



Centre Handbook

2018/2019

Centre Manager Welcome

On behalf of the committee, welcome to Helensvale Little athletics and thank you for joining us for the 2018/2019 season.

This season we have had a change in committee and we are all excited for the upcoming season and the future of our club. We aim to bring some positive changes within the club and to provide a fun inclusive atmosphere for all and to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities.

I look forward to a successful year ahead.

Tracey Phillis ☺

Centre Committee

The committee is made up from volunteers who give up their time to ensure that the club is up and running throughout the whole season. If you feel that you would like to be a part of the committee please speak to a current member for more information.

HLA Centre Committee for the 2018/2019 season

Centre Manager	Tracey Phillis	General Committee	Darren Iselin
Ass. Centre Manager	Michael Murray		Katie Forsythe
Secretary	Robyn Teasel		Karen Viller
Treasurer	Trish Mackey		Jason Mott
Registrar	Helen Lynch		Gaby Mackay-Taylor
Recording Officer	Kyle Teasel		Carolyn Stimpson
	Karen Green		
Programme Officer	Tracey Phillis		
Carnivals Officer	Michael Murray	Life Members	Leanne Handsaker (2006)
Equipment Officer	Samantha May		Steve Handsaker (2007)
Fundraising Officer	Robyn Teasel		Lyn Donnelly (2008)
Grants Officer	Bruce Stimpson		Paul Donnelly(2008)
Canteen Convenor	Bel Lamerias		Heather Truskinger (2008)
First Aid Officer	Helen Lynch		Natasha Evans (2015)

Office Opening Hours

The office is open every Wednesday from 4.30 – 5.30pm and again on Fridays from 4.30 and will close PROMPTLY at 5.30

If you need assistance after these hours please see a member of the committee who will be happy to assist you.

Registration

This year ALL registrations will be completed online, including payments. **NO CASH or CARD** will be accepted at the club this season.

The registration fee includes membership to little Athletics Queensland and covers athletes with insurance at training sessions, during the competition season and at any LAQ carnivals throughout the season.

This year we see a change in age groups which we MUST adhere to; these are set by Little Athletics Australia and are out of our control. Athletes are assigned to a particular age group based on the month and year they were born. Please see age table below.

The ages listed below refer to the athlete's age group (eg. 13 means U13)

	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
JAN	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
FEB	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
MAR	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
APR	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
MAY	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
JUN	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
JUL	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
AUG	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
SEP	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
OCT	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
NOV	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
DEC	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT

Fees

Tiny Tots \$110

U6 \$150

U7-U17 1st Child \$185

U7-U17 2nd Child \$175

U7-U17 3rd Child \$165

AWD \$150

*Fee includes the equipment and grounds keeping levy of \$55 per athlete (maximum of \$120 per family)

All athletes will receive the following when they have completed full registration.

.Registration number (To be attached to the front of uniform shirt)

.An age label (To be attached to the left sleeve of uniform shirt)

Please note that once fees are paid to Helensvale Little Athletics, those fees are non-refundable.

Trial Nights

For all new athletes, we offer a trial period before paying the registration fees in full. This is to ensure that you and your child/children are familiar with the concept and are sure that you would like to join Helensvale Little Athletics. These trial nights come at a small fee of \$20 per child that will be deducted from your fees when you register in full with HLA. The nights of this trial period are the 17th and 24th of August only.

Weekly Competitions

Our competition commences at 5.30pm each Friday beginning with the centre manager passing on important information to athletes and parents. This will follow with a warm up for all athletes to get them ready for competition which will include 4-5 events depending on age group. An age manager will be in charge of each group ensuring that times / distances are recorded for each athlete at each event. Parent helpers are required each and every competition night to help measure, record, retrieve etc. to ensure the night runs smoothly and efficiently. Please ask how you can get involved.

Unlike in previous years event tickets will not be given out at the conclusion of the night as we now have electronic recording. Once the athlete has finished a race, the times will be uploaded into their online record for you to access in Results HQ. Field events may not initially be recorded as quickly but the Recordings Officer will endeavour to get these results uploaded by the end of the weekend.

Training

Weekly training is held on Wednesdays from 4:30-5:30pm. This training is included in your fees. Whilst it is not compulsory to attend, it is very beneficial to help with events for Friday night competitions. Training sessions will be varied to ensure that the athletes learn and progress in all events.

Our club coach is Tracey Phillis and she will be assisted by other members of the club who have coaching qualifications and experience to help each athlete reach their full potential. Generally, coaching on a Wednesday will be geared towards the events taking place on the Friday.

Uniform

The Centre Uniform is COMPULSORY at all centre competition nights and when representing Helensvale Little Athletes centre at any carnivals. It is not compulsory to wear your uniform to our training sessions. The full uniform is available to purchase at the centre and the prices are as follows:

POLO SHIRT	\$45
SINGLET	\$45
SHORTS	\$30
BUMMERS	\$30
CROP TOP	\$35
SHIRT OR SINGLET & SHORT OR BUMMERS	\$70

Equipment

The equipment belongs to the centre, and therefore may only be used under the supervision of coaches and age managers and should be returned to the shed after each training session/competition night. For safety reasons, please report any damage/faulty equipment to the Equipment Officer Samantha May.

Blue Cards

All parents/caregivers of children attending our centre are encouraged to complete the volunteer blue card application form available from the office. This service is provided free of charge to volunteers by the Commission for Children and Young People, and Child Guardian. The move for all adults in contact with children to have a Blue Card is strongly supported by Little Athletics Queensland.

Code of Ethics

Little Athletics is primarily a fun activity for young children who wish to participate in healthy competition with their friends. To benefit our athletes, the code of ethics has been put into place and every person, adult or child is expected to adhere to it:

- Do not criticise, abuse or scream at athletes.
- Accept decisions of all officials or referees as being fair and ruled upon in an impartial manner.
- Support other athletes in their endeavour to achieve the best they can.
- Encourage children in a positive manner as development is not the same in all therefore, some children may take time to show ability or improvement.
- Bear in mind that all our committee and helpers are volunteers and give up their time to help run our Centre. A thank you never goes astray from time to time.

Discipline Policy

Athletes should note that persons displaying unacceptable behaviour, which may cause danger and disruption to others, will be stopped from further participation in their competition and no points will be allocated. Should the centre manager decide the behaviour warrants, the athlete may be dismissed from any further competition with Helensvale Little Athletics. Unacceptable behaviour, which may be reported when the athlete is representing Helensvale Little Athletics at another venue, will also result in dismissal from the centre. It may also be noted that should dismissal occur no refund of fees will be given.

Prohibitions

The following are prohibited on the Helensvale State High School oval:

- Parking of cars; except for the Canteen Convenor or Committee members performing maintenance or towing of equipment
- Dogs
- Smoking
- Alcohol/drugs
- Riding of bikes
- Throwing stones or any other projectiles, including any equipment e.g., javelin, shot put or discus when not supervised
- Crossing the track whilst an event is in progress
- Abusive language will not be tolerated by any athlete or parent at any time

Parental Supervision Policy

It is a requirement of HLA that all athletes are supervised by a parent/caregiver on all training sessions and competition nights.

Under NO circumstance (regardless of their age) should an athlete be left at the grounds unattended.

Wet Weather

In case of wet weather, please first check our Facebook page to see if a decision has been made. If you are not currently a 'liker', hop online and hit Like! This will ensure you are kept up to date on everything happening during the season.

www.facebook.com/helensvalelittleathletics

Canteen

Our canteen is **CASH ONLY**. A BBQ will be cooking up a storm each week along with other items to keep us fed. There will also be a coffee van onsite to keep us parents CAFFEINATED. There is not an official roster for helping out in the canteen so it is greatly appreciated if anyone with a spare moment could lend a hand. All volunteers in the canteen have children taking part in our Friday night competitions, so we are extremely thankful of the time given by these people to ensure that our hungry athletes are fed!

All profits go directly back into the centre, so please support our canteen as much as possible.

Carnivals

Your centre committee encourages you to attend as many carnivals as possible. The experience and competition gained from these carnivals will help improve your performances. Should you decide to attend a carnival, you must wear the correct centre uniform and compete in your own age group. When attending carnivals, it is encouraged (where possible) that all athletes sit together as a team and support your fellow athletes in their events. Watch the noticeboard located outside of the office for upcoming carnivals, changes in carnival dates and closing dates for nominations. If you have any questions regarding carnivals, please speak with Michael Murray our Carnivals Officer.

Useful Links

Helensvale Little Athletics Facebook Page

<https://www.facebook.com/pages/Helensvale-Little-Athletics>

Helensvale Little Athletics Website

<http://www.helensvalelittleathletics.org.au/>

LAQ Website


<http://laq.org.au/>

Results HQ

<https://www.resultshq.com.au/Login/>

Orientation Night

First night of the season 17th August 2018

- Free BBQ for all registered athletes
- Coffee Van for the parents 
- Guessing competitions
- Uniforms will be for sale



Helensvale Little Athletics Family, Fun and Fitness

Come along to our first night of the season, no points, no timing just a fun night to meet your new age groups with some free coaching in new events for both athletes and age managers.



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Club sponsors:

Club Helensvale, Councilor William Owen Jones,
Bunnings Arundel