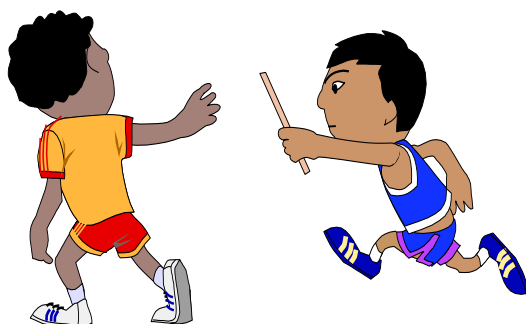


# **Hobart Districts**

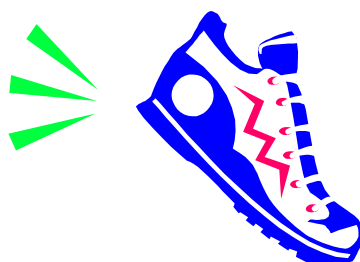
**Little Athletics Centre Inc.**

**"Home of the Redbacks"**

**2011/2012 SEASON**



**ATHLETE AND FAMILY INFORMATION**



# **HOBART DISTRICTS LITTLE ATHLETICS CENTRE INC.**

## **Information Booklet Little Athletics Season 2011/2012.**

To all children and their families, welcome to the Hobart Districts and the sport of Little Athletics. Whether you are registering for the first time, returning for another season or simply wishing to find out some information about our Centre, we hope that you will find this booklet useful. It has been designed to introduce you to our club and provide you with a broad picture of how we operate. It should also hopefully answer a lot of your questions in relation to Hobart Districts and Little Athletics generally. Additional information can be found in the Little Athletics Information Manual (the yellow book), which is provided with the materials you receive if you progress to registration. In the interim period or for all other queries which arise on a meet to meet basis please approach the Announcers Table or ask a Centre official.

### **General Introduction**

Hobart Districts was formed in 1978 and is hence the second oldest Little Athletics centre in Southern Tasmania. During our 30 years of existence we have been able to provide family based Little Athletics opportunities to literally thousands of 3 to 15 year olds in the greater Hobart area. Some of these children have gone on to make a name for themselves in either senior athletics or other sports - think Lewis Powell, Lauren Jauncey, Brody Holland or Peter Street to name a few - but the greater majority have received their benefits from the friends they have made whilst they were with us, the fun that they have had and the family experiences and memories that will last a lifetime.

Hobart Districts operates out of John Turnbull Oval, which is kindly supplied and maintained by Hobart City Council for a nominal fee. We expect and appreciate your co-operation to ensure all its facilities are well looked after. This includes the adjoining toilet and change-room areas, which are our responsibility during Little Athletics meets.

During Little Athletics season 2003/2004 Hobart Districts officially adopted the Centre name "The Redbacks" and are now known as "The Home of the Redbacks". We encourage all our Little Athletes to support this development and have introduced warm-up tops, hoodies and bucket hats featuring the redback logo which are available for you to purchase in both adult and children's sizes. If you do join us we encourage you to

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make this part of your Centre uniform and wear them both to competition days and beyond to help promote the Centre.

Hobart Districts has a number of key goals which we focus on throughout the season. These are:

- ☆ The provision of family-focussed Little Athletics opportunities for 5 to 15 year olds in accordance with the rules and regulations of the Tasmanian Little Athletics Association.
- ☆ Maintaining an emphasis on ongoing participation and enjoyment.
- ☆ Making active efforts to help children attain personal improvement.
- ☆ Maximising parental involvement.
- ☆ Optimising safety at all times.
- ☆ Having fun!

We also pride ourselves on being the family friendly centre and will work hard to ensure that you remain with us not only for the whole of the 2011/2012 Little Athletics season but for many seasons to come.

This information brochure will now attempt to explain the key aspects of our Centre, beginning with the important topic of Safety.

### 1. Safety

- a) The centre of the oval, including the running track, is out of bounds to all but officials and athletes who are participating in events at the time. If it is necessary to cross to the other side of the oval, please walk around the outside of the track, as some of our athletes can throw the implements a long way. If it is necessary to cross the track, please look out for participating athletes.
- b) All equipment is to be used only under adult supervision.
- c) Please ensure that your child has adequate liquid. It is recommended that a child has two mouth fulls of water every 10 minutes. Please bring a drink bottle each week so your child can take it with him/her to each field site. Hobart Districts also practises a sun smart policy therefore hats are compulsory, sun-screen and collared shirts are also recommended. On cold days, the wind is bitter, so very warm clothing is essential.

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If required, first aid is available from the Canteen/Announcers Table. Please ensure that any injury is recorded in the Injury Register, which is kept with the first aid kit.

- e) **No dogs are allowed at the Centre.** We ask that you consider the health and safety of both children and adults and do not bring your dogs along to our meetings.
- f) No responsibility will be taken for children using the playground area adjacent to John Turnbull Oval.
- g) Children left at the Centre without supervision **WILL NOT** be allowed to compete. Older siblings who are above competition age are accepted as guardians for this purpose.
- h) Parking has been provided free of charge by the Hobart City Council in the grassed area at the bottom end of the oval. This is accessible from Creek Road and will be appropriately signed. It would be appreciated if all parents would park their vehicles in the area provided as it negates the need for the athletes to attempt to cross the busy and potentially dangerous Creek Road. This also reduces the traffic flow and prevents vehicle congestion on this busy street. Please ensure when using this parking area that you keep to the lower oval and do not place your vehicles under the trees, which line the pathway leading up to the competition area.

### 2. Registration

Interested athletes can compete for 2 weeks before registering. Upon registering for the first time, proof of age must be provided. Returning athletes need no proof of age.

Upon registration, you will receive a bag containing information on meeting dates, programs, badges and awards, who's who at Hobart Districts and many other useful details. Please read your Manual thoroughly.

Last year we held a registration evening to allow parents to register their children and find out information and ask questions about the upcoming season. It also gives us the chance to recruit parents to assist in roles for the centre. This year it is on Thursday the 6<sup>th</sup> of October at the Lenah Valley RSL from 6:30 to 8:30pm.

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### 2011/2012 Registration Costs:

	TLAA	HDLAC	TOTAL
<b>One registered athlete</b>	\$60	\$35	<b>\$95</b>
<b>Two registered at the same time</b>	\$110	\$30	<b>\$140</b>
<b>Three registered at the same time</b>	\$150	\$25	<b>\$175</b>
<b>Each additional registered athlete</b>	\$20	\$0	<b>\$20</b>
<b>Dual Registered U14's &amp; U15's*</b>	\$25	\$10	<b>\$35</b>
<b>Tiny Tots</b>	\$15	\$5	<b>\$20</b>

\* Dual Registered means also registered with a senior athletics club affiliated with Athletics Tasmania. Proof of concurrent registration must be provided on registration with HDLAC, otherwise standard HDLAC registration fees apply. Athletes up to the age of 13 may also dual register with Athletics Tasmania for a fee if they are already registered as a Little Athlete.

Please note also that registration costs do not include a centre top. (For further details see Point 9 - Centre Uniforms - below).

For your information we have provided a comparison of our registration costs and those charged to our Centre by the Tasmanian Little Athletics Association (TLAA). Each year the TLAA require us to register our athletes. Funds for these registrations are forwarded to the TLAA and not retained by the Centre. The difference between our Centre registration fee and that charged by the TLAA will be used to cover the following items: \$2 Centre Championship fee for each athlete, \$6 relay entry fee, ribbons and awards for Centre Championships, repair of existing equipment, replacement of existing equipment, provision of additional sites at John Turnbull Oval, replenishing First Aid supplies, additional insurance cover for the storage of equipment at John Turnbull Oval, and financial assistance provided to HDLAC u/13 and u/15 athletes successful in achieving State representation at the end of each season.

You will note that the amount we charge at the Centre level for all of the above is minimal. This is because it is important to us to ensure Little Athletics remains a low-cost sport for all the family.

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## 3. Parental Participation

Little Athletics is a family affair. It cannot be run without the help of all parents. Children must be accompanied by a parent or guardian when they participate at meetings. So, come on parents - rake some sand, measure some field events, man the barbecue, sell some pies and drinks in the kiosk, attend the finish line. There are so many jobs, there is one just for you. The first one of the day is at 8.00 a.m. - setting up the track and the field sites. Please help. If this is your first season, do not worry, there is always an "expert" to assist and show you what to do. The more parent help, the faster the proceedings.

Hobart Districts also has an active committee of management, which works hard behind the scenes to co-ordinate the operations of the Centre. We are always looking for people who may be able to give a little time beyond a Saturday and any new faces would be more than welcome. Committee meetings are on the second Wednesday each month at 37 Ruth Drive, Lenah Valley beginning at 7.00 p.m. All are welcome. The meetings are an opportunity for you to participate in the running of the Centre.

## 4. Photography

Photographs are **not** to be taken at HDLAC sponsored events without the prior permission of the HDLAC President or delegate and the permission of the parents of the athletes involved.

## 5. Age Group Managers

For new members, these are the people to whom you go for help (or who will come to ask you for help). They are as follows:

	<b>GIRLS</b>	<b>BOYS</b>
<b>Tiny Tots</b>	TBA	TBA
<b>U6</b>	TBA	Susan McLeod
<b>U7</b>	Vanessa Gill	Matthew Blackwell
<b>U8</b>	Nic Burns	Tim Moroney
<b>U9</b>	Nadelle Beechey	Nick McLeod
<b>U10</b>	Sarah Curtain	Rod Turton
<b>U11</b>	Jodi Ball	Bryce Graham
<b>U12</b>	Craig Duggan	TBA
<b>U13</b>	Rob Bearman	Peter Kearney
<b>U14/15</b>	Anita Hill	Heather Sonneveld

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The main responsibilities of Age Group Managers are:

- ❖ Ensure there is sufficient parent help to conduct the event (approx. 5);
- ❖ Escort children (particularly younger ones) safely on and off field sites before and after events;
- ❖ Discipline children, including sending a child back from their event for misbehaving if required;
- ❖ Assist athletes and parents in completing paperwork for merit awards and accessing information;
- ❖ Allocate tasks to parent helpers at field sites;
- ❖ Let any official know if your age group needs any particular coaching; and
- ❖ Encourage athletes to participate in training sessions when available.

The Coordinator of the Age Group Managers is Anita Hill and all Age Group Managers should contact her if assistance is needed.

## 6. Meetings

Saturday starts at 8.30 am sharp and Thursday twilight meetings start at 5.30 p.m. sharp. All athletes will meet in the centre of the oval at that time to do a warm up prior to commencing their events.

All events will be announced over the P.A. system, athletes will be required to marshal at the flags at the front of the administration area and then will be escorted to the location of the event by their Age Group Manager. In the case of field events, athletes will also be escorted off the field after the event. Please ensure that if your child is undertaking a field event that they have either warm clothing or sun hat to wear (dependent on weather conditions) and that they have a drink bottle with them.

For each event they compete in every Little Athlete receives a result ticket. Tickets for events will be available at the beginning of the next competition day.

This year we will also be continuing to utilise our computerised Athletic Information Management System (AIMS) into which all results are

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entered. This provides our Centre with an invaluable data-base of information which can then be utilised for a variety of purposes including media results and determining those athletes who have qualified for badges and certificates. We are planning to extend this system this season to allow automatic recording of Little Athletes times at the finish line. This will be achieved via the placing of a personalised bar code on the name tag which you receive with your registration materials and is then attached to your official centre top. Please assist us with this exciting development by ensuring your children wear their centre top to every competition meeting

We also strongly encourage you to place all individual tickets in your results book and continue to fill out award pages in the information manual that you receive on registration. As well as enabling Little Athletes to chart their progress throughout each Little Athletics season, these become a priceless future record of your time in the sport.

Please also remember to check the notice board, near the announcer, each week for items of interest and upcoming events.

### **7. Program**

Your manual indicates the program for the day, with some alterations for age groups. As some events are weather dependent - hurdles, javelin and high jump may at times be changed to a dry, calm day but will be replaced during the running of the program by an alternative event.

### **8. Fundraising**

Hobart Districts is resourced almost totally by its own fund-raising, particularly through the barbecue and kiosk. In addition, every week we run a raffle so please purchase a ticket when you can.

Assistance is always needed with the selling of the raffle, working in the kiosk etc so if you can help, even for only half an hour it would be appreciated. Please see either our Announcer or one of our Committee members to get you started.

Alternatively, if you have any suggestions to help our Centre raise much needed funds we would love to hear from you. This may take the form of the donation of a raffle prize which would be greatly appreciated and is

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of benefit to all our children. Again, please speak to either the Announcer or a Centre official if you are able to assist in this regard.

### **9. Cancellation**

In the case of bad weather, cancelled meetings will be advertised by HOFM (101.71) from approximately 7.30 am. onwards. If a meeting is in doubt after it has commenced then there is a cancellation committee organised to make the decision on whether or not to continue. Weather permitting, any cancelled Saturday program will automatically be re-scheduled as a twilight program on the following Thursday evening, unless a twilight program is already scheduled.

### **10. Centre Uniform.**

Hobart Districts has its own distinctive centre top which must be worn by all athletes when competing at both Hobart Districts competition and regional and state meetings. These tops are available via the registration table or Centre announcer at a cost of approximately \$25 each. We encourage all athletes to order and pay for these tops when registering but this is negotiable. A number of sample tops are available to determine correct size. Please allow 2-3 weeks for delivery.

Please also note that the official colour of Hobart Districts shorts is black and these are the only colour that can be worn at regional or state competition. We have a limited number of these for a cost of \$15.

To complete your uniform Hobart Districts "Redback" badges are also available at a cost of \$5 each, Hobart Districts warm-up tops for \$30 each and the new Hoodie for \$40. Also some hats are available for \$10 each. Please approach the Registrar, Kiosk or the Announcer if you would like to purchase any of these items.

### **11. Centre Championships**

These will be held over 3 days (18/2, 25/2 and 3/3/2012). This year the distance events for all relevant age groups will be held on the last three normal programs before Centre Championships (28/1, 4/2 and 9/2/2011). There will be no additional charge for the athletes to participate in these

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events. It is also important to note that only registered Hobart Districts Little Athletes who have qualified for their 25 Event Participation Badge are eligible to participate in the Championships.

### **12. Southern Centre Challenge Day and Relay Heats**

A Centre Challenge Day will be held for Southern Little Athletic Centres at the Domain on Sunday 13<sup>th</sup> November 2011. The aim of the Centre Challenge day is to get as many of our children there as possible because the more athletes that compete, the more points we accrue and the more money we can win from the prize money that is on offer. We managed to win this event for both the 2003/2004 and 2004/2005 seasons, came third in 2006/2007 and would very much like to win it back this year so please begin planning now and make every effort to get to the Domain on the 13<sup>th</sup> November 2011. This year the State relay Championships will be held at Domain on Sunday 11<sup>th</sup> December. We will begin selecting the members of these teams early in the season and strongly encourage you to be involved as relays are great fun!

### **13. State Multi-Event Day and Walks Championships**

This season the State Multi Event Championships will be held on Saturday 11<sup>th</sup> February 2012 with the venue St. Leonards in Launceston. It will also include the State Individual Walk's Championships. The multi-event part of this day is open to all athletes in the U/9 - U/15 age groups and consists of a number of track and field events.

### **14. Handicap Races and Presentation Day**

For a number of years Hobart Districts has concluded its season with an annual Handicap Races and Presentation Day. This event allows all boy and girl athletes to compete against each other over a distance of 100 metres, with starting points or individual handicaps being determined by 100 metre times during the course of the season. All Little Athletes progress through a series of heats and repechages with individual winners being awarded the Gaylene Goodwin (Girls) or John Tubbs (Boys) trophies. There is also a free barbecue for all families and if time permits, the day concludes with parent versus Little Athletes relays. This year it is on Saturday 17<sup>th</sup> of March.

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## 15. Register of Officials

For insurance purposes, the TLAA require us to keep a register of all site officials, i.e. anyone doing any task at any site, e.g. raking, spiking, measuring, starting, timing, etc. Names need to be entered only once for the season. The register will be held in the Kiosk. Please ensure that your name is on it.

## 16. Coaching

This season we are continuing with the coaching sessions which were introduced for the first time in 2003/2004. These are also held at John Turnbull Oval and will commence sometime in October 2011 between 5pm and 6pm with further details to be advised. A qualified coach will be in attendance with events to be offered either announced at the meeting immediately prior or determined on the night, depending on those present. Parental supervision for all athletes is again required together with assistance at event sites.

We hope that both you and your Little Athlete enjoy your time with Hobart Districts and should you require any further assistance or information please feel free to contact any of our Centre Officials or approach the Announcers Table at anytime.

Andrew Shepherd  
President: HDLAC  
August 2011

### Contact details:

<b>Andrew Shepherd</b>	<b>President</b>	<b>6231 0321 / 0409 037 330</b>
<b>Ann Sproule</b>	<b>Secretary</b>	<b>6272 4043 / 0408 465 243</b>
<b>Peter Kearney</b>	<b>VP/Arena Mngr.</b>	<b>6278 8186</b>
<b>Nick McLeod</b>	<b>Records/Rankings</b>	<b>0423 827 361</b>
<b>Graeme Beechey</b>	<b>Registrar</b>	<b>6274 1525 / 0438 267 879</b>
<b>Brett Johnstone</b>	<b>Treasurer/Coach.</b>	<b>6278 7386 / 0408 127 386</b>