

Redcliffe Little Athletics Centre



General Information



Welcome to Redcliffe Little Athletics for the 2018/19 season. This information sheet has been prepared to provide families with general information about little athletics at the Redcliffe centre.

At Redcliffe Little Athletics, we aim to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through both family and community involvement in the sport of athletics. We cater for children from the ages of five (5) to seventeen (17) years. Children will learn the basic athletic skills of running, jumping and throwing. The children will be encouraged to improve their own personal performances from week to week through friendly competition on Friday evenings and training activities during the week. Most importantly, we encourage our athletes to have FUN.

If there are any questions that have not been answered in this sheet, please see one of our friendly committee members or contact the club on **0422 094 450** or redcliffela@gmail.com.

Registrations

All athletes wishing to compete in little athletics must be registered with an associated Little Athletics Queensland Centre. As such, registration fees are required to help keep the centres running. Registration fees are \$275 for the first child (which includes a \$50 refundable parent levy – see below), \$215 for the second child, \$205 for the third child and \$195 for each additional child thereafter. These fees are inclusive of LAQ registration fees, weekly competition nights, insurance, team photo, coaching, awards and our Christmas and end of season celebrations!

Registrations will be online via the LAQ website, payment may be made online or at the Redcliffe Clubhouse.

For your convenience, we have EFTPOS facilities available for payment of registration fees and uniforms. We are also registered to receive the Queensland Government Get Started vouchers of \$150, which are available to families who hold a current health care card. Parents of all children registering for the first time must provide proof of age (e.g. birth certificate / passport) within 28 days. Fees can be paid in instalments over 6 weeks with \$100 deposit per child

Competition Night Structure

Competition is held each Friday night commencing at 5:45 pm sharp. Parents are required to sign their children in at the Recorder's Shed each week and are required to remain at the grounds at all times. Children are not permitted to be left unsupervised at any time on competition night.

Athletes will begin the evening with a warm-up led by our senior athletes. Athletes will then compete in up to five (5) events that will rotate from week to week. Competition concludes as soon as the athletes have completed their program for the evening and this will vary depending upon the events scheduled and number of athletes in attendance.

Please be aware that, for insurance reasons, parents are not permitted to join their children inside the competition areas, unless they are rostered as a parent helper for the evening. When you are not rostered as a parent helper, we recommend that you bring a blanket or chair for your own comfort and enjoyment. There is a large grassed area in front of the club house that provides a great vantage point to watch your children compete.

Parent Helpers

To ensure that competition nights run smoothly and finish as early as possible, we need the help and support of YOU! Each week, we require marshals, recorders, time keepers, ticket writers, judges, spotters and canteen helpers. All in all, we need approximately 50 parents and friends to get through a full program EACH WEEK.

As an incentive, Redcliffe Little Athletics offers a refundable parent levy of \$50 which is incorporated into the first child's fees. The levy is refunded at the conclusion of the season to those families that provided assistance on at least 10 occurrences, these may be competition nights, working bee or regional competition.

If you would like to know more about any of these volunteer jobs, please speak to any of our committee members for further information.

We take the safety of our children very seriously, so at times parents assisting in an official capacity may be required to apply for a Working with Children Blue Card. As a volunteer, this is a free application and can be transferred across

other sporting organisations. If you are interested in applying for a Blue Card, please see our Officials Officer, Jenny Boardman to obtain a Blue Card application form.

Orientation Night

Our season always starts off with an Orientation Night, which is held on Friday 24th August this year. This is an opportunity for athletes to become familiar with the workings of a normal competition night by competing in events, without having to worry about their performances, as no competition points are awarded.

Trial Nights

Redcliffe Little Athletics welcomes new athletes all throughout the season. The club offers two 'trial nights' to new athletes wanting to give it a go before making the commitment to join. Trial nights cost \$5 each, which are deducted off the registration fees should the child join the club. During the season, we will also hold a 'Bring a Friend' night, which is free for the friend to trial and great fun for the athletes.

Uniforms

Uniforms are compulsory and must be worn at all Little Athletics competitions, including Friday nights. Athletes are required to be in full uniform within four (4) weeks of registering. Uniforms can be purchased through the club: Layby is available.

Boys and Girls Shirts	\$40	Crop tops (Girls U12 -U17)
Boys and Girls Shorts	\$35	Singlets (Boys U12-U17)
Girls Bike Shorts (U9-17 only)	\$35	Scrunchies \$5
Jacket	\$75	

It is compulsory that enclosed footwear be worn by athletes at all times in all events at any Little Athletics Queensland (LAQ) centre or carnival. Light weight shoes/waffles or sandshoes are ideal. Shoes with tags, such as football boots, are considered a safety hazard and therefore not acceptable. Spiked shoes may only be worn by athletes in the U/11 age group or older in specified events.

Trophies and Awards

Each athlete will receive a participation plaque on presentation night at the end of the season. The plaques are presented to athletes in their first year of competition and are re-engraved each competition year after that as a memento of their time at Redcliffe Little Athletics.

A strong focus within the club is placed on achieving your personal best. Points are awarded to athletes each week based on their personal performances and improvements. Trophies are awarded to the top three point scoring athletes in each age group and are not necessarily those athletes that *place first* in their events.

The canteen will be open each Friday night for the sale of food and drinks. Please check the weekly newsletter for the following week's food specials. Parents wishing to order food for their children at the end of the night, may do so prior to 6:45pm. Please be aware that athletes are not permitted to take food into the competition areas.

Smoking is prohibited at all times on the grounds and within the club house.

Alcohol or persons under the influence of alcohol are not permitted on the grounds at any time.

We look forward to seeing you in the up and coming season.

The Committee

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