



DUBBO ATHLETICS CLUB

Information Booklet 2018/19



REGISTRATION for Little Athletics

Wednesday, 19 September 2018 &
Wednesday, 26 September 2018
5.30-7.30pm





INFORMATION BOOKLET

2018/2019

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Visit our website www.dubboathletics.org.au for more information and weekly results.

Find us on 

1. WELCOME

Welcome to the 2018/19 athletics season!

Your Club committee welcomes you to Barden Park Regional Athletics Centre. We hope you not only enjoy the season with us, but that you endeavour to improve your fitness and performance and gain some great friendships along the way.

The Committee is working hard to make 2018/19 a fantastic season, with lots of improvements planned. Please remember the Club is 100% powered by volunteers and while we will always seek to do our best for the Club and for competitors, we are not perfect and are limited by time and other factors.

2. GENERAL INFORMATION

Our season commences with on line registrations open from 1 August 2018.

All registrations **must** be made online at <http://www.lansw.com.au/Participate/How-to-Register>

Once you have registered online you must bring your receipt and attend an on site registration at Barden Park to obtain numbers, purchase a uniform and have proof of age information sighted.

On site registrations will take place on Wednesday 19th September or Wednesday 26th September from 5:30pm until 7:30pm.

Proof of age must be produced for new members and sighted at one of the registration nights.

Registrations will also be taken on Friday nights from 21th September until 26th October.

For insurance purposes, all registrations must be paid for prior to commencing competition at a trial week or competition night.

A trial night non-refundable registration of \$20 per child will cover your child for insurance purposes. This will be deducted from registration if you join Club.

Competition nights are on Fridays during school terms and will commence on 19 October 2018. The night will commence with events to run from 6:00pm provided parent helpers for ALL age groups are in place.

Enquiries regarding Club matters can be made to:

| | | | |
|--------------------------|------------------|--------------|---------------------------------|
| President | Tim Ferraro | 0428 298 582 | ferraro.tim@gmail.com |
| Vice President | Peter Bass | 0428 760 072 | pmbass@bigpond.com |
| Secretary | Tony Martin | 0407 260 411 | anthony.martin@iinet.net.au |
| Treasurer | Cameron Porteous | 0429 879 262 | camporto62@gmail.com |
| Registrar | Amy Searle | 0412 434 366 | amymaree8@hotmail.com |
| Publicity Officer | Matt O'Dea | 0448 088 804 | odea_ma@hotmail.com |
| Head Coach | Mark Penman | 0402 073 044 | penmanconstructions@hotmail.com |

3. REGISTRATION FEES

We try to keep athletics accessible and keep registration costs down. For example, we had an increase of \$10 in the amount payable to Little Athletics in 2018/19, but only passed \$5 of this on to member's fees.

The Club offers a family discount of \$10.00 for the third family member and \$20.00 for the fourth and any subsequent family member.

| Fees – 2018/2019 season | | |
|-------------------------|-------------------|----------------|
| Little Athletics | Tiny Tots | \$90.00 |
| | U6's – U17's | \$125.00 |
| Athletics NSW | Club Athlete | \$125.00 |
| | U20's | \$155.00 |
| | Age Concession | \$125.00 |
| | Open | \$175.00 |
| | Dual Registration | Nil additional |

4. COMMUNICATION WITH MEMBERS

Announcements: Announcements regarding a variety of matters will be made to parents whilst warm up is in progress so please try to be on time so you don't miss out on important information.

Facebook: We use Facebook for most communication with members – search for Dubbo Athletics Club. We encourage all members to join.

Notice Board: Information may also be posted on the noticeboard which will be located at the back of the grandstand.

Website: www.dubboathletics.org.au. We are updating the web site late in 2018 so please understand not all content will be up to date. You can log on and check athlete results via the web site.

Newsletter: We produce an occasional newsletter giving details of upcoming carnivals, carnival results and any other information that may be of interest. If you have something you would like put in the newsletter please contact Publicity Officer.

Complaints and Disputes Committee: If you have an opportunity to make a suggestion to help improve how our Club runs or have the need to report an issue please contact Kelly Lovell, Chairperson, Complaints and Disputes Committee on 0417435621 or email on - e.r@bigpond.com.

5. UNIFORM AND CLOTHING POOL

All athletes from tiny tots to seniors must be in full Club uniform when competing on Friday nights. The Club colours are black and white.

Female: White Club Singlet or Crop Top (both with black piping) worn with plain black shorts or scunges.

Male: White Club Singlet with black piping worn with plain black shorts.

Plain black bike pants/compression tights are allowed to be worn without shorts.

Little Athletics has rules regarding logos of any kind being displayed on clothing as stated below:

"If the uniform has a manufacturer's logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (i.e. 5cm x 6cm, 3cm x 10cm etc.)."

Registration numbers **must** be attached to the front so as to be seen at all times (even when shirt is tucked in) with the red boarder visible. The age group number **must** be attached to top left side of shirt (just below shoulder).

All numbers must be on singlets/shirts by the 1st week of competition to allow results to be recorded.

Prices for clothing items have been held at last year's prices:

| | |
|---|---------|
| Singlets – Boys/Girls | \$35.00 |
| Singlets - Adults | \$40.00 |
| Crop Tops – Girls/Ladies | \$45.00 |
| Lycra Shorts – Girls/Ladies | \$45.00 |
| Shorts – Boys/Men | \$15.00 |
| Polo Shirt – Youth | \$30.00 |
| Polo Shirt - Adult | \$35.00 |
| Jacket - Youth (Pants sold separately) | \$55.00 |
| Jacket – Adult (Pants sold separately) | \$58.00 |
| Kit Bag | \$25.00 |
| Back Pack | \$15.00 |
| Baseball Cap | \$15.00 |
| Bucket Hat | \$15.00 |
| Spikes Pkt 16 | \$12.00 |

Clothing Pool: The Club runs a clothing pool. If you have an item for sale please mark items clearly with your name and sale price and pass it on to one of the Committee Members.

6. PARENTAL SUPERVISION & PARTICIPATION

Little Athletics is not a drop off service and all athletes must have a parent/carer present to compete at Friday night competition. If an athlete is not accompanied by a parent, guardian or responsible adult he/she will **not** be able to compete that night. Only one parent/carer is required if you have more than one child competing – Age Managers or other parents will assist.

If for any reason a parent or guardian is unable to attend with an athlete a committee member must be advised prior to the Friday night competition so that appropriate supervision can be arranged.

Parents are required to assist at events. Most events require at least (3) three helpers.

AN EVENT CAN NOT RUN IF ADEQUATE SUPERVISION IS NOT AVAILABLE.

Our Club prides itself on its friendliness and family emphasis and we do not expect parents to have an in depth knowledge of athletics. The more experienced members will pass on their knowledge and committee members will endeavour to visit each event. Basic information on each event can be found at the front of each folder and if you require additional assistance please approach a committee member.

Help is also required at the finish line ensuing athletes remain in their lanes.

7. AGE MANAGERS

In 2018/19 we will be introducing an Age Manager for each age group (male and female athletes). This is not a big job but it is one of the most important in Little Athletics. Age Managers help keep things moving on competition nights through supervision and support, keeping track of time and with recording and basic technique. Age Managers will be identified on Competition nights by a fluoro vest.

The committee will assist Age Managers, and a guide covering the role is available at <https://assets.sportstg.com/assets/console/document/documents/A%20Guide%20for%20Age%20Managers.pdf>

If you can assist the Club and take on this very important role please contact the President, Tim Ferraro or Vice President, Peter Bass who can assist you.

8. NO SMOKING AND ALCOHOL POLICY

The Little Athletics Association of NSW has a strict no smoking policy and Council regulations state that **Barden Park Regional Athletics Centre is a smoke and alcohol free zone**. If you smoke please do so outside the perimeter fence and across the road.

9. POINT SCORE DETAILS

Any competitor who is not a registered member of our Club must fill in and sign a registration form prior to competition.

Points are awarded as follows:

- 1 point for participation
- 2 points for equally personal best
- 3 points for improving personal best on previous year

Athletes who compete in Zone, Region, State, Nationals or any other recognised carnival and miss the Friday night Club competition due to travelling for the carnival will be credited with 1 point for each event held at the Friday night competition. This also applies to the Championship point score. Other family members who may not be competing in these carnivals but still have to miss the Club night to travel with the family can apply to the Club executive for the credit of points as well.

If the above applies to you or your child, please notify the point scorer prior to your absence by placing a note inside the folder for your age group or speaking directly to one of the recording and timing officers. Make sure your name and rego number is on the note, as well as which competition you are attending and the number of events you are competing in. This will ensure you will receive points while representing your Club.

Please note the number of events you compete in at Zone level will also be the number of points you will have credited to your Club point score for Region and State should you qualify to compete in these carnivals. For other competitions it is the responsibility of the athlete to provide proof of competing.

10. CLUB CHAMPIONSHIPS

Championships take place in the second part of the season from March 2019. **Competitors must have completed in 18 events during the season to be eligible for Club Championships**. Special consideration is given to those competitors who live 60km or more from Dubbo – they are eligible after competing in 12 events.

After the Christmas break, if someone transfers or joins the Club and produces evidence of the number of events competed in at their previous Club, they will be credited with that number of events or they will need only to compete in 12 events.

Only Club members are eligible to participate on the nights of the Club championships.

Points are awarded as follows:

- 5 points 1st place
- 4 points 2nd place
- 3 points 3rd place

- 2 points 4th place
- 1 point participation

Athletes not in full uniform and/or without Club, Rego and Age numbers displayed will not be eligible to compete in Club Championships.

All athletes will be given recognition at our presentation night in the event of tied results. However it should be noted that this is not applicable if and when competing at other centre competitions, Zone, Region or State.

Any determination made by the Club regarding points to be awarded to an athlete will be based on that individual's attendance and participation in events on previous Club nights.

The Club Executive shall as required make determinations on points awarded in the event of inclement weather, attendance at LANSW sanctioned events falling on the nights of championships or corresponding weekend.

11. CLUB RECORDS

Club records can only be set during the Club Championships and must be verified by a Committee Member or other accredited visitor.

12. TRAINING

Our Head Coach, Mark Penman, provides coaching for our athletes on Tuesdays from 5:00pm and on Sundays from 10:00am. We are always keen to have other coaches assist so if you are interested, please contact Mark or one of the other contacts listed on page 2.

Please check Facebook for the latest updates or any changes to training arrangements.

Other training programs are generally also offered from Little Athletics or Athletics Australia. These are usually held on weekends or school holidays and will be advised through Facebook and announced on competition nights. Private coaching may also be available.

13. CARNIVALS

We encourage athletes to attend other local area carnivals.

If enough people are travelling to the same carnival the Club tent is taken by a committee member so that everyone can sit together and support each other.

Details of upcoming carnivals will be notified on Facebook and announced on Friday nights.

14. INTERCLUB COMPETITIONS

Registered members from other clubs are welcome to compete at our meets. Our members are also entitled to attend other clubs competition nights. Please also advise officials of that Club of your attendance. Please ensure you are in full uniform with numbers displayed.

15. CANTEEN

A canteen operates each Friday night with a range of items available. The canteen is the main fundraising activity conducted by the Club with all profits used to advance the club.

Parents from each age group will be asked to assist in running the canteen on a rotation each week. A roster will be placed on Facebook and the notice board indicating which age group and date you will be rostered for. Two parents will be sufficient at any one time.

Consistent with the overall goal of the Club, we are moving towards healthier options at the canteen and welcome any feedback to assist.

16. DATES TO REMEMBER

| | |
|-------------------------------|-------------------|
| Zone Carnival, Gilgandra | 8/9 December 2018 |
| Regional Championships, Dubbo | 2/3 February 2019 |
| State Multi Event, Dubbo | 2/3 March 2019 |
| Club Championships, Dubbo | 22/23 March 2019 |
| State Championships, Homebush | March 2019 |
| Club Presentation night | April 2019 |
| Club AGM | May 2019 |

17. ADVERSE WEATHER

Competition is only cancelled if it has rained sufficiently to make the grounds unsafe, if there are thunderstorms present or if the temperature is outside Little Athletics NSW guidelines.

If sufficient rain has fallen prior to a competition, a decision on cancelling will be made in conjunction with Dubbo Regional Council. If a cancellation is made, an announcement will be made on Facebook and the website, www.dubboathletics.org.au or text the call back line, 19922767. If in doubt please contact one of the contacts listed on page 2.

No points will be allocated to athletes on competition nights that are cancelled prior to the commencement of the first event. If a competition night is cancelled part way through due to rain, lightening or any other unsafe conditions, points will be allocated only for the completed events.

The committee is responsible for the safety of all athletes and may be forced at times during the season to cancel a night's competition before or during the night due to lightening. The committee will be guided by the LANSW/ANSW guidelines.

18. PUBLICITY

Matt O'Dea is the Club's Publicity Officer and will be getting around all age groups during the season taking happy snaps for our website and for local publicity in local papers. Matt will also be looking for good news stories that can also be shared with Club members. Matt will be assisted by Jen Cudmore. Please contact Matt, Jen or one of the contacts listed on page 2 if you have any feedback.

19. COMMITTEE MEETINGS

Meetings are held on the first Monday of each month commencing at 7pm at the Barden Park Function Room. If you have any ideas or concerns to put forward, this is the opportunity to be heard and anyone is welcome to attend, just advise the Secretary or President in advance.

20. SPONSORSHIP

The Club is always looking for sponsors to help defray costs for the purchase of equipment. If you know of any possible sponsors please contact President, Tim Ferraro or one of the other contacts listed on page 2.

21. CODES OF CONDUCT AND BEHAVIOURAL GUIDELINES

The Club is bound to abide by the Little Athletics/Athletics NSW Codes of Conduct and Behavioural Guidelines. The Code and Guidelines cover all athletes, parents, carers, guardians, spectators, the Club Committee and officials, and appears over the page.

Behavioural Guidelines and Code of Conduct

Overview

This document is based on Little Athletics NSW requirements and outlines what is required of all people involved in Little Athletics, be it participating, volunteering, as an administrator or committee member or as a spectator, parent, relative, carer or friend of an athlete.

The guidelines set down an acceptable standard of conduct and behaviour and reflect the principles upon which Little Athletics is based. Acceptance of, and compliance with, these guidelines will ensure that Little Athletes will develop good sporting behaviours and be an enjoyable sporting experience, encouraging them to remain involved in sport or otherwise be active throughout their lives.

We ask that everyone take the time to read the guidelines and make a personal commitment to always behave in accordance with them.

Sanctions are possible for non-compliance.

Behavioural guidelines

For athletes

1. Compete according to the rules.
2. Work equally hard for yourself and the Dubbo Athletics Club.
3. Always address officials in a polite manner.
4. Be a good sport. Acknowledge all good results, whether they are made by Dubbo Athletics Club or friends or an athlete from another Centre.
5. Only cheer good performances, not when other competitors make an error or don't perform well.
6. Treat other competitors, administrators, volunteers and officials with respect.
7. Do not act smart or 'cocky'.
8. Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
9. Cooperate with your coach, team-mates and other competitors. Without them there would be no competition.
10. Participate for your own enjoyment and benefit, not just to please parents, carers, relatives and coaches.
11. Participate as a united Dubbo Athletics Club and support all its athletes, administrators and committee members.

12. Remember that all that is ever requested of you is to **Be Your Best**.

Parents, relatives, carers and spectators

1. Remember that young people are involved in Little Athletics for their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on the child's efforts and performance rather than winning or losing.
4. Encourage athletes to always participate according to the rules.
5. Applaud good performances and efforts from all competitors.
6. Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
7. Recognise the value and importance of being a volunteer.
8. Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for the child's involvement and enjoyment.

9. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
10. Be involved with a united Dubbo Athletics Club and support all its athletes, administrators, committee members and volunteers.

Officials

1. Officiate according to the rules and where subjective judgment is necessary decide on the basis of what is fair to all athletes. Be impartial.
2. Be consistent, objective and courteous when making decisions.
3. Avoid any situation which may be perceived as a conflict of interest.
4. Accept responsibility for all actions taken. If you make a mistake, admit it.
5. Condemn unsporting behaviour and promote respect for all competitors.
6. Emphasise the spirit of the competition rather than the errors. Do not 'over officiate'.
7. Ensure that your behaviour and comments are always positive and supportive.
8. Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
9. Place the safety¹ and welfare of the athletes above all else.
10. Work for a united Dubbo Athletics Club and support all its athletes and administrators and committee members.

Coaches

1. Remember that young people participate for fun and enjoyment and winning is only part of their motivation.

2. Be reasonable in your demands on the young athlete's time, energy and enthusiasm.
3. Operate within the rules and spirit of Little Athletics and teach your athletes to do the same.
4. Ensure that the time athletes spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
5. Avoid over-attention to the talented athletes; the 'just-average' need and deserve equal time.
6. Ensure that equipment and facilities meet relevant safety standards and are appropriate to the age and ability of all athletes.
7. Display control, respect and professionalism to all involved with Little Athletics. Encourage athletes to do the same.
8. Explain to athletes and their parents what you are aiming to achieve and why.
9. Show concern and caution toward sick and injured athletes. Follow medical advice when determining whether an injured athlete is ready to recommence training and competition.
10. Obtain suitable qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
11. Coach in line with a united Dubbo Athletics Club and support all its athletes, administrators, committee members and volunteers.

Administrators and Committee Members

1. Ensure all young people have equal opportunities for participation.
2. Ensure that rules and equipment are modified to suit the age, ability and maturity level of athletes and that equipment and facilities are safe.
3. Provide quality supervision and instruction.

¹ Safety refers to physical and psychological safety. A "psychologically safe" place is characterised by a climate of interpersonal trust and mutual respect in which people feel comfortable being themselves to make mistakes or take appropriate risks in their work.

4. Be fair, considerate and honest in all dealings.
5. Resolve conflicts fairly and promptly through established procedures.
6. Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
7. Support the efforts of coaches and officials and help improve the standards of coaching and officiating.
8. Involve, where appropriate, members in planning, leadership, evaluation and decision making related to the actual activity.
11. Ensure that everyone involved in Little Athletics emphasises 'fair play' and not winning at all costs.
12. Develop Codes of Conduct and Behavioural Guidelines and encourage everyone to follow them.
13. Make it clear that abusing young people in any way is unacceptable and will result in reporting and appropriate disciplinary action.
14. Administer an inclusive Dubbo Athletics Club and support all its athletes, administrators, committee members and volunteers.
15. Comply with, and uphold the highest standards of these behavioural guidelines and the Dubbo Athletics Club Constitution, policies and procedures.

Code of Conduct

Australians are justifiably proud of the place sport has in their daily lives.

But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Overzealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.

For athletes

1. Show respect to coaches and officials.
Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.

6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics or the Dubbo Athletics Club into disrepute.

For adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, always follow the

- appropriate procedure/ s in order to question the decision.
3. Never use violence, threats or abuse in any form.
 4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
 5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
 6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
 7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
 8. Do not bring the sport of Little Athletics or the Dubbo Athletics Club into disrepute.

Penalties for Breaches of Behavioural Guidelines and/or Codes of Conduct

The principles of natural justice will be observed when making decisions on breaches of the Behavioural Guidelines and/or Codes of Conduct and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Behavioural Guidelines and/or Codes of Conduct that occur at events conducted by Dubbo Athletics Club that are confined to the day of competition shall be determined by the Appeals Committee. Penalties that go beyond the day of competition shall be determined by the Dubbo Athletics Club Executive and could include banning individuals and families from future participation in the sport.

If you have a problem that you would like attended to any suggestion that will assist with the running of the Club please contact the President, Tim Ferraro or Secretary, Tony Martin in the first instance. Complaints and Disputes can be directed to Kelly Lovell, Chairperson, Complaints and Disputes Committee on 0417435621 or email e.r@bigpond.com.

Enjoy your season with our Club and all the very best to our athletes, parents, carers and volunteers for the 2018/19 competition!



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