



# Information for Athletes

## 2021-22





## WHAT IS THIS LITTLE BOOKLET ABOUT?

This little booklet is designed to be a quick reference guide to frequently asked questions for new families and also as an easy reference for our returning families.

Once you have read this booklet if you have any questions please don't hesitate to contact a committee member—and it's quite likely that you'll see the answer to your question in next year's little booklet!

Please ensure that you read the Little Athletics Tasmania Information Manual that is provided with your registration as it contains valuable information and goes into more detail than this booklet.

## COVID-19

**Please ensure that you check in as soon as you enter the site.** Our preferred method of sign in this season is by **Check In Tas** QR code using your mobile device. Paper registers will be at the main entrance and Canteen if you do not have the CHECK IN TAS app. Please use the hand sanitiser placed around the site on arrival and also during each meet as you visit sites and the Canteen. If you or anyone in your family is feeling unwell please stay home.

Huon Valley Little Athletics Committee ask for your assistance—please comply with COVID-19 measures in place, including practicing social distancing and good hygiene measures. Signage has been placed around the site and plans have been distributed but we need your help to ensure a successful season.

## COMMITTEE WELCOME

We would like to take this opportunity to welcome all returning and new athletes, parents, grandparents, carers and friends to the 2021-22 season.

Huon Valley is run by a volunteer committee of family and friends of little athletes. Please think about helping out when calls for assistance are made. Little Athletics cannot run successfully without your support.

Most of all we encourage all families to enjoy their participation — it's all about having a go! We wish you all a safe, successful and fun season.

## COMMITTEE MEMBERS 2021-22

PRESIDENT .....	Marty Doyle
VICE PRESIDENT .....	James (Franky) Turnbull
TREASURER .....	Rochelle Hughes
SECRETARY .....	Jean O'Neil
REGISTRAR .....	Ellie Doyle
RECORDS & RANKINGS .....	Missy Abbott
TECHNICAL REQUIREMENTS .....	Willem van den Broek
ARENA MANAGER .....	Franky Turnbull
DEVELOPMENT .....	Jacqui Direen
SPECIAL EVENTS .....	Rochana Gordon
PUBLIC RELATIONS .....	Jess Direen
CANTEEN MANAGER .....	Sean Wicks
GENERAL MEMBER .....	Amy Smyth
GENERAL MEMBER .....	Nicki Wicks
GENERAL MEMBER .....	Nicole King
GENERAL MEMBER .....	Julian Direen
GENERAL MEMBER .....	Rebecca Thorpe
GENERAL MEMBER .....	Caleb Kirkpatrick
GENERAL MEMBER .....	Alex Koolhof

## CONTACTING US



[www.huonvalley.org](http://www.huonvalley.org)



[secretary@huonvalley.org](mailto:secretary@huonvalley.org)



Huon Valley Little Athletics Centre

*Contact details for specific committee members are located throughout this little booklet where required.*

## LITTLE ATHLETICS

Little Athletics offers a modified athletics program for children from 5 to 15 years. It is based upon the sport of athletics (track and field). There is a wide range of events from running, jumping, throwing and walking and events are modified to suit the age, developmental stage and ability of the children.

The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity. The motto of Little Athletics is 'Family, Fun and Fitness'.

You can find more information at [www.taslittleathletics.com.au](http://www.taslittleathletics.com.au)

## TINY TOTS

Huon Valley Little Athletics offers a Tiny Tots program for children aged 3-5, until the season when they are eligible to compete as an Under 6 athlete. Children must be between 3 years and less than 5 years prior to the 31st of December in the current season. If your Tiny Tot turns 3 between the start of the season and 31 December they can commence the program as soon as they turn 3 but unfortunately cannot register whilst they are still 2.

Tiny Tots do not compete in formal events, instead our youngest athletes are offered a program of games and fun activities to help build skills that will aid their movement into Little Athletics events in the future. The majority of the program is conducted in the centre of the ground, with guest appearances at the long jump and a sprint down the track. Our program runs for an hour from 10am during Saturday meets, it does not run during twilight meets but does continue through the three weeks of Centre Championships.

Our Tiny Tots co-ordinators this season is Rochelle Hughes. If you have any questions about Tiny Tots please have a chat with our Tiny Tots Co-ordinator during a meet or see our Registrar Ellie if you have registration or eligibility queries.

## OUR PROGRAM IN 2021-22

<b>SEPTEMBER</b>	Saturday 25	Come & Try Registration Day	Huon Valley
<b>OCTOBER</b>	Saturday 02	Program 1	Huon Valley
	Saturday 09	Program 2	Huon Valley
	Saturday 16	Program 3	Huon Valley
	Saturday 23	Program 1—Pink Sports Day	Huon Valley
	Saturday 30	Program 2	Huon Valley
	Wednesday 03	Program 3—Twilight start 5:15pm	Huon Valley
	Sunday 07	<i>Coles State Series</i>	<i>Hobart</i>
	Saturday 13	Program 1	Huon Valley
	Wednesday 17	Program 2—Twilight start 5:15pm	Huon Valley
	Saturday 20	<i>Coles State Series</i>	<i>Launceston</i>
	Saturday 27	Program 3	Huon Valley
	Saturday 04	Program 1	Huon Valley
	Wednesday 08	Program 2 —Twilight start 5:15pm	Huon Valley
<b>DECEMBER</b>	Saturday 11	<i>Coles State Series</i>	<i>Penguin</i>
	Saturday 18	Program 3, PB Day, Christmas Party	Huon Valley
	<b>—Christmas Break—</b>		
	Saturday 08	HVLAC Multi Event	Huon Valley
	Wednesday 12	Program 1—Twilight start 5:15pm	Huon Valley
	Saturday 15	<i>State Multi Event Championships (U13-U15)</i>	<i>Launceston</i>
	Sunday 16	<i>State Multi Event Championships (U9-U15)</i>	<i>Launceston</i>
	Saturday 22	Program 2	Huon Valley
	Saturday 29	Program 3	Huon Valley
	Wednesday 02	Program 1—Twilight start 5:15pm	Huon Valley
<b>FEBRUARY</b>	Saturday 05	<i>State Relay Championships</i>	<i>Hobart</i>
	Saturday 12	Program 2	Huon Valley
	Saturday 19	Centre Championships Week 1	Huon Valley
	Saturday 26	Centre Championships Week 2	Huon Valley
	Saturday 05	Centre Championships Week 3	Huon Valley
<b>MARCH</b>	Saturday 12	<i>State Individual Championships</i>	<i>Penguin</i>
	Sunday 13	<i>State Individual Championships</i>	<i>Penguin</i>
	Saturday 19	HVLAC End of Season Presentation Day	Huon Valley

	HVLAC PROGRAM 1															HVLAC PROGRAM 2															HVLAC PROGRAM 3																			
Age Group	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15										
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100m																																																		
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Discus				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Voretex	✓	✓																																																
Turbo Jav																																																		
Javelin																																																		
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump																																																		
High Jump																																																		

## REGISTRATION, FEES & PAYMENT

Please contact by email at [registrar@huonvalley.org](mailto:registrar@huonvalley.org) if you have any questions after reading this section.

Ellie & Missy are available prior to the start of the meet each week to assist you with registration, records, badges and merchandise — or any other queries you may have. You can find them in the Clubrooms building adjacent to the running track prior to commencement of events.

For the 2021-22 season all athletes need to be registered before attending their third meet. This gives little athletes a chance to come and try for two weeks before you need to register. Once registered the order is placed for their personalised name badge.

Registration costs for Huon Valley Little Athletics Centre (HVLAC);

- ◇ \$95 per Little Athlete,

- ◇ \$35 per Tiny Tot,

\*registration includes HVLAC Homelands Multi Event and Centre Championships entry.

Little Athletics is registered to accept Ticket to Play. This is a Tasmanian Government program designed to reduce the cost of participating in club sport for young Tasmanians. Eligible participants can use their voucher during registration.

Becoming a registered Little Athlete is fast and easy registration and payment is all online through Little Athletics Tasmania (LATas).

You can access the registration portal through our Club web page, [www.huonvalley.org/index.php/registration/](http://www.huonvalley.org/index.php/registration/). This will take you to the LA Tas ResultsHQ page, look for the little green REGISTER button in the top right hand corner. Existing users can log in here, or if you haven't created a Family Account before you can select CREATE NEW FAMILY ACCOUNT and proceed with registration.

Proof of age can be uploaded during registration. Proof of age is not required for returning athletes.

If you have any issues please get in touch, or come and see us in the Clubrooms.

We have Centre shirts, hoodies, caps and bucket hats for sale in the Clubrooms. Card payment is preferred. Athletes must wear the Centre top for competition but all other HVLAC merchandise items are optional.



## PROCEDURES ON COMPETITION DAY

Our first events start on the published start time (9am Saturday, 5:15pm Wednesday Twilight) so please ensure that you arrive on time to avoid your child missing an event. We strongly encourage participation in the warm up which commences 20 minutes prior to the first event.

In the case of rained out events notification will be via Facebook and text (if mobile supplied) by 7:30am for Saturday meets or 3:30pm for Twilights.

Athletes are not to be left unsupervised at the ground, Little Athletics is a family friendly sport where we encourage parent/guardian participation. Any children dropped off without a guardian will not be able to compete and their primary contact will be called to collect them.

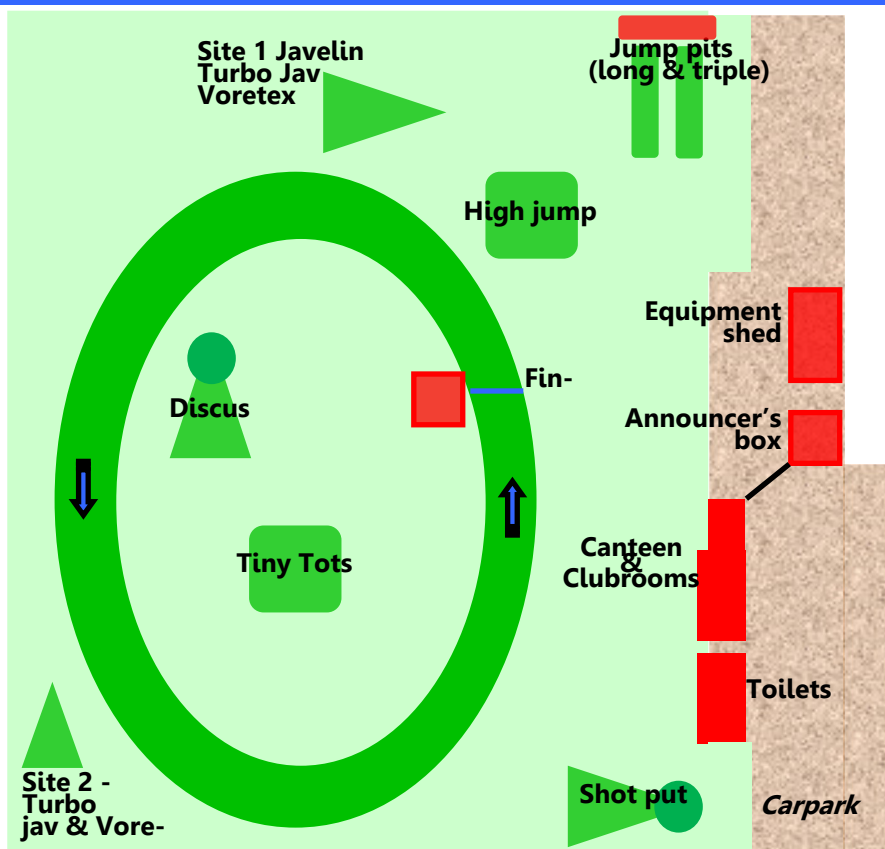
The notice board on the side of the announcers building will display the day's program, but please listen carefully for announcements as all events will be called. There are no re-runs or catch ups if events are missed.

Athletes are not to use equipment that is set up without an official to provide supervision. Please assist us in keeping children safe by ensuring that your children know not to touch the equipment until asked to.

Please remember to model appropriate behaviour when supporting our athletes both here at HVLAC and at other sites. Our committee and site officials are all volunteers. Please treat them with respect, they are volunteering not only to help their child but also yours. Without this volunteer assistance our club will cease to run.

The speed of our meet is governed by available sites and equipment, but also by the amount of helpers that we have. If you can help out at all please do.

## HUON VALLEY CENTRE FACILITIES



We ask that people move around the site with care, ensuring that they remain safe and events are not interrupted.

The Huon Valley site includes a canteen and clubrooms. Council toilets can be accessed from the carpark between our ground and the football oval. The competition area is very open so we ask families to adhere to our SunSmart policy and to provide children with appropriate clothing options for extreme weather days, both hot and cold. In line with this policy Huon Valley Little Athletics provides shelter at sites wherever possible and aims to minimise the time spent in exposed areas during competition days where extremes of weather are experienced.

## CANTEEN

We have a new Canteen building and undercover area (and also lovely new Clubrooms) thanks to Huon Valley Council.

The Canteen Team will be working hard at each meet to provide a great menu of drinks and snacks as well as meal options for lunch time on Saturdays or evening at Twilight meets.

The Canteen runs entirely on volunteers offering their time to keep us fed and watered so please let Sean or Amy know if you can spare some time to help out during meets.

The Canteen accepts payments by cash or card, with card payment preferred.

## UNIFORM

Our uniform consists for the Centre Top and black shorts. Shorts must sit above the knee and not have logos or colour panels (see the LATas Info Manual for restrictions). All athletes must also wear appropriate enclosed footwear for the events they are participating in.

Please see Ellie or Missy if you need clarification on badge requirements and placements.

All badges must be affixed to the front of the shirt as shown in the Little Athletics Tasmania instructions. For Championship events and Little Athletics Tasmania events the "25" badge must also be worn to demonstrate eligibility to compete. It is not compulsory to wear any of the award badges on the back of the shirt.

## AWARDS—WHAT ARE THOSE BADGES?



Badges are available from our Registrar, Ellie.

**Participation Award** This award may be claimed for the number of events an athlete competes in during the season. Cloth badges are available for 25, 50, 75 and 100 events. See your LATas Information Manual for more information.

**Personal Improvement Awards** The concept of this award is to encourage athletes to participate in all events available, and to reward those athletes who improve their own personal performances in those events. The system has three levels: GREEN, BLUE and RED Awards and must be claimed in that order. Please see your LATas Information Manual for more information.

**Gold Star Awards** See your LATas information manual for information on how your qualifiers contribute to these awards.

Qualifiers are awarded to all athletes who equal or exceed the state qualifying level (see LATas manual for age group qualifiers). While Under 6 and Under 7 athletes do not compete at State Individual Championships they can still achieve qualifiers which are counted towards Gold Star Awards.

## BULLYING: ZERO TOLERANCE

Huon Valley Little Athletics has a zero tolerance approach to bullying. We ask that our athletes and families support us in creating a welcoming and inclusive environment for us all to enjoy. We all play an equally important role in this by ensuring that we remain vigilant and address any behaviours that do not align with our aim of providing a family friendly and fun environment for all participants, their families, friends, coaches and the volunteer committee.

Every person in sport, in every role, has the right to participate in an environment that is fun, safe and healthy, and to be treated with respect, dignity and fairness. Bullying denies participants these rights and can result in feelings of disgrace, embarrassment, shame or intimidation. Bullying can also affect an individual's athletic performance, level of enjoyment, work or school life, academic achievement and physical and mental health.

What is bullying?

Bullying is deliberately hurting a specific person either physically, verbally, psychologically or socially. It involves a power imbalance where one person has power or strength (e.g. physical, mental, social or financial) over another. It can be carried out by one person or several people who are either actively or passively involved. Bullying can be a 'one-off' incident, but usually involves repeated actions or incidences. Bullying can occur both on and off the sports pitch and can involve athletes, parents, coaches, spectators or umpires.

## POLICIES AND PROCEDURES

Huon Valley Little Athletics Centre is affiliated with Little Athletics Tasmania and as such all HVLAC members must adhere to the policies administered by LA Tas. You can find these policies on the Little Athletics Tasmania website, <http://taslittleathletics.com.au/Resources/Policy-Register>.

Play By The Rules also provides excellent online resources for coaches and families at [www.playbytherules.net.au](http://www.playbytherules.net.au)

## NEW FAMILY FAQ

### **How do I know what age group my child is in?**

Age groups are determined by age on 1 January. So for example if your child is 9 years old on 30 December they will be an Under 10 athlete this season. There is an age group calculator on our website and with our registrar in the clubrooms that makes this easy to work out.

### **How do I enrol my child(ren)?**

You need to complete your registration online. This can be done prior to attending the Centre or we have the facilities for this in the Clubrooms. If this is your first year with Little Athletics you will need to provide proof of age to complete your registration.

### **What if we're not sure Little Athletics is for us?**

Come along for a couple of weeks and give it a go before you commit. Your children can compete at two meets after which registration needs to be completed. Just drop into the Clubrooms so that Ellie or Missy can ensure they are in the correct age group and they appear on the site sheets and then enjoy!

### **Do we need to purchase any specific equipment?**

No. HVLAC provides all equipment for the events, however competitors do need to wear appropriate footwear, black shorts and the Centre top to compete.

We do also sell hoodies, caps and bucket hats but these are all optional items.

### **What happens if we miss a week/can't come every week?**

Athletes are welcome to come as often or as little as they can. We can't offer 'make up events' for those that you miss but you can just come along whenever you can and compete in the events running that day, or if you arrive late or have to leave early just join in and compete in the events that you are there for.

### **How do we know what events are on this week?**

We have a published calendar on our website, in this booklet and also printed to put on your fridge. The calendar lists which program (1, 2, 3) we are running. This booklet details the events in each program, and they are posted on the noticeboard near the announcers box and outside the Clubrooms at each meet.

## MORE NEW FAMILY FAQ

### **What is a PB?**

You will hear a lot about PBs at Little Aths. PB is Personal Best—when athletes compete, we record their results for each event. When the athlete exceeds any of their previous results for that event it is recorded as a Personal Best. As the focus of Little Aths is continuous improvement, Personal Improvement Awards are given for achievements of PBs across multiple events. See your LATas Information Manual for more details.

### **How can we help out?**

There are many ways that you can help out—and you don't need to have previous experience for many of these tasks.

Each week we need assistance at sites for tasks such as measuring, raking, recording results and of course athlete wrangling. You will always have a qualified official there who can brief you on what is required and assist if needed.

As you become more familiar with how sites operate we encourage you to attend one of our Site Official Accreditation sessions. You don't need to know all the rules to attend this—we will train you up and then continue to support you as you develop your skills.

We are also always looking out for helpers in the Canteen—even if you can just spare half an hour or an hour it all helps us get out and see our kids compete.

We would love your help with setup or packup of the meet. If you can arrive a bit early, or hang around after the events we would love some assistance with setting up or packing up the sites—many hands make light work of these tasks.

If you think that you can lend us a hand please ask a committee member who will point you in the right direction.

### **What do we need to bring to meets?**

All athletes need to wear the centre uniform and appropriate footwear. You should also bring a sunhat and water bottle with you. These can be carried to each site as you compete. Remember to pack your sunscreen and reapply during the meet. Hats should be worn at all times in between events but do need to be taken off for some events. The officials at the site will help you manage this.

We all know what the weather can be like in Tasmania so often you will need to bring a long sleeved top for warmth—other days you might want a thin long sleeved top for added sun protection.

## FOR RETURNING FAMILIES

### **Do I need to purchase a new centre shirt each year?**

No, you don't need a new shirt each year but you do need to remove the previous season's badges including the name/age badge on the front. You also need to ensure that only current sponsors badges are on the shirt.

Remember that you don't need to display many of the award badges if you don't want to. Some people choose to put them on a quilt, a hoodie or just keep them in a box. You do need to have all sponsors badges and the name badges on the front of the shirt, however if you wish to compete in State based events and the Centre Championships you also need to have your "25" badge on the back of the shirt.

### **My child is now familiar with the centre routine—can I leave them here and pick up at the end of the program?**

All Little Athletes must be accompanied by an adult guardian for the duration of the meet. If children are dropped off and remain on site with no guardian, they will not be allowed to compete and their nominated contact will be called to collect them.

### **I've helped out at sites for a while now and am ready to take the next step. How do I become a certified official?**

We will be running a couple of courses this year so please look out for information in our newsletter the *Panther Post*, on Facebook or ask a committee member and we can let you know when courses will be run.

### **How can I track my child's progress?**

You can track your child's performances online through Results HQ. If you need assistance please have a chat with our registrar Ellie who will be able to help you out.



## STATE BASED EVENTS (OFF SITE)

See the events program for dates of a number of events held at other venues.

**Coles State Series** Athletes from all Tasmanian centres come together to compete in a range of track and field events. Much like our weekly programs, each age group competes in a selection of events throughout the day.

**State Multi Event** Run in the same format as the HVLAC Multi Event athletes compete in a range of events and accrue a total points balance for the day. Under 6, Under 7 and Under 8 events are not held at these championships (but are held at our Homelands HVLAC Multi event).

**State Relay Championships** HVLAC will form teams and hold a few training sessions for relay teams prior to this event. Listen out for the call for entries. Under 6 and Under 7 events are not held at these championships. (Fun relays and long jump is held for Under 6 and 7s who wish to attend).

**State Individual Championships** This is the only event where athletes need to have qualified to compete. Ellie can help out if you are not sure about your athlete's eligibility as the season draws to a close. Under 6 and Under 7 events are not held at these championships.

## CENTRE CHAMPIONSHIPS

Centre Championships are held at the end of our season. They are conducted over three weeks, with a meet each of the Saturday mornings. These championship meets do not follow the standard Program 1, Program 2 and Program 3 format that we use throughout the season. Athletes compete once in each event offered for their age group.

Athletes must have competed in an event twice during the programmed season to be eligible to compete in that event at Centre Championships. Athletes must have obtained their "25" badge to be eligible to compete in any championship events.

More details about the Centre Championships will be distributed later in the season.

## CENTRE AWARDS

### **STARTERS SPORTSMANSHIP AWARD**

Chosen by the starter/helper at the start line for an athlete who behaves, listens, follows instructions and sets a good example. This athlete will have demonstrated a positive and encouraging attitude towards personal competition and fellow competitors and have been seen to be assisting/helping other athletes, officials or families where help is needed.

### **HIGHEST ACHIEVER AWARD**

Awarded to the athlete with the highest achievement over the season. This award is determined by the Committee from a tally of season results.

### **CENTRE'S MOST IMPROVED ATHLETE**

Is determined by the highest number of PBs (personal best performances) gained during the season. There are separate awards for a boy and a girl.

### **OUTSTANDING PERFORMANCE DURING CHAMPIONSHIPS**

Is determined by the highest number of PBs gained during the Centre Championships. There are separate awards for a boy and a girl.

### **TASSAL ALL ROUNDER**

Families/Officials are asked to nominate athletes for this award. To be eligible for this award athletes must compete in all events offered for their age group and attend over 75% of centre meets, be well behaved at all times and not resort to alibis when things don't go well.

Nomination forms for the All Rounder award will be available after the Christmas Break.



## OUR SPONSORS



## OUR SUPPORTERS



## Quick Contacts

Information:	<a href="http://www.huonvalley.org">www.huonvalley.org</a>
General Enquiries:	<a href="mailto:secretary@huonvalley.org">secretary@huonvalley.org</a>
President:	<a href="mailto:president@huonvalley.org">president@huonvalley.org</a>
Treasurer:	<a href="mailto:treasurer@huonvalley.org">treasurer@huonvalley.org</a>
Secretary:	<a href="mailto:secretary@huonvalley.org">secretary@huonvalley.org</a>
Registration and Records:	<a href="mailto:registrar@huonvalley.org">registrar@huonvalley.org</a>
Events	<a href="mailto:hvlac.events@huonvalley.org">hvlac.events@huonvalley.org</a>