

# Toukley District Little Athletics Centre Newsletter

November 2016

## Your committee

- President: Paul Carty
- Treasurer: Stuart Hayward
- Secretary: Tomiko Barrett
- Registrar: Vanessa Thompson
- Uniforms: Shanen Penny
- Equipment Officer and Chief Recorder: Emily Carty
- Championship Officer: Debbie Hentzschel
- Canteen Managers: Laura Titchener
- Tots Coordinator: Fiona Xuereb

## Information for Parents

### Age Managers and recorders

**Field Events:** The weights of shot put, discus and javelin, specified for each age group, are behind the program in each Aged Group Folder. Each event should take a maximum of 30 minutes. Most groups should have time for each athlete to have 3 jumps or throws at their field event. Larger groups may be limited to 2 rounds. If athletes arrive late to an event they enter the competition at that round. In inter-club carnivals athletes have only 1 minute from when their name is called to complete their jump or throw. Please do not skip an event or change the order because this makes it difficult for other age groups.

**Track Events:** Our club has grown so much that it is difficult to accommodate all the track events. Frequently we need to run long distance simultaneously with short distance. The long distance will use the inside lanes and short distance use the outside 6 lanes. **Please check the foot notes on the program or the map of the field to see where you track events start.** Sometimes you will need to wait patiently at the starting line. Age managers can use this time to practice starting and running skills then marshal their athletes into heats of 6 or 8.



**Wet Weather:** check the website after 4pm on Friday for cancellation due to storms or wet track.

## Child Safety

Last week we had a couple of “near miss accidents” because toddlers ran across the track during races or through field events. We want all our families involved but child safety is paramount. **If you bring very small children who are not competing they must be within your arm’s reach at all times.**

TDAC is committed to Child Safety according to LANSW recommendations. We keep a register of “**Working with Children**” checks, which are compulsory for volunteers who are not working with their own children or who are in particular roles with the club. If you have a “Working with Children” check number already please see Emily. See [www.kidsguardian.nsw.gov.au/check](http://www.kidsguardian.nsw.gov.au/check) for more information.

## Zone Athletics Carnival

Mingara Athletics Centre  
Friday 9<sup>th</sup> – Sunday 11<sup>th</sup> December

Toukley has a record number of athletes going to zone this year -45! We aim to set up our team gazebos near the finish line. Tammy Curphey-Cross is our team manager. Please remember to sign-in with Tammy when you arrive.

Athletes must wear full club uniform with registration, Jetstar and age patches sewn on correctly. Make sure the red or green border lines are visible. Every year athletes get quite sunburnt so please bring a shirt with sleeves and collar.

**Saturday begins with a parade of athletes at 8:30 am.** Five years ago Toukley won the march past and last year Abigia, April and Sasha impressed all as they cartwheeled around the track in front of the team. Can we wow the crowd again? **We need all athletes competing on Saturday to arrive by 8am with purple streamers and balloons ready for the parade.**

**The preliminary program of events is on the pin board and website. The final order may change if there are too many clashes identified when all the entries are received. Please check the pin board and web site one week before the carnival.** There are no times for events, because it is impossible to predict how long events will take due to varying number of athletes, officials, technical issues etc. First call for marshalling should be at 8:30 both Saturday and Sunday.

Each athlete must have a parent or carer at Mingara Athletics track during the zone carnival. Parent volunteers are essential to run the carnival, supervised by LANSW accredited officials. Thank you to all the parents who have volunteered so far. Other parents please see Tomiko after warm up to check when you are rostered. Parent helpers must wear enclosed shoes and cannot chat with or encourage athletes during the event.