

ILLAWONG LITTLE ATHLETICS

2024-25 HANDBOOK

ADDRESS

The Ridge Athletics Track
Recreation Drive, Barden Ridge NSW 2234
secretary@illawonglittleathletics.com.au

FIND US

F: <https://www.facebook.com/IllawongLittleAthletics/>
I: https://www.instagram.com/illawong_lac/
W: <https://illawong.lansw.org/>



**LITTLE
ATHLETICS...
FOR FAMILY,
FUN & FITNESS**

WHAT IS LITTLE ATHLETICS?

Little Athletics is a uniquely Australian sport for children from 4 and up. As the name suggests, it is based upon the sport of athletics (track and field) and the events are specially modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and walking events is conducted.

Little Athletics is the foundation for all sports. It offers young people activities and skills that will stand them in good stead for their sporting future.



Each year across NSW, approximately 40,000 boys and girls enjoy the activities that Little Athletics has to offer.

The track & field based competition is conducted throughout the summer sports season. Events are conducted on a weekly basis by one of our 200 individual centres, and include:

Track

Sprints – 70m, 100m, 200m
Distance – 400m, 800m, 1500m, 3km
Hurdles – 60mh, 80mh, 90mh, 100mh, 110mh, 200mh, 300mh
Walks – 700m, 1100m, 1500m

Field

Jumps – Long Jump, Triple Jump, High Jump
Throws – Shot put, Discus, Javelin

OUR PHILOSOPHY

The philosophy of the Little Athletics movement is summed up in the slogan:

LITTLE ATHLETICS... FOR... FAMILY... FUN... and FITNESS

Family: One of the basic reasons for the continued development and enthusiasm generated by Little Athletics, has been the attempt to meet the needs of children as part of the family unit.

Little Athletics is more than a sport. It is a community-oriented organisation which enables the entire family to do something together. Parents are involved in the program as voluntary helpers or officials. They share in many experiences with the children. Little Athletics provides a vital communication bridge between parent and child. This link can have benefits far beyond the years spent in the centre. Society has, increasingly, produced subtle and damaging pressures on family and community relationships. The FAMILY CONCEPT approach to programming counteracts those pressures.

Fun: All children like fun...all children need fun. The weekly competition provides fun through participation in an enjoyable sport, with friends in the same age group.

Fitness: The community has become increasingly aware of the value of physical fitness, particularly in the fight against obesity. A fit body can mean an alert mind and a decrease in the incidence of many physical ailments.

Combined with FAMILY involvement... FITNESS can be...FUN in the happy environment of a Little Athletics centre

AT A GLANCE

Who can participate in Little Athletics?

Children between the ages of 4 and 17 years can register. Parents, Grandparents and friends can also be involved by helping with the various events.

At what time of year does Little Athletics take place?

Little Athletics is primarily a summer activity, running from September through to March. Illawong also conduct a cross-country events during the winter months.

What are my responsibilities as a parent of an athlete during Saturday competition?

All athletes MUST have an adult present at the track at all times, if there is no parent or guardian present your child will NOT be able to compete. All parents are required to assist with events during competition in their child's age group and are required to complete at least 6 duties at centre competition throughout the season, not including championships.

What shoes should I buy my child?

Footwear must be worn in all events, by all competing members. Little Athletics does not specify types of shoes, joggers, or running shoes. Spike shoes can be worn for athletes in the 11s age group and up only.

Do children need to wear a uniform?

Illawong Little Athletics uniform is either a crop top or Singlet. This is worn with plain black bottoms. Crop Tops and Singlets can be purchased on our registration days through the club, bottoms can be purchased from any store.

YOUR COMMITTEE 2024-25

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

The committee members, listed below, meet once a month in The Ridge Operations Room - Facebook will be kept up to date with information regarding these meetings. All registered members are welcome to attend our committee meetings.

If you would like to join our dedicated committee, please speak to one of our committee members for more details

Position	Name	Email
President	Jayson Fox	vicepresident@illawonglittleathletics.com.au
Vice President	Vacant	
Secretary	Rebecca Duffy	secretary@illawonglittleathletics.com.au
Treasurer	Courtney Johnson	treasurer@illawonglittleathletics.com.au
Registrar	Nicole Moffatt	registrar@illawonglittleathletics.com.au
Health & Safety Officer	Joanne Fox	
Equipment Officer(s)	Vacant	
Timing Solutions & Data Entry Officer	Troy Leedham Bryan Nouwens	vicepresident@illawonglittleathletics.com.au
Coaching Coordinator	Vacant	
Marketing, Sponsorship & Website Officer	Melissa Dimmock	marketing@illawonglittleathletics.com.au
Canteen Co-Ordinators	Julie Purdon Edna Chen Joanne Fox	
Zone Delegate	Jayson Fox	
Region Delegate	Jayson Fox	
Duty Co-Ordinator	Vacant	
Walking Chief	Vacant	
Championship Officer(s)	Vacant	
General Committee	Vacant	

SEASON PROGRAM

September

Trial Weeks – 6th and 13th (no points)
Centre Competition – 20th and 27th

October

Long weekend – 4th **NO COMPETITION**
Centre Competition – 11th, 18th and 25th

November

Centre Competition – 1st, 8th, 15th, 22nd and 29th

STATE RELAYS

– 10th (Juniors)
– 16th - 17th (Seniors)

December

ZONE CHAMPIONSHIPS (Port Hacking)
6th - 8th **NO CENTRE COMPETITION**

Christmas Meet – 13th

CHRISTMAS & NEW YEAR BREAK

January

Centre Competition – 10th, 17th, 24th and 31st

February

REGION CHAMPIONSHIPS (Illawong)
– 1st and 2nd **NO CENTRE COMPETITION**

Centre Competition – 7th, 14th, 21st and 28th

March

STATE COMBINED (Griffith) – 1st and 2nd
TEAMS DAY – 8th

STATE CHAMPIONSHIPS (Homebush)
– 15th & 16th (Juniors)
– 22nd & 23rd (Seniors)

May

TBA Presentation Day – TBC
TBA AGM – TBC

** Please note that all events and dates are subject to available information at the time and will be further subject to any LANSW calendar changes

RULES FOR CENTRE COMPETITION

1. All events will be conducted under the rules of competition of the LANSW, IAAF Handbook, or Local Rules as they apply.
2. All competitors MUST be registered members of the LANSW or an interstate LAA to compete.
3. Officials and competitors only are permitted on the competition area. On completion of their events, competitors must leave the competition area.
4. **ALL COMPETITORS MUST COMPETE IN APPROVED CLUB UNIFORM WITH REGISTERED NUMBER VISIBLY ATTACHED TO FRONT OF UNIFORM**, and approved sponsorship must be clearly shown. See page 7 for details of our uniform.
5. **Spiked shoes cannot be worn and starting blocks** cannot be used by athletes competing in 6, 7, 8, 9 or 10 age groups.
6. **Spiked shoes may be used by the 11s and above** age groups in all jump events, and only in track events which are contested solely in lanes, i.e. Up to and including 400m.
7. **SPIKED SHOES MUST NOT BE WORN OUTSIDE COMPETITION AREA.** Because of the danger involved in wearing spikes outside the competition area, any athlete who breaches this rule will be reported to the Competition Manager. The athlete's name will be recorded and his/her parents notified that a second infringement will result in appropriate action being taken by the Illawong Executive. This may entail loss of competition points or debarring from competition.
8. Maximum length of spikes at all Association conducted carnivals may vary from one athletic venue to another. It is the responsibility of each athlete to ensure his/her spikes do not exceed these limits, otherwise he/she will not be allowed to compete.
9. **Starting blocks are to be used by all competitors wearing spikes in 11s and older age groups.** They may be used at the discretion of each competitor if not wearing spikes
10. High Jump: 9s and 10s must use scissor style for jumping. Any other style of jumping will be counted as a foul.
11. Each event will only be called twice. No calls will be made for individual competitors for any event.
12. All competitors must report to the marshalling area before proceeding to an event, unless advised otherwise. Any competitor arriving late at the marshalling area will only be allowed to compete in their event at the discretion of either the Chief Marshall, Track Referee or Chief Field Referee.
13. Where insufficient numbers arrive to compete in an event, age groups may be combined at the discretion of the Competition Manager.
14. In all field events, where time permits, at least three competition throws or jumps will be allowed for each competitor, where time permits practice and additional attempts may be allowed.
15. All additional rules and regulations will apply as per "NOTES FOR GUIDANCE OF OFFICIALS HANDBOOK" LANSW, and the IAAF HANDBOOK.
16. Adjustments and additions to the Centre program may be implemented at the discretion of the Competition Manager.
17. In all long and triple jumps, the 0.5 metre x 1.0 metre rectangle take-off will be used for all age groups up to and including 10s. The 20cm take-off board will be used for all age groups 11s – 17s.
18. Children must compete in events for their correct age group only, unless during an invitational event organised by the committee or combined age groups.
19. If a complete program is cancelled due to inclement weather, we will endeavour to hold that series on the next week listed for Centre competition.
20. All track events up to and including 400m will be graded each week based on previous times. All other track events will be graded at the discretion of the Track Referee.
21. **SHOES MUST BE WORN AT ALL ASSOCIATION CARNIVALS IN ALL EVENTS AND ATHLETES WILL NOT BE ALLOWED TO COMPETE WITHOUT THEM. SHOES MUST BE WORN AT ILLAWONG COMPETITION FOR ALL EVENTS.**
22. If an athlete has not competed in a track event and has not recorded a time in the event, this athlete must compete in the last heat of the age group. After which they will then record a time in the event and will be graded accordingly next time the event is run.
23. Any athlete visiting from another Centre will also be placed in the last heat of track events as they have not recorded a time and are not an Illawong athlete.
24. Any parent of a visiting athlete is expected to assist with the running of events.

IMPLEMENT SPECIFICATIONS

	Shot Put		Discus		Javelin	
	Boys	Girls	Boys	Girls	Boys	Girls
6s	500g (pink)	500g (pink)	350g	350g		
7s	1kg (blue)	1kg (blue)	350g	350g		
8s	1.5kg (yellow)	1.5kg (yellow)	500g	500g		
9s	2kg (orange)	2kg (orange)	500g	500g		
10s	2kg (orange)	2kg (orange)	500g	500g		
11s	2kg (orange)	2kg (orange)	500g	500g	400g	400g
12s	2kg (orange)	2kg (orange)	750g	750g	400g	400g
13s (U14)	3kg (white)	3kg (white)	750g	750g	600g	400g
14s (U15)	4kg (red)	3kg (white)	1kg	1kg	700g	500g
15s (U16)	4kg (red)	3kg (white)	1kg	1kg	700g	500g
16s (U17)	5kg (green)	3kg (white)	1.5kg	1kg	700g	500g
17s (U18)	5kg (green)	3kg (white)	1.5kg	1kg	700g	500g

Working with Children Check

Of utmost importance is the safety and well-being of all children and adults. Working With Children Checks are now compulsory for all sporting bodies in NSW. It is highly recommended you obtain your free volunteer WWC check as soon as possible.

Apply at - [Home - NSW Office of the Children's Guardian](#)
Illawong must verify your WWC checks.

Alcohol & Smoking

Little Athletics NSW has a zero tolerance on the consumption of alcohol during any sanctioned event. There will be no sale or consumption of alcohol during the conduct of any Little Athletics activity. Smoking is not permitted in any competition or spectator area during any Little Athletics competition. The Ridge is a designated Sutherland Council Sporting Field **no smoking area**. If you need to smoke during the competition, please make your way outside the Ridge sporting complex area.

Insurance

Athletes and officials are covered by insurance taken out by the LANSW while participating in Little Athletics activities. Details of coverage can be obtained from the Centre Executive. However, the Executive of Illawong Little Athletics Centre recommends that parents and guardians should consider taking out their own separate accident insurance to cover expenses not met by the Association's policy.

CHAMPIONSHIPS & CARNIVALS

[Please note that uncertainty around future COVID-19 restrictions means the events and dates below are indicative only. Some events may be postponed or cancelled depending on circumstances at the time](#)

General Information

All Little Athletics centres in NSW are divided into zones and regions. Illawong LAC is in the Southern Metropolitan Zone. There are 6 centres in our zone - the other centres are: Helensburgh, Port Hacking, Revesby, St George and Sutherland. There is an 8-region structure with 4 metropolitan and 4 country regions. The Southern Metropolitan Zone is part of Region 8.

Zone Championships 6,7,8 December 2024, Port Hacking

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from 7s to 17s age groups from all centres within our Zone are eligible to nominate to compete at the Southern Metropolitan Zone. The venue may change from year to year.

Regional Championships 1-2 February 2024, Illawong

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in February. Our Region Championships are made up of 8s to 17s qualifiers from 2 Zones. This is much like the Zone Championships, excluding the 7s age group and athletes must have qualified through Zone.

State Championships 16-17 March 2024, SOPAC Homebush

The State Championships are the final representative carnival for most age groups within the LANSW structure. 9s to 15s athletes qualify through the Regional Championships or via ANSW championships for 13s to 17s

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

State Relay Championships 10th & 16th-17th November 2024, SOPAC Homebush

The State Relay Championships, held in November of each year at Sydney Olympic Park Athletic Centre, is a team event where centres can enter both track and field relays.

State Combined Event 1-2 March 2024, Griffith

The State Combined Event is open to all registered athletes in the 7s to 17s age groups, in held 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 in each event on the day.

Cross Country & Road Walk Championships June/July 2023 – venue/s tbc

Cross Country & Road Walk Championships are held on the first Sunday in July. This championship is open to all registered athletes in the U7-U17 age groups who compete over appropriate distances depending on their age group.

Gala Days

Throughout the season other centres often host Gala Days and other special events, to which registered Little Athletes from other centres are invited. Check the website and Facebook for details of these events.

PROGRAM OF EVENTS

A two-day program of events will be conducted for each age group.

Please note it may be necessary to change the program if insufficient parental assistance is forthcoming. In fact, it may be necessary to cancel some events - but this is something we don't like doing at Illawong, as it disappoints the children. It is, therefore, in the interests of the children, that parents and guardians help.

Remember, Little A's can only operate with the assistance of parents.

In the event of any change, announcements will be made throughout the carnival.

For U13-17 Age Groups first events commence at 12.30pm, therefore you need to arrive at the track no later than 12.15pm for first call and warmup.

All other age groups commence at 12.45pm.

IT IS YOUR RESPONSIBILITY TO ARRIVE ON TIME.

AGE GROUP EVENTS ARE SPREAD OVER A 2 WEEK PROGRAM. EVENTS INCLUDE:

Tiny Tots: (Non-competition events.) A special program of fun events and some skills development will be conducted on each day of competition for children aged 3 to 5 years including skills development with U6 and U7 athletes

Tiny Tots must be registered and must be 3 years old before they can register.

6s: Skills Development, Long Jump, 200m (Pack Start), Discus, 70m, 50m, 60m Hurdles, Shot Put, 300m, 100m

7s: Skills Development, 200m, Discus, 70m, 50m, 60m Hurdles, Long Jump, 100m, 500m, Shot Put

8s: Shot Put, 200m, Long Jump, 70m, 700m, Discus, 60m Hurdles, 100m, 400m (Pack Start)

9s: Shot Put, 200m, High Jump, 70m, 800m, 700m Walk, Discus, 60m Hurdles, 100m, 400m, Long Jump

10s: Long Jump, 200m, 70m, 800m, Discus, 1100m Walk, Shot Put, 60m Hurdles, High Jump, 100m, 400m

11s: Shot Put, 200m, Long Jump, 800m, Discus, 1100m Walk, Triple Jump, 80m Hurdles, High Jump, 100m, 400, Javelin, 1500m

12s: High Jump, 200m, Triple Jump, 800m, Shot Put, 1500m Walk, Javelin, 80m Hurdles, Long Jump, 100m, 400m, Discus, 1500m

13s to 17s: 200/300m Hurdles, 200m, Shot Put, Discus, 800m, Triple Jump, 1500m Walk, 3000m, 80-110m Hurdles, Javelin, 100m, 400m, High Jump, 1500m, Long Jump

Up to date weekly programs can be found on our website <https://illawong.lansw.org/>

Or can be found at Results HQ <https://www.resultshq.com.au/Login/>, contact a committee member if you are experiencing any difficulty accessing this information

CENTRE UNIFORM & PLACEMENT OF PATCHES



All 6s-17s athletes must compete in full Illawong uniform at all times. Uniform consists of:

- Plain black shorts or bike pants (no logos, no stripes or patterns – club preferred)
- Illawong Multi coloured singlet or crop top

If you choose to wear skins or other compression garment (in any colour), they must be above the knee and you must still continue to wear black shorts over coloured skins. If the skins are black (centre colour) you no longer need to wear shorts over them.

The uniform is the same for our Illawong Seniors club. Dual registered athletes will not need 2 uniforms.

Number/Patch Placement:

1. **Individual registration numbers** must be attached to the front of the top with **red border showing**. For the dual athletes the ONE SPORT at the top of your registration number can be folded over. Do not cut it off to fit to the top – you will be disqualified from competing at major championships.
2. The **sponsor patch** on the top right-hand side of the top
3. **Age patch** must be fixed to the **bottom left side of the shorts/briefs**.

NB: Please ensure all Age Patches and Registration numbers are sewn on or attached securely to the garment to avoid losing them. If a registration number is lost there is a cost to replace and age patch replacements are limited.

NB: Please note that all Patches and Registration numbers must be sewn on in order for athletes to be allowed to compete at out of centre championships

Please remember that Little Athletics is an outdoor sport conducted in summer conditions. Hats and sunscreen should be worn at all times. Uniforms must be worn for events however sun protective garments are recommended be worn over singlets between events.

PARENT HELP & SUPERVISION

We will be using SignUp which is an online duty system where parents can login and sign up to duties on a week to week basis, or in advance depending on availability.

<http://signup.com/go/rzGGvAL>

Each Family is required to complete a total of 6 duties each (not including zone, region, state duty) to ensure your child is eligible to receive end of year awards.

Please note, if you have NOT completed your 6 required duties, your child/ren will NOT be eligible to receive an award at our end of season presentation day.

All available MUST be filled each week and all families must complete at least one of their duties in Canteen or BBQ

There will be a sign on sheet you will need to sign before you move to your assigned duty area. Those that are on Setup please ensure you arrive 5 minutes before your shift so we can start the carnival on time without delay. **Please ensure you arrive on time!**

As Little Athletics is run by volunteers it is essential every parent assist when and where they can. This includes signing up for duties and helping out with field events.

SUPERVISION & EVENT ASSISTANCE

For the safety of all athletes, it is a requirement of Illawong Little Athletics that at least one parent or guardian of an athlete be present for the duration of centre competition (no drop and go).

Please note athletes will be excluded from events and parents called if this rule is not adhered to.

If there is a special circumstance on a particular week, please contact a member of the committee.

Parents MUST also accompany their children to events and assist with the running of those events during weekly competition and championships events (if competing). If you have multiple children, we understand that you cannot be everywhere at once, please assist where you can and ensure you have a nominated person to watch over any children who are not with you.

Help is always needed somewhere at the track during centre competition, please don't sit in your car, hop out, get some fresh air and help out.

VENUE RESTRICTIONS

Please note that ANIMALS are not permitted at the Ridge Athletics track, please ensure your pets remain at home, and please do not bring them to the track as they will be asked to leave immediately.

SCOOTERS and BIKES are not permitted to be ridden on the track surface at any time, please ensure you remain on the outside of the track behind the fence.

AWARD STRUCTURE

We hold a presentation day at the end of the Little Athletics season, to celebrate the season that was. We have many awards up for grabs for our athletes.

Please see below for the different kinds of awards we present to each age group.

To be eligible for these awards the athlete's family must have completed their required 6 duties throughout the season and the athlete must have attended 60% of meets

Personal Improvement awards are awarded to athletes based on Personal bests (PBs) achieved throughout the season.

Each PB an athlete achieves will be collated and awarded a point. The more events participated in the more chance of achieving a PB. Information on points is available from the timing solutions login available to each family.

Each athlete will be recognised on presentation day for personal best counts by tier with a Bronze Medal for 15 PBs, Silver Medal for 20 PBs, Gold Medal for 25 PBs and Trophy for 30 PBs or more. Additionally athletes will be recognised during the season with ribbons for achieving these goals.

Age Champion awards are awarded to athletes based on points allocated a throughout the season.

Each week an athlete receives points in each event they participate in, Illawong will be using a points system that benchmarks athletes against times and distances for their age group

Awards will be presented to 1st, 2nd and 3rd place by age and gender.

In the event of a tie, two athletes will receive the award for that placing.

Points will be calculated of the best 5 results in each event across the duration of the season.

Age Manager Award is awarded by the age manager to an athlete who the age manager believes should be recognized for their efforts or performance but is not a recipient of an Age Champion or PB awards

Volunteer of the Year Award We believe recognising our volunteers is important to Illawong Little Athletics and they should be recognised for their dedication and hard work.

As Little As is run on the foundation of volunteers each week and throughout the season, the award recipient is someone who offers assistance where needed, week to week throughout the season.

The recipient is always happy to help to fill gaps when we are short on helpers across the age groups.

Centre Spirit Award This award recognizes the individual in our club who, in the opinion of our committee, sets a benchmark for others to follow in the way they conduct themselves and represent our club

This person supports others, acts with integrity, treats others with respect and is gracious in both success and in defeat

MAJOR AWARDS

OUR 5 MAJOR AWARDS ARE AS BELOW:

1. **Centre Most Improved (PBs)**

Selection is made based on the number of PB's achieved over the course of the season at club weekly carnivals, commencing from the first week of competition (not including the trial weeks). The winner is worked out by the computer system. More than one award can be given out in this category in the case of a tie. In addition to the winner being recorded on the perpetual shield our 1st, 2nd and 3rd place getters will be recognised with a trophy

2. **Club Champion (Points)**

Selection is made based on the total number of points accumulated over the course of the season at club weekly carnivals, commencing from the first week of competition (not including the trial weeks). The winner is worked out by the computer system with points awarded based on performance. More than one award can be given out in this category in the case of a tie. In addition to the winner being recorded on the perpetual shield our 1st, 2nd and 3rd place getters will be recognised with a trophy

3. **Centre Coaches Award**

This award is presented to an athlete who has not necessarily won the most medals at major competition but has regularly attended and participated in training sessions, has displayed a positive attitude, shows respect to their coach(es), and has shown improvement over the season. All registered centre coaches are asked to nominate 1-2 athletes they think is worthy of this award and justify their nomination. All nominees will be announced at presentation along with the winner.

4. **Centre Outstanding JUNIOR Athlete (U7-U12)**

This award is presented to a junior athlete who shows great potential. The junior athlete would have represented the club at Zone, Region and possibly State Championships. The progressing championships are used to determine the award winner. The award structure is based on a points system on how well the athlete performs at zone, region and the state championships. Athletes will also be awarded 1pt per record broken. These points will be tallied up to determine the winner of this award. In the event that a Junior wins the Centre Outstanding Athlete award (open to all ages), the Junior award will become obsolete for the season.

5. **Centre Outstanding Athlete (Open to all age groups)**

The recipient of this award is an outstanding athlete who has represented the club at Zone, Region and State Championships. The recipient may also have been selected on the NSW team for the National Championships. The progressing championships are used to determine the award winner. The award structure is based on a points system on how well the athlete performs at zone, region and the state championships. Athletes will also be awarded 1pt per record broken. These points will be tallied up to determine the winner of this award.

	1st	2nd	3rd	4th	5th	6th	7th	8th
Zone	4	3	2	1	0	0	0	0
Region	8	6	4	2	1	0	0	0
State	32	24	16	8	4	3	2	1

FREQUENTLY ASKED QUESTIONS

- **HOW IS A RECORD SET?**

Club Records for each age groups can only be broken or equaled during the Little Athletics season and are updated in Results HQ and on our website. Notifications of these are also regularly posted on our club's social media.

Records can only be broken in the child's registered age group for the season.

There are two types of records recorded at Illawong – Home Records and Open Records. Home records must be from an event held at ILAC on a normal club competition day in the child's own age group. These also must be verified by an Illawong club official. Open records can be recorded from an event at Little Athletics NSW Championships only. These include Zone, Region, State, State Combined Events, and additionally any members that are selected in the Little Athletics State team and compete at the Australian Little Athletics Championships. Open records can also be broken in centre competition if the new Home record betters the existing Open record. Open records cannot be set at any other competitions such as school carnivals, qualifying meets, gala days, at another club's meets or at any Athletics NSW run competitions (seniors).

Personal equipment cannot be used to break a record, only centre equipment should be used for competition and any use of personal equipment will render results achieved voided

- **WHAT HAPPENS IN WET WEATHER OR EXTREME HEAT?**

A decision on whether or not to proceed will be made at approximately 12pm by the Committee at the track. We have excellent drainage at The Ridge so assume it will be on. Cancellations will be posted on our Facebook page. It is rare that it will be cancelled due to our all-weather track. We may modify the carnival instead. Heat will be monitored and modifications made to the program or cancellations if heat is too extreme.

- **IS COACHING AVAILABLE?**

Illawong is fortunate to have a number of accredited volunteer coaches. These people volunteer their time to assist our athletes and we are very grateful for their assistance. Training times are posted on the website and can change throughout the season based on their work commitments. Coaches will organise the training sessions but may need some parental assistance.

Please remember not to "push" your child by over training; at Illawong we are very aware that this is the biggest threat to injury and burn out. Our coaches have had a great deal of success and only have the children's best interest at heart. Special relay training may be organised for teams selected for State Relays in November. This will require assistance from the parents of the athletes selected. Senior athletics may be conducted on Saturday mornings and no training will be permitted if a carnival is in progress.

Up to date coaching information can be found at

<https://illawong.lansw.org/>

- **I AM INTERESTED IN BECOMING A COACH, WHAT DO I NEED TO DO?**

Many of the coaches with Illawong no longer have children of their own at Little Athletics. We are seeking additional coaches to boost our numbers, so we are prepared when our current crop of coaches retire. Coaching courses are run throughout the season and details can be obtained from the newsletter and the LANSW website. The Centre is prepared to meet the costs of such accredited courses for people who are willing to become coaches for Illawong athletes and not charge for coaching.

- **WHERE CAN I FIND LOST PROPERTY?**

Our lost property collection can be found in the Operations Room. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honour system. Illawong LAC will try to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

- **WILL MY CHILD BE TAUGHT THE CORRECT TECHNIQUE?**

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Illawong Little Athletics also has some qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Saturday afternoons, however you can talk to any of our committee members for further advice. One of our committee members is generally roaming during the carnival to assist and provide advice where needed.

- **I WANT TO VOLUNTEER, WHO SHOULD I CONTACT?**

Contact any member of the ILAC committee, we would greatly appreciate your help.

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