteen;
- Becoming a part of our Committee.

The athletes love having their parents or carers out there with them or working on the events. And, if you help us the required number of times during the season you can receive a refund of your parent levy. If you have any questions about how you can help out, come and see us on Saturday Mornings or look out for our Parent/Volunteer Basic Recording results & Measuring Workshops.

The Oval needs mowing and line marking regularly so if you are able to help please let us know. We also occasionally have Working bees to clean out the Equipment shed or to improve facilities at the Oval. At the end of the 2018-2019 Season a group of dedicated Committee members and volunteers installed irrigation on the oval, it was a huge project! But our oval is now looking fantastic due to being watered regularly.

We are excited to be hosting our Combined Events Carnival again this season so we will need lots of wonderful volunteers to help out to be able to run this event which attracts up to 200 Athletes and their families.

Our Committee also spend a great deal of time completing Grant Submissions for Government and Large Company Grants so that our Club is able to improve equipment and facilities. We have been successful in winning grants with which we have purchased new equipment as well as a larger grant which may be used to build a tartan long jump track in the future. If you have any experience in writing Grant Submissions or would like to help with this please speak to a Committee member.



Volunteers working on the installation of the irrigation System.



Trophies & Awards

Gladstone Athletics Club strongly supports the philosophy of participation & improvement, and encouraging athletes to be the best they can be. Our annual awards are based on these criteria. We have a number of awards for our Little Athletes.

Every athlete who attends our presentation day will receive a season plaque for their Gladstone Athletics Membership Trophy, new members will receive the trophy and the season plaque. Every Athlete will also receive a Personal Best Certificate.

Tiny Tots will all receive a Participation Medal.

High Performing Athletes will be recognised and certificates will be presented to Athletes that have broken a club record during the Season.

Two types of trophy are awarded in each age group (from U6 up)

1. Age Group Most Improved

Throughout the season athletes earn points toward this trophy as follows:

- Equalling a Personal Best 2 pts
- Creating a new Personal Best 3 pts

Points are calculated from the second meet of the Gladstone Athletics season until last meet of the season (with the exception of the Christmas break-up).

PB points will also accrue at the following events:

- Regional Relays
- State Relays
- Regional Championships

NB: State individual championships cannot be part of our points calculation as the event takes place after the conclusion of our season.

We will also calculate points for Gladstone athletes competing in outside carnivals where ALL of the following are satisfied:

- The carnival is run by an LAQ registered club;
- The carnival is run during the current Gladstone Athletics season;
- The athletes' results are provided to the Competitions Officer by the calculation cut off which is the close of the second last meet of the Gladstone Athletics season;
- The results are in an official results statement of the club running the carnival;
- It is the responsibility of the competing athlete and his/her family to provide these results to the Results Officer by the end of the season.

PB Certificate



Jorjia McCabe-Garthe,
2018/19 Most Improved



Trophies & Awards

2. Age Group Champion Athlete

- At the end of the season an athlete's best performance in each club event is converted to points using a modified IAAF point score model similar to those used in the LAQ pentathlon and NSW LA multi event carnivals.

An athlete's best performance in each event will be drawn from our Club Meet competition up to the end of the season and LAQ official events (excluding relays) up to and including the Regional Championships in February.

The athlete with the highest number of points will be declared the Age Group Champion Athlete provided they have competed at our Club Meet competition at least 3 times from when competition resumes after our Christmas break.

Other Awards include

Bob Marshall Memorial Shield for Junior and Senior Athletes

Calculated by points for attendance, participation and PB points; so indicating they are joining in and trying their best.

- Attendance at a meet 2 pts
- Participation in each event 2 pts
- Equalling a Personal Best 2 pts
- Creating a new Personal Best 3 pts

Overall Most Improved Trophy

- For the Athlete who has improved the most over the season.

Champion of Champions Trophy

- Is based on overall achievement to the Athlete that reached the Highest level in Regional, State and Australian competition within our season, also includes - number of PB's, medals in big events, and records broken.

Club Volunteer Award

- Is awarded to the Volunteer person who attends often and steps in to help where ever needed.



Mack Geiger, 2018/19 Champion of Champions



Under 10's at 2018/2019 Season Presentation

Code of Conduct

ATHLETE

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up to the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition. ☐ Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

PARENT / SPECTATOR

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Do not engage in unsportsmanlike language, harassment or aggressive behaviour.
- Encourage athletes to play by the rules and to respect opposing athletes and officials. ☐ Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Competition Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol or drugs. Never bring alcohol or drugs to a Little Athletics competition or training.
- Smoking is not permitted in any competition or spectator area during any Little Athletics Competition.

Code Of Conduct

COACH

- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.
- As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

OFFICIAL

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially during competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal conflict with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes. Officiate to the age and/or experience of the athletes

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Platinum & Gold Sponsor—Pirtek Gladstone

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Other Valued Sponsors Include



Covid 19 Policy

Our club is committed to providing all of our members and their families with a safe environment in regards to Covid 19 and we abide by the **LAQ Back on Track Guidelines for Centres to return to Little Athletics during COVID-19 restrictions**. <https://laq.org.au/wp-content/uploads/sites/5/2020/07/COVID-restrictions-for-Centres-V5.pdf>

Little Athletics Queensland recommends the following to all Centres, athletes, families and volunteers:

- Download the COVIDSafe App.
- Check in using the Eva Check in App (scan the QR code) when attending the club fields for training, club meets and for any other reason. Use Hand Sanitiser as provided
- If at any course throughout any of the Stages, if you're feeling unwell with flu like symptoms, please stay at home.

Policies

Our club recognises the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics, as an athlete, parent or volunteer.

We have adopted the LAQ “Zero Tolerance Approach” and the code of conduct sets out the expectations that you are entitled to have at our Club.

LAQ behaviour & conduct policies that have been adopted by Gladstone Athletics Club are:

- Zero Tolerance Policy
- Codes of Conduct
- Uniform policy
- Privacy
- Footwear and spikes
- Exercise & hydration in extreme heat temperatures
- Drug policy
- Complaint handling.

Little Athletics Queensland Information

The LAQ website has a lot of useful information including the LAQ parent handbook already mentioned and the Officials & Competition Handbook which contain information regarding competition rules. See links.

https://laq.org.au/wp-content/uploads/sites/5/2019/08/Officials-Handbook-2019_20V1.pdf

https://laq.org.au/wp-content/uploads/sites/5/2019/07/2019_2020-Competition-Handbook.pdf

Feedback

Our club is committed to providing all of our members and their families with a fantastic experience in all that we do. To enable us to pursue a path of continuous improvement, we actively seek and value your feedback.

If you wish to provide us with feedback, you can do so via the following means:

- Talk to any one of our Committee Members;
- Email us at gladstoneathletics@hotmail.com.au