

Singleton Track & Field Club



2017-2018
Handbook

A Note from the President

Welcome to the 2017-2018 Little Athletics season at Singleton Track & Field Club (STFC). On behalf of STFC, we wish you all an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships.

Children love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers. We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes, will have the opportunity to assist in various ways. I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics centre.

As in previous years, it will therefore remain a requirement that all athletes have a parent or nominated guardian at the grounds at all times.

We have a centre website, www.stfc.com.au that will keep you up to date with things 'around the track'. This will be the main source of information for our members. It contains all the information you need to know about our centre. We also have a Facebook page—make sure you check this regularly. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

Don't forget we have a canteen available each week. Please support our centre so we can fundraise to upgrade equipment for our athletes when necessary and also to keep our registration fees as affordable as possible.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee, we will be more than happy to assist you.

Yours in sport,

Scott O'Bryan
President
STFC

Committee Members for 2017-2018 Season

STFC committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The committee members, whose names are below, meet each month throughout the season in the canteen, on a Tuesday after a competition night.

All members are welcome to contribute items for our committee meetings. Our website will keep up to date with information regarding these meetings.

Position	Name	Phone
President	Scott O'Bryan	0408 686 974
Vice President	Luke Boldery	0412 274 010
Secretary	Kiera Lawrence	0410 080 883
Treasurer	Karen Northey	0418 277 512
Registrar	Katrina Woods	0401 083 023
Records/Programmer	Marisa Van Zyl	0458 642 680
Publicity Officer	Rebecca Hatch	0418 445 323
Championships Officer	Dorothy Smuts	0439 821 024
Canteen	Jacqueline Avramovic	0417 412 517
Uniforms	Amanda Chesworth Kerry-anne Fraser	0428 768 378 0478 150 955
Equipment	Luke Boldery	0412 274 010
Groundsperson	Scott O'Bryan	0408 686 974
Website Coordinator	Dorothy Smuts	0439 821 024
Tiny Tots Coordinator	Rowan Wood	0410 586 387

What happens on a Tuesday night?

Who: Girls and boys from ages 3 years born before 1 October, through to 16 years of any ability. Adults can also compete.

Where: Alroy Oval, Blaxland Ave, Singleton Heights

Season Starts: Tuesday, 10 October, 2017

Season Ends: Tuesday, 13 March, 2018

Christmas Holidays: Last comp night Tuesday, 5 December, 2017
Return from Christmas Tuesday, 30 January, 2018

Start Time: U6-U17 + Adults 5.45pm
Tiny Tots 5.30pm

U6-U17 + Adults: Each Tuesday evening begins with any important announcements. Before the announcements, the athletes are to assemble in their age groups adjacent to the long track finish line. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various events throughout the evening.

Tiny Tots: Each Tuesday evening Tiny Tots will meet adjacent to the old cricket nets. Tiny Tots then complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 6 of the handbook).

Wet/Hot Weather : If a Local Competition Night is cancelled due to wet or hot weather, a notice will be placed on the STFC website www.stfc.com.au and on our Facebook page. This service will be updated from 4:00 pm on the day. Please assume that a Competition Day will be held, unless we have had extended periods of rain, recent heavy falls, rain is imminent or extreme hot weather is present.

Emails: Emails are sometimes sent to some or all members through our clubs online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. If you select 'NO' to the mailing list option for your child/ren when you complete your online registration you will not receive these important details.

Parent Participation: So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable. During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will be, excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. STFC is in the Hunter Zone. The other centres in the Hunter Zone are Aberdeen, Muswellbrook, Denman, Merriwa, Branxton/Greta, Cessnock, Kurri Kurri, Maitland and East Maitland .

The Hunter Zone is part of Region 2. There is an 8 region structure - 4 metropolitan and 4 country.

Zone Championships

Zone Championships are the qualifying stage process to regional and state championships. Athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the Zone Championships. The venue this season is **Metford Recreational Reserve, Metford – 25,26 November 2017.**

Regional Championships

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over 3 days. Our Region Championships are made up of qualifiers from 4 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships is **Mingara Athletics Facility, Tumbi Umbi – 23,24,25 February 2018.**

State Championships

The State Championships are held at **Sydney Olympic Park Athletic Centre**. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship. The Championships are to be held on **23,24,25 March 2018.**

Little Athletics NSW also hold other championships throughout the season. Some details are below:-

State Multi-Event Championships

The State Multi-Event Championships is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day. The Championships are to be held at **Jubilee Park, Wagga Wagga on 3,4 March 2018.**

Athletics NSW hold championships also throughout the season. Some details are below:-

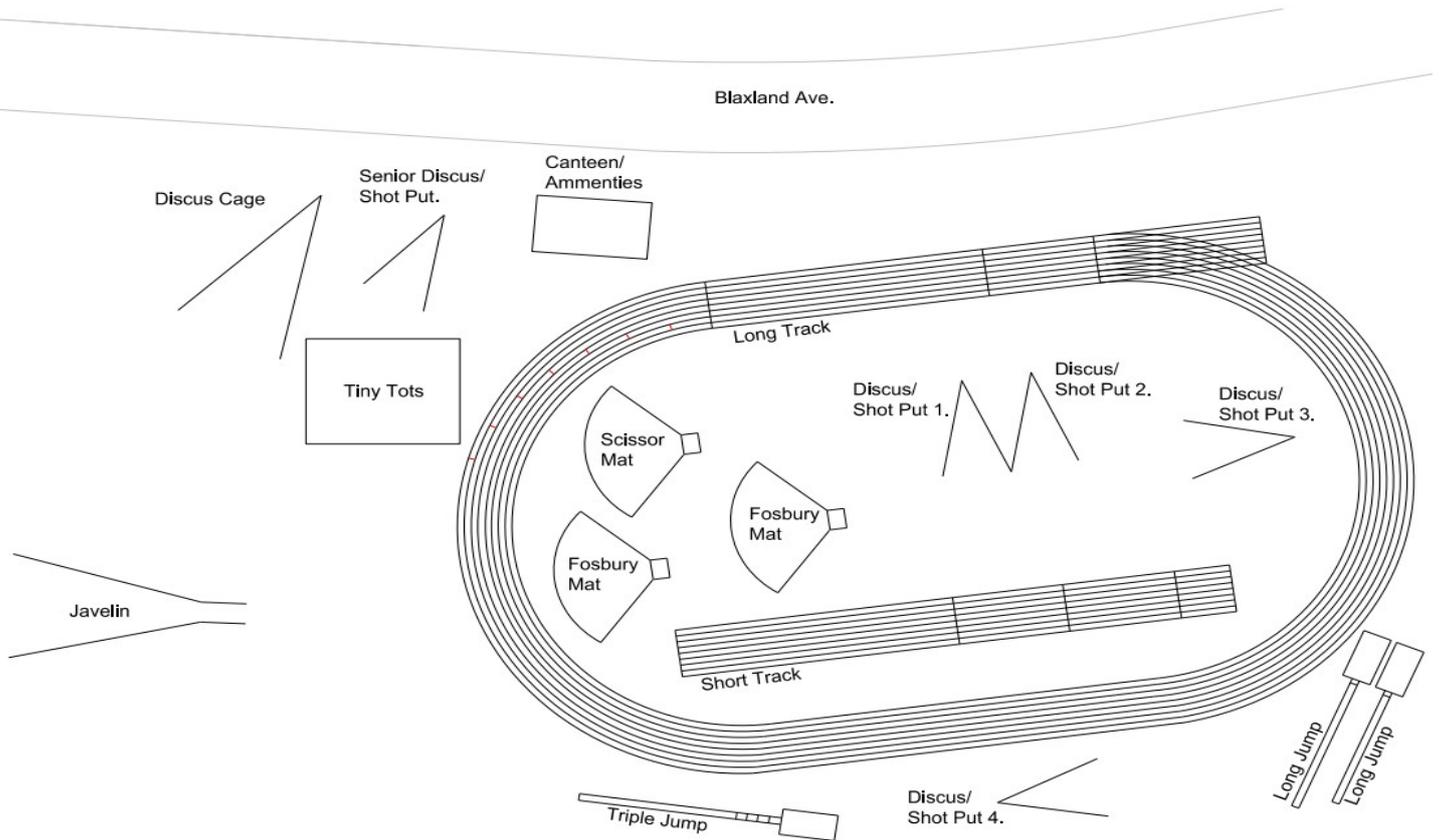
ANSW Club Championships

SOPAC – 2,3 December 2017.

ANSW Country Championships

Wollongong – 26,27,28 January 2018.

Map of our Ground



Centre Uniform & Placement of Patches

It is compulsory for athletes to wear the STFC uniform with their registration and age group numbers (Tiny Tots – U/17) in their correct position. Athletes competing at ANSW sanctioned events will also be required to wear the correct STFC uniform with ANSW registration numbers. Failure to do so will result in disqualification.

The centre uniform consists of:

Girls - Club Singlet with plain black shorts, bike shorts or scungies

Boys - Club Singlet with plain black shorts (black bike shorts may be worn underneath shorts)

Athletes intending to compete at LAANSW events are advised that rules regarding plain shorts are strictly enforced at carnivals. (i.e. no logos are allowed on shorts)

Singlets can be purchased from the canteen for \$25.



Events for each Age Group

Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17	Adult
50m	X	X										
70m	X	X	X	X	X							
100m	X	X	X	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X	X	X	X
400m			X	X	X	X	X	X	X	X	X	X
300m (pack start)	X											
500m (pack start)		X										
700m (pack start)			X									
800m (pack start)				X	X	X	X	X	X	X	X	X
1500m					X	X	X	X	X	X	X	X
60m Hurdle			X	X	X	X	X					
90m Hurdle								X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
High Jump				X	X	X	X	X	X	X	X	X
Triple Jump					X	X	X	X	X	X	X	X
Shot Put	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg (G) 3kg (B)	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)	4kg (G) 6kg (B)
Discuss	350g	350g	500g	500g	500g	750g	750g	750g (G) 1kg (B)	1kg	1kg	1kg (G) 1.5kg (B)	1kg (G) 1.75kg (B)
Javelin						400g	400g	400g (G) 600g (B)	400g (G) 600g (B)	500g (G) 700g (B)	500g (G) 700g (B)	600g (G) 800g (B)
Tiny Tots	Play-training activities & modified games.											

Award Structure

Tiny Tots

Tiny Tots participate in play-training activities only.

Measured and Timed Events

The aim of our centre's point score is to encourage all athletes to improve their own personal best efforts. It awards points for both winning and for improving. Points are awarded on the following basis:

Attaining a Personal Best	10 points
1 st Place	10 Points
2 nd Place	9 points
3 rd Place	8 points
4 th Place	7 points
5 th Place	6 points
6 th Place	5 points
7 th Place	4 points
8 th Place	3 points
Participating in an event	2 points

Presentation Night

Our presentation night will be held at Club Singleton on 23 March, 2018 at 6pm. Please join us on our presentation night to celebrate your season's efforts.

Note that all athletes that attend a minimum of 75% of competition nights will receive a participation award.

Some Other Frequently Asked Questions

- **Do we need special shoes?**
Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally only 10% of athletes at our centre use them.
- **What level of ability does my child need to be to join?**
Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.
- **Will my child be taught the correct technique or have access to coaching?**
Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. STFC also have qualified coaches or parents who can offer some guidance during competition nights.
- **I want to volunteer. Who should I contact?**
You can contact any of the committee members at any time. Contact details are on page 2 of the handbook.

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at STFC or contact Little Athletics NSW via their website littleathletics.com.au

Thank You

A big thank you goes out to the following businesses for assisting STFC so far this season:

Wensley's Electrical – Testing & tagging of appliances.

Glencore – Community grant for line marking system.

Entire Concrete – Sand for long jump/triple jump pits.



GLENCORE

