

Toukley District Little Athletics Centre Newsletter

3rd October 2014

Your committee

- President: Paul Carty
 - Vice President & Zone Representative: Jo Richardson
 - Treasurer: Stuart Hayward
 - Secretary: Tomiko Barrett
 - Registrar: Vanessa Thompson
 - Uniforms: Helen Kroemer
 - Equipment officer: Emily Carty
 - Chief Time Keepers: Melissa Teale
 - Chief Recorders: Emily Carty
 - Championship Officer: Debbie Hentzschel
- Canteen Managers: Desperately needed!

Welcome to the 2014-2015 Athletics season!

Tonight is our second training evening...training for parents as well as athletes. Athletes will be practicing hurdles and track skills. Little Athletics is a family activity. **Parents need to stay at the athletics centre and assist with conducting the events.** It can be daunting to stat, time or manage an age group. Don't worry... there will always be some-one to advise you and each week there will be printed information to assist you. So step forward, **volunteer for a job, learn a new skill, make friends & have fun!**

Competition nights start on Friday 10/10/14. Each age group has a specific task rostered for each night, as well as managing the age group. If your age group is rostered for **equipment set up please be at the track by 5pm.**

Roster for Parents

Friday 10th October:

- Starter U7 & U8
- Timekeeping Tots & U6
- Recording U11 & 12
- Equipment organizer U9 & U10
- Canteen Teens

Friday 17th October:

- Starter U11 & 12
- Timekeeping U7 & 8
- Recording Tots & U6
- Equipment Organizer Teens
- Canteen U9 & 10

Canteen

We currently do not have a canteen officer... please see one of the committee members if you can operate the canteen on Friday evenings. Be assured that there is very little work between competition nights.

Uniforms

Our uniform is plain black shorts with a purple, black and white top. You can purchase the shorts cheaply at K-mart, Big W etc. Tots receive a complimentary top with full registration. Athletes only competing at Toukley can wear the older uniform (available for \$5 per item). Athletes wishing to compete at inter-club events must have the new uniform. Please see Helen to try top sizes and place an order. **Singlets and crop tops are \$35, with a minimum of \$20 deposit for each item.** First delivery of uniforms will be 17/10/14.

Instructions to Athletes

1. Always bring a water bottle with your name on it.
2. When crossing the field to the long jump pits or 200m start stay well away from the discus and shot put areas.
3. As you cross the track make sure there are no runners approaching.
4. At the finish of your race stay in your lane until all athletes receive a place stick. Then go to the recording table together, in order of places.
5. Do your best...and have fun.

Roles for Parents of Each Age Group

Parents are responsible for their own child's behaviour. Each age group needs an age manager, recorder and measurer. More parents are needed to help if there is more than 8 in a group.

Age Manager

This works best if you have some experience with athletics. Age managers should be able to give instructions about how to do each event and what constitutes a foul. If you are new and unsure, these instructions will be in the age folders. Age managers need to ensure each child is encouraged to participate and do their best. We know that families cannot make it every week, so there needs to be 2 people in each age group prepared to take on this role. Age manager is a rewarding position because you get to know your athletes and see them improve in skill and confidence.

Age Group Recorders

This is an easy job for some-one who likes to be organized; you don't need know how to instruct field events. Each age group needs an adult responsible for recording the full name and registration number of each child in your group, then ensuring they each have a turn. The age group recorder should write down the distance for each throw or jump, then the best of the 3 trials. Please make sure date the recording sheets. At the end of the night take all your results to Emily Carty who will collate and give to Deb Hentzschel for our electronic records.

Age group recorders need to organize place getters for track events. The times for track events will be recorded at the Recording table by Emily Carty and the rostered assistant recorder.

Measuring

Jumps are measured immediately but it is easier to use a number spike for each athlete's throw and only measure their longest throw. Measuring requires at least 1 adult, with help from another adult or responsible athlete. A tape measure with a

spike should be available with equipment at each field event. One adult places the spike where the shotput, discus or javelin hit the ground. For jumps this is the closest place to the take-off line where the athlete touched the ground. The other adult runs the tape through the centre of the throwing circle or to the take-off line for jumps...then imply reads the distance aloud to the recorder. Could not be easier!

Roles for Rostered Parents

If you have not volunteered for one of the above roles you will need to fulfill one of the rostered roles. Check the roster in the newsletter and at the sign on table. If you are unsure how to fill your role check with the committee members listed on the front page.

Time Keeping

This is easy with the multi-timer, although it looks complicated.

1. Ensure it is set to 'Stop Watch'
2. Ensure left side button set to 'Split'
3. Ensure 'Lock button' up
4. On flash of gun press black 'Start' button
5. As each athlete crosses line press red 'Lap/split' button
6. At end of race press black start/stop button
7. Roll paper through with black paper feed button on top left. Give paper to Emily at recording table.
8. Press red 'Reset' button ready for next race
9. When place getters are ready wave Yellow flag to starter

