

Toukley District Little Athletics Centre Newsletter

6 & 13th November 2015



Information for Athletes

Program Change: Tonight (6th Nov) is Week 3 of the program, not Week 2, because we do not have enough committee members to set up hurdles. Week 2 has been rescheduled for next week (13th Nov).

The Central Coast Zone Carnival is at Mingara Athletics Centre on Friday 11th to Sunday 13th December. The program is pinned to the notice board. Entry forms for are available on the website or sign-in desk. **Last chance to enter is Friday 6th Nov** by placing completed forms in the clipboard on sign in table. Parents: TDAC is rostered to run high jump and provided a check starter throughout the carnival. We need you to nominate when and where you will help. If you have forgotten you may email the form, up until Wednesday 11th Nov, to: Toukleydistrictathletics1@live.com.au.

Well Done to the athletes who broke club records on 30th October:

- Alisha U6G - 100m
- Enda U8B – long jump
- Mia C U9G - 100m
- Keegan U10B - 100m
- Luca = U12B High jump record
- Nick U 14B – 100m, discus and walk!
- Emily T U16G – discus

Spikes can injure other competitors' feet. They must only be worn during events and taken off to walk between events. LANSW has strict rules about spikes. They may only be worn by athletes 11 years and above. U11 & 12 may wear spikes for track events run entirely in lanes, long jump, high jump, triple jump and javelin. U13 and above may wear spikes for these events and long distance runs but not walks.

Behind the Scenes With our Committee

Introducing Vanessa: our registrar and championship officer.

❖ *Why did you become involved in Little Athletics?*
I became interested in Toukley athletics because I wanted an activity all my younger children could do in one place at the same time.

❖ *Tell us about the registrar's role:*
Behind the scenes I handle all the registrations: process all payments and registrations then enter them into the LANSW program. I update all rego numbers which means creating new and trial athlete ID's on our Championships program. Registration work can take three or four hours per week at the beginning of the season. Each week I process all the results, trying hard to live up to Deb's great work. That takes about 2 hours.

❖ *What do you hope for TDAC in the future?*
This year I hope all the athletes have a great time each week. I hope more parents jump in and help out.

Information for Parents

Age Managers and recorders: 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. Please note that in inter-club carnivals athletes have only 1 minute from when their name is called to complete their jump or throw.

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 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 marshal their athletes into heats of 6 or 8 athletes in each heat.

Roster for Parents

Friday 6th November:

- Equipment set up U9 & 10
- Starter U11 & 12
- Timekeeping Teens
- Recording Tots
- Canteen U6
- Equipment pack up U7

Friday 13th November:

- Equipment set up U8
- Starter U9 & 10
- Timekeeping U11 & 12
- Recording Teens
- Canteen Tots
- Equipment Pack up U6
- BBQ assistant U7

Thank you to those parents who come early each week to help set-up. An extra big thanks to the athletes who have taking on helping roles:

- Abigia, April and Luca – set up,
- Milly, Dane and Kaylah – running warm up,
- Gelila – set up and starter,
- Jack – assistant starter.

Child Safety

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 for more information.

Wet Weather: check the website after 3:30 on Friday for cancellation due to storms or wet track.

