



SENIOR'S INFORMATION PACKAGE 2018/2019





DUBBO ATHLETICS CLUB INC.

**SENIOR'S INFORMATION
PACKAGE 2018/2019**

1. Welcome.....	3
2. General Information.....	3
3. Registration Fees.....	3
4. Communications with members.....	4
5. Uniform & Clothing Pool.....	4
6. No Smoking & Alcohol Policy.....	5
7. Point Score Details.....	5
8. Club Championships.....	6
9. Club Records.....	6
10. Interclub Nights.....	6
11. Adverse Weather.....	7
12. Committee Meetings.....	7
13. Training.....	7
14. Publicity.....	7
15. Sponsorship.....	7
16. Volunteering.....	8
17. Code of Conduct and Behavioural Guidelines.....	8

Visit our website www.dubboathletics.org.au for information.



Or like our Facebook page to keep up to date with all the latest club info.

Dubbo Athletics Club

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

For insurance purposes, all member registrations must be paid for prior to commencing competition.

Competition nights are on Thursday evenings from 6PM and will commence on 18th October.

We will endeavour to hold one event from each of the athletics disciplines each week i.e. 1 x throw, 1 x jump, 1 x sprint, 1 x middle/long run. However, there is no guarantee that this will be possible every week.

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 2018/2019 season

2018/19 Athletics NSW Club Athlete Membership (18+up) \$130.00

This subscription aligns the member to their club and/or Athletics NSW, making the member financial for the period of September 16, 2018 to September 30, 2019. It allows a member eligibility into two (2) of the following events: Country Championships, NSW State Relays, NSW Masters Championships. It provides a member with Personal Accident insurance under the National Insurance Plan.

-

2018/19 Athletics NSW Junior Athlete Membership (under 20) \$160.00

This subscription aligns the member to their club and/or Athletics NSW, making the member financial for the period of September 16, 2018 to September 30, 2019. Athletes must be under 20 years of age, as of September 30, 2019. It allows a member eligibility to enter Athletics NSW and Athletics Australia events. It provides a member with Personal Accident insurance under the National Insurance Plan.

-

2018/19 Athletics NSW Open Athlete Membership (over 20) \$190.00

This subscription aligns the member to their club and/or Athletics NSW, making the member financial for the period of September 16, 2018 to September 30, 2019. It allows a member eligibility to enter Athletics NSW and Athletics Australia events. It provides a member with Personal Accident insurance under the National Insurance Plan.

2018/19 Athletics NSW Concession Athlete Membership **\$140.00**

This subscription aligns the member to their club and/or Athletics NSW, making the member financial for the period of September 16, 2018 to September 30, 2019. The member must hold a current Government Concession Card, which must be cited by a Club Administrator. It allows a member eligibility to enter Athletics NSW and Athletics Australia events. It provides a member with Personal Accident

-

Dual Rego

nil

-

Registrations **MUST** be made online at nswathletics.org.au where payment can be made by credit card. If registering online you must print off an invoice and bring to your first club competition night before you will be allowed to compete.

4. COMMUNICATION WITH MEMBERS

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

Complaints & Disputes Committee: If you have an opportunity to solve an issue or have the need to report an issue please contact Kelly Lovell, Chairperson, Complaints & Disputes Committee on 0417435621 or email on - e.r@bigpond.com.

Facebook : Information and items of interest will also be posted on the clubs Facebook page which we encourage all members to join.

Website: www.dubboathletics.org.au

5. UNIFORM

Senior's are not required to wear club uniform on Thursday nights, however if you are competing at any other athletics event you are representing Dubbo Athletics club and therefore must be in club uniform.

When competing at any event other than Thursday nights registration numbers must worn. Numbers must be attached to the front and back so as to be seen at all times (even when shirt is tucked in) with the red boarder visible.

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/skins are allowed to be worn without shorts.

Uniform items can be purchased on Friday nights when little A's are competing, or by contacting the club via on the above-mentioned phone numbers.

Price list:

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

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

6. NO SMOKING AND ALCOHOL POLICY

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 away from competitors.

7. POINT SCORE DETAILS

Any competitor who is not a registered member of our club must fill in and sign a registration form prior to competing

Points are awarded as follows:

- 1 point for attendance.
- 1 point for participation in each event.
- 1 point for equalling your PB.
- 2 points for beating your PB.

Athletes who compete any other recognised athletic event and miss the Thursday night club competition due to travelling for the event will be credited with 1 point for each event held at the Thursday 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, please notify the point scorer prior to your absence. This will ensure you will receive points while representing your club.

Note: it is the responsibility of the athlete to provide proof of competing.

8. CLUB CHAMPIONSHIPS

Championships take place at the end of the season. Competitors must have completed 18 (to be verified) events during the season to be eligible for Club Championships. Special consideration will be given to those competitors who live 60km or more from Dubbo.

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.

Only club members are eligible to participate on the nights of the club championships. Points are awarded as per the standard schedule.

All senior club members are able to participate on championship nights, however only those who have enough points are able to set club records.

ANY DETERMINATION MADE BY THE CLUB EXECUTIVE 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 ANSW sanctioned events falling on the nights of championships or corresponding weekend/s.

9. CLUB RECORDS

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

Current club records can be viewed on the club's website.

10. INTERCLUB NIGHTS

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

11. ADVERSE WEATHER

If rain has fallen during the day of our club night or the temperature is excessive we will endeavour to decide on the condition of the grounds as early as possible. If a cancellation is necessary an announcement will be made on the Dubbo Athletics Club Facebook page

Competition is only cancelled if it has rained sufficiently to make the grounds unsafe or the temperature makes it unhealthy to continue. 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. If there is lightening competition will stopped immediately.

12. 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.

13. TRAINING

Our club coaches are happy to provide coaching for our club members.

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 3.

Contact telephone numbers for coaching are:

Head coach: Mark Penman 0402073044

14. PUBLICITY

Matt O'Dea is the clubs Publicity Officer. Matt will be assisted by Jen Cudmore.

If you have any good ideas for advertising, or a good news story please contact Matt, Jen or one of the contacts listed on page 3 if you have any feedback.

15. 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 3.

16. VOLUNTEERING

The club is run by volunteers, if you wish to get involved please get in touch with one of the committee members listed in section 2 of this information booklet. We are always in need of, and happy to have your help.

17. CODE OF CONDUCT

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.

If any member of the club has a problem that they would like attended to or indeed 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 who will advise you of the correct action to follow.

Dubbo Athletics Club



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, teammates 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

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.

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.
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.

Enjoy your season with our club and all the very best to our athletes for the 2018/19 competition.