

# *ALBION PARK LITTLE ATHLETICS CENTRE*



*Centre Handbook*

*2024-2025 Season*

*Albion Park Little Athletics is proudly  
sponsored by:*

*Kelly + Partners Accountants – Wollongong (02) 4226 1000*

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## Presidents Message

Welcome to the 2024-2025 Little Athletics season at Albion Park Little Athletics Club (APLAC). On behalf of APLAC, we wish you all an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers. We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes, will have the opportunity to assist in various ways. I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics centre.

We have a centre website, [albion-park.lansw.org](http://albion-park.lansw.org) and provide regular updates through our Facebook group that will keep you up to date with things 'around the track'. Our website will be the main source of information for our members. It contains all the information you need to know about our centre. We also have a Facebook page ([facebook.com/APLAC71](https://facebook.com/APLAC71))—make sure you check this regularly. We welcome and encourage our families to contribute with photos and stories.

Thanks to the incredible support from our community and sponsors, we were thrilled to receive an \$8,000 community grant from Bendigo Bank. This grant will allow us to invest in new equipment, enhancing our facilities and giving our athletes top-notch tools for their development. We are also introducing new merchandise and cooling towels to add some club spirit and comfort during events. To improve our setup for both club nights and carnivals, we are purchasing new marquees, creating a more organised and welcoming environment. Additionally, we have invested in a new PA system to ensure clear and reliable communication across the ground. These upgrades not only enrich the experience for our athletes and their families but also highlight our ongoing commitment to building a vibrant and supportive sporting community.

Don't forget we have a canteen and BBQ available each week. Please support our centre so we can fundraise to upgrade new equipment for our athletes.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee, we will be more than happy to assist you.

Regards,

*Isaac Wilson*  
President  
Albion Park Little Athletics Club

## Committee Members & Contacts for 2024-2025 Season

Albion Park Little Athletics Club committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The committee members, whose names are below, meet each month throughout the year. All members are welcome to contribute items for our committee meetings. We will announce all committee meetings and location via our Website and Facebook page.

Position	Name
President	Issac Wilson
Vice President	Sean Elphick
Secretary	
Treasurer	Katie Dent
Registrar	Kym Davis
Recorder	Valerie Gorrie
Championships Officer	Valerie Gorrie, Kym Davis
Canteen Officer	Katie Dent, Dianne Dent
Uniform Officer	Katie Dent
Public Officer	Dianne Dent
Groundsman	Colin Nicol, Troy Meyers
Webmaster	Angela Hazlewood

**First Aid Officer:** Katie Dent

**General Committee Members:** Fernando Oiteirinho

**Postal Address:** Albion Park Little Athletics PO Box 249, Oak Flats NSW 2529

**Email:** [info@aplac.org.au](mailto:info@aplac.org.au) for all enquiries.

**Website:** <https://albion-park.lansw.org>

## What happens on a Friday night?

**Who:** Girls and boys from ages 3 years to under 20 years. The age of all children shall be calculated as the age they turn in 2024.

**Where:** John O'Dwyer Oval, Croome Rd, Albion Park, NSW 2527

**Trial Nights:** Friday, 20th September and Friday 27th September 2024.

**Season Starts:** Friday, 11<sup>th</sup> October 2024.

**Season Ends:** Late March 2025.

**Christmas Holidays:** Last Club Meet before Christmas is Friday, 20 December 2024.

Return from Christmas Friday, 10 January 2025.

**Time:** First call for athletes at 5:15pm for a 5:30pm start to the program.

**Canteen:** Our canteen is open during meets on Friday nights, with hot foot, drinks and snacks available for purchase (Eftpos available). Please support our centre so we can fundraise to upgrade new equipment for our athletes.

**6's-U20:** Each Friday evening begins with any important announcements. Before the announcements, the athletes are to meet in front of the baskets, at the 50m line. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various event throughout the evening.

**Tiny Tots:** Each Friday evening Tiny Tots will meet in front of the baskets, at the 50m line. Tiny Tots then head out to the western end of the field to complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

**Uniform:** All children must wear a centre uniform with registration numbers and age numbers. (See [Uniforms](#) section of this handbook).

**Wet Weather:** If it has been raining during the week or on Friday afternoon and you are not sure if our weekly competition will be on, we will attempt to have the information on our website and Facebook page close to 4pm.

**Emails:** Emails are sometimes sent to some or all members through our clubs online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information.

## Parent/Community Participation

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable. During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

### Parent Volunteers Needed

**Equipment Helpers:** Setting up the equipment from 5pm, assisting in packing up the equipment at the end of competition. If we have enough helpers each week, we will be able to start at the correct time and leave early.

**Age Manager/Assistant:** Age managers are responsible for making sure that the events run correctly and as per the rules of competition. Each age manager requires helpers (assistants) to make sure athletes are in correct lanes for running races, measuring/writing results from field events onto sheets and coordinating the organisation of athletes at events.

**Announcer:** Each Friday night we require an announcer to call events etc. if you are interested, please see a member of the committee.

**Starters:** Two race starters are required for each night's races. This helps to minimise mistakes and keep the races flowing through quickly.

**Timing Gates:** Timing gates operator will run the timing gate for track events.

**Canteen & BBQ:** Requires the assistance of 2 or 3 parents for each area, and this could be broken into shifts for example 1 hour each.

#### **PLEASE NOTE:**

1. Competition first call is at 5.15pm for 5.30pm start.
2. Sign in your child with their age manager.
3. Age groups cannot commence their weekly events until such time as they have an age manager.
4. Competition cannot commence until equipment for the events is set up.
5. **At all times you are responsible for the supervision of your child/ren.** Under no circumstances can your child be left at the ground unless you have prearranged for another parent to supervise them on your behalf.  
**Children found to be unsupervised will not be able to compete until their parent/ guardian is in attendance.**

## *Rules & Policies*

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Friday nights in safety. All athletes must be registered with LANSW before they participate.

### **Registrations**

Registration fees are paid direct to Little Athletics NSW. LANSW return a portion of this registration fee to the centre to cover other associated costs for that season.

### **Age Groups**

The age of all children shall be calculated as the age they turn in 2024. Proof of age (Birth Certificate, Passport or Hospital Card/Book) should be presented to the Registrar at the time of Registration for all new members.

### **2024-2025 Fee Schedule**

- Tiny Tots - \$120
- U6's to U20 - \$170.
- A family discount is available for 3 or more children.

### **Fee Inclusions**

- Association Registration Fee (Does not cover travelling expenses or entry fees where applicable to major championships)
- Insurance Cover (for children only)

### **Refund of registration fees**

As most of the registration fee goes to Little Athletics NSW, it is the policy of APLAC not to refund any registration fees if a member no longer wishes to belong to this centre.

### **First Aid Assistance**

We will have a qualified First Aid Officer on duty at our Friday night meetings to treat injuries. Should you feel that medical assistance is required please ask a committee member to assist you.

### **Working with Children**

Of utmost importance is the safety and well-being of all children and adults. All persons who do not have children participating in the little athletics activity at which they are volunteering; or coaches; or persons who may have unsupervised contact with children or young people; and anyone assisting in a high-risk role (e.g. overnight camp supervisor) must present a working with children number to the President or Registrar before working with athletes. Additionally, we ask all parents to be vigilant and report to the committee anything they feel is of concern in regard to the safety of children.

### **Photographs**

Albion Park Little Athletics advise parents that photographs, video and voice recordings taken by our club at Friday night competitions or at carnivals may feature on our website, in future handbooks or other forms of media to promote our club. **Should you NOT wish your child's photographs to be published please notify the registrar.**

### **Results**

Results can be found on results HQ <https://resultshq.com.au>. Please refer to the results section to keep track of performances as the season progresses. You will need to use the family login option to view your child's results. Please use the email address you registered your child with. Carnival results will be posted on our Website and Facebook page. **Should you NOT wish your child's results to be published please notify the registrar.**

### **Insurance**

All clubs and centres are affiliated with the NSW Little Athletics Association Inc. The Association provides a personal accident policy through brokers in Sydney. All registered athletes over three years and voluntary workers under 70 years of age are covered for both medical expenses and out of pocket expenses (up to a limit) for any one injury, as well as a lump sum compensation for a range of permanent disabilities together with coverage for temporary disability. The Association also carries a Public Liability Policy.

### **Lost Property**

Our lost property collection can be found at the canteen. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Albion Park LAC will endeavor 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.

### **No Smoking**

APLAC John O' Dwyer Oval is Smoke Free Zone. Section 6A of the Smoke-free Environment Act 2000 makes a number of outdoor public places smoke-free.

From 7 January 2013, smoking is banned in spectator areas at public sports grounds and other recreational areas in NSW when an organised sporting event is being held.

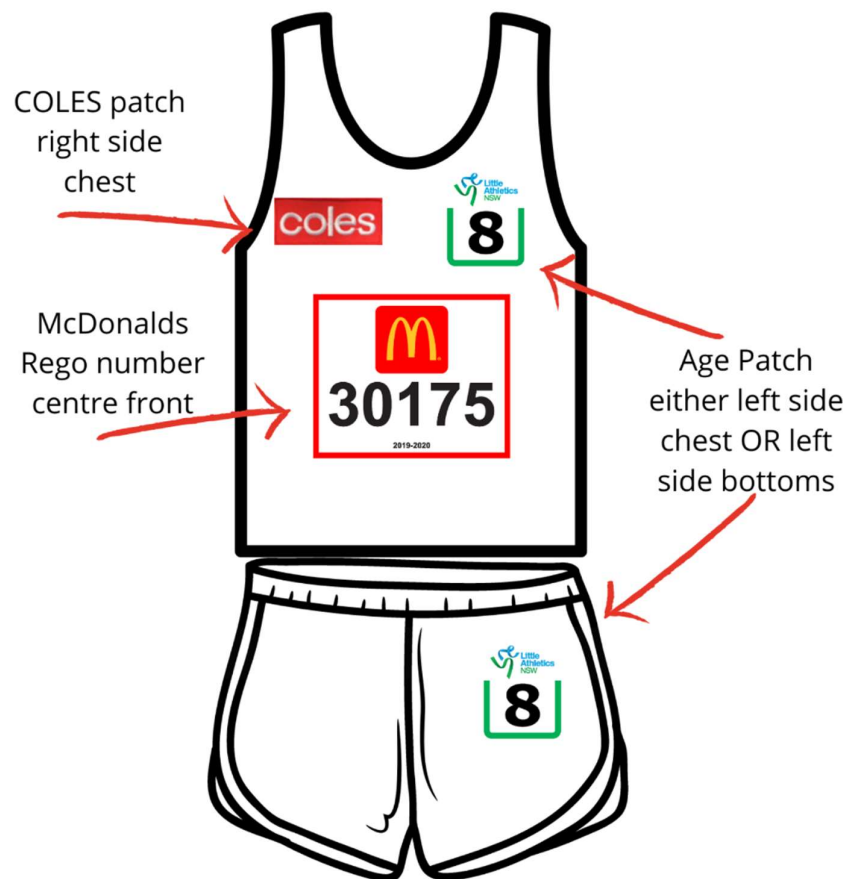
For more information: [www.health.nsw.gov.au/tobacco/documents/sportsground-factsheet.pdf](http://www.health.nsw.gov.au/tobacco/documents/sportsground-factsheet.pdf)



## Uniforms

### Placement of numbers & patches for all Little Athletics NSW Events & Carnivals

- Uniforms can be purchased from the centre on registration days and between 5-6pm on Friday nights. To pre-order uniform prior to the start of season, please message our Facebook page.
- When competing on Friday nights or at other LA carnivals full uniform must be visible- shirts, jumpers, etc. CANNOT be worn over uniform when participating during events.



#### **Registration Number**

All athletes from Tiny Tots to U17 wear the McDonald's registration number which MUST have the FULL red border showing including the year, and be placed in the centre of the uniform top (see above).

#### **Age Patch**

For all ages the Age Patch MUST be placed on the front left hand side of the uniform. This can be on the shoulder or shorts/briefs or tights (see above).

#### **Sponsor Patch**

Coles sponsors patch (as above) MUST be placed on the front right shoulder of all uniforms. It can be placed over the corner of the red border of the number, but must not cover the McDonald's logo or registration number.

## *Championships & Carnivals*

### **General Information**

All Little Athletics centres in NSW are divided into zones and regions. APLAC is in the Mid South Coast Zone. The other centres in the Mid South Coast Zone are Kiama, Lake Illawarra, Milton Ulladulla, Shoalhaven and St Georges Basin. The Mid South Coast Zone is part of Region 4. There is an 8 region structure. 4 metropolitan and 4 country.

### **Albion Park Little Athletics Gala Day**

Each season our club hosts a gala day. Our carnival will be held on Sunday 27<sup>th</sup> October, 2024. Registration instructions will be provided closer to the carnival date via our Website and Facebook pages.

### **Zone Championships**

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from 7's-U17 age groups from all centres within our Zone are eligible to compete at the Northern Metropolitan Zone. The venue will change from year to year.

### **Regional Championships**

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 2 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

### **State Championships**

The State Championships are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship.

### **State Multi-Event Championships**

The State Multi-Event Championships is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March 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 on the day.

### **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.

## Calendar of Events 2024-2025 Season

Date	Event
Thursday, 1 <sup>st</sup> August 2024	Registrations open online at <a href="http://albion-park.lansw.org">albion-park.lansw.org</a>
Friday 20 September 2024	Come and Try Night #1
Friday 20 September 2024	Come and Try Night #2
Friday 11 October 2024	Round 1 Point Score
Sunday 13 October 2024	Lake Illawarra October Carnival
Friday 18 October 2024	Round 2 Point Score
Friday 25 October 2024	Round 3 Point Score
<b>Sunday 27 October 2024</b>	<b>Albion Park Little Athletics Gala Day</b>
Friday 1 November 2024	Round 4 Point Score
<b>Sunday 3 November 2024</b>	<b>St Georges Basin Dragon Derby</b>
Friday 8 November 2024	Round 5 Point Score
Friday 15 November 2024	Round 6 Point Score
<b>Sunday 17 November 2024</b>	<b>Shoalhaven Little Athletics Gala Day</b>
Friday 22 November 2024	Round 7 Point Score
Friday 29 November 2024	Round 8 Point Score
Friday 6 December 2024	NO COMPETITION DUE TO ZONE CHAMPIONSHIPS
<b>Saturday 7 December 2024</b>	<b>MSC Zone Championships – St Georges Basin</b>
<b>Sunday 8 December 2024</b>	<b>MSC Zone Championships – St Georges Basin</b>
Friday 13 December 2024	Round 9 Point Score
Friday 20 December 2024	Round 10 Point Score
Friday 10 January 2025	Round 11 Point Score
<b>Sunday 12 January 2025</b>	<b>Lake Illawarra Summer Carnival</b>
Friday 17 January 2025	Round 12 Point Score
Friday 24 January 2025	Round 13 Point Score
Friday 31 January 2025	Round 14 Point Score
Friday 7 February 2025	NO COMPETITION DUE TO REGIONAL CHAMPIONSHIPS
<b>February 8-9 2025</b>	<b>Coles Region Championships – Wagga Wagga</b>
Friday 14 February 2025	Round 15 Point Score
Friday 21 February 2025	Round 16 Point Score
Friday 28 February 2025	NO COMPETITION DUE TO STATE COMBINED
<b>Saturday 1 March 2025</b>	<b>LANSW State Combined Events Championships</b>
<b>Sunday 2 March 2025</b>	<b>LANSW State Combined Events Championships</b>
Friday 7 March 2025	Round 17 Point Score
<b>March 13-16 2025</b>	<b>NSW Junior Championships (13's (U14) – U20)</b>
<b>March 20-23 2025</b>	<b>NSW Open Championships</b>
<b>March 22-23 2025</b>	<b>LANSW HART Sport State Championships (9's – 12's) - SOPAC</b>
May 2025	Presentation and AGM – TBC

\*\*\* APLAC may change some point score nights to “fun” / “training” nights throughout the season. Information will be communicated on our Facebook page.

## Events For Each Age Group

**Tiny Tots** - Play training activities and modified games.

6's to 12's

Event	6's	7's	8's	9's	10's	11's	12's
50m	X	X					
70m	X	X	X	X	X		
100m	X	X	X	X	X	X	X
200m	X (pack start)	X	X	X	X	X	X
400m			X (pack start)	X	X	X	X
800m	300m (pack start)	500m (pack start)	700m (pack start)	x	X	X	X
1500m						X	X
Sprint Hurdles			60m (45cm)	60m (45cm)	60m (60cm)	80m (60cm)	80m (68cm)
Long Jump	X	X	X	X	X	X	X
High Jump				X (scissor)	X (scissor)	X	X
Triple Jump						X	X
Shot Put	500gm	1kg	1.5kg	2kg	2kg	2kg	2kg
Discus	350g	350g	500g	500g	500g	500g	750g
Javelin					Turbo	400g	400g

## 13's to U20

Event	13's (U14) Born in 2012	14's (U15) Born in 2011	15's (U16) Born in 2010	16's (U17) Born in 2009	17's (U18) Born in 2008	U20 Born in 2007- 2006
100m	X	X	X	X	X	X
200m	X	X	X	X	X	X
400m	X	X	X	X	X	X
800m	X	X	X	X	X	X
1500m	X	X	X	X	X	X
3000m	X	X	X	X	X	X
Sprint Hurdles	F: 80m (76cm) M: 90m (76cm)	F: 90m (76cm) M: 100m (76cm)	F: 90m (76cm) M: 100m (76cm)	F: 100m (76cm) M: 110m (76cm)	F: 100m (76cm) M: 110m (76cm)	F: 100m (84cm) M: 110m (99cm)
Hurdles	200m (76cm)	300m (76cm)	300m (76cm)	F: 400m (76cm) M: 400m (84cm)	F: 400m (76cm) M: 400m (84cm)	F: 400m (76cm) M: 400m (91cm)
Long Jump	X	X	X	X	X	X
High Jump	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X
Shot Put	3kg	3kg	F: 3kg M: 4kg	F: 3kg M: 5kg	F: 3kg M: 5kg	F: 4kg M: 6kg
Discus	750g	1kg	1kg	F: 1kg M: 1.5kg	F: 1kg M: 1.5kg	F: 1kg M: 1.75kg
Javelin	F: 400g M: 600g	F: 500g M: 700g	F: 500g M: 700g	F: 500g M: 700g	F: 500g M: 700g	F: 600g M: 800g

## Weekly Programs

### **Program A**

Tiny Tots	1-hour program
6's	100m, 300m, Shot Put, Long Jump
7's	100m, 500m, Discus
8's	60m/h, 200m, 700m, Long Jump
9's	60m/h, 200m, 800m, Discus
10's	60m/h, 200m, 800m, Shot Put
11's	80m/h, 1500m, High Jump, Discus
12's	80m/h, 1500m, High Jump, Javelin
13's (U14)	80m/h(G) 90m/h(B), 200m, 1500m, Long Jump, Javelin
14's (U15)	90m/h(G) 100m/h(B), 200m, 1500m, Long Jump, Javelin
15's (U16)	90m/h(G) 100m/h(B), 200m, 1500m, Long Jump, Javelin
16's (U17)	100m/h(G) 110m/h(B), 200m, 1500m, Long Jump, Javelin
17's (U18)	100m/h(G) 110m/h(B), 200m, 1500m, Long Jump, Javelin
U20	100m/h(G) 110m/h(B), 200m, 1500m, Long Jump, Javelin

### **Program B**

Tiny Tots	1-hour program
6's	50m, 70m, 200m, Discus
7's	50m, 70m, 200m, Shot Put
8's	70m, 100m, 400m, Discus
9's	70m, 100m, 800m, Long Jump
10's	70m, 800m, Long Jump, Turbo Javelin
11's	200m, 800m, Triple Jump, Javelin
12's	200m, 800m, Triple Jump, Discus
13's (U14)	800m, 200m/h, High Jump, Shot Put
14's (U15)	800m, 300m/h, High Jump, Shot Put
15's (U16)	800m, 300m/h, High Jump, Shot Put
16's (U17)	800m, 400m/h, High Jump, Shot Put
17's (U18)	800m, 400m/h, High Jump, Shot Put
U20	800m, 400m/h, High Jump, Shot Put

### **Program C**

Tiny Tots	1-hour program
6's	70m, 100m, Long Jump, Shot Put
7's	70m, 100m, Shot Put, Long Jump
8's	70m, 100m, Shot Put, High Elastic (optional)
9's	100m, 400m, Scissor High Jump, Shot Put
10's	100m, 400m, Scissor High Jump, Discus
11's	100m, 400m, Long Jump, Shot Put
12's	100m, 400m, Long Jump, Shot Put
13's (U14)	100m, 400m, 3000m, Triple Jump, Discus
14's (U15)	100m, 400m, 3000m, Triple Jump, Discus
15's (U16)	100m, 400m, 3000m, Triple Jump, Discus
16's (U17)	100m, 400m, 3000m, Triple Jump, Discus
17's (U18)	100m, 400m, 3000m, Triple Jump, Discus
U20	100m, 400m, 3000m, Triple Jump, Discus

## Multiclass Program

(Program subject to change)

### Program A

U6-U8	100m	400m	Discus
U9-U20	100m	800m	Discus

### Program B

U6-U8	50m	70m	Shot Put	Long Jump
U9-U20	70m	200m	Shot Put	Long Jump

### Program C

U6-U8	100m	200m	Long Jump	Discus
U9-U20	100m	200m	Long Jump	Discus

## Track & Ground Information

Our track is a grass track, and located at John O'Dwyer Oval, Croome Road, Albion Park NSW 2527. There is plenty of on-site parking, club house with toilets available. Every club night our canteen will be in operation with hot food, drinks and snacks available for purchase. Please support our club as this raises funds to purchase new equipment for our athletes.

Google maps location: <https://maps.app.goo.gl/ETQvnwWQQuZW6TDL7>



## Award Structure

All awards on offer at our centre are subject to certain conditions that are determined by the committee based on the season (some awards may not be presented each year).

### Personal Best / Point Score Trophies / State Representative Gear

- 50% Friday night attendance from **date of registration** must be attained to be eligible for a trophy at the end of the season. Rained out days are **not** counted as attended.
- Failure to meet the 50% attendance will result in your child not being eligible to receive an attendance trophy.
- Friday night Personal Best Competition points are based on a personal best (PB) system and not individual placing. This encourages all athletes to always try **THEIR** best.
- Friday night Point Score Competition points are based on a point score system throughout the entire season. Age champions U6–U20 will be awarded based on these points.
- To be eligible for State Representative gifts, athletes must meet 50% attendance on club nights.

\*\* Please log your child's attendance with their age manager. 50% Attendance requirement on a Friday night does not mean they must participate in every event. They must attend 50% of club competition nights to be eligible.

- National Representative Excellence Award
- Most Outstanding Athlete
- Most Outstanding Para Athlete
- Watkins Family Trophy
- Colin Hollis Award
- Most Club Records Broken
- Hatch and Horgan Award
- White Family Trophy
- Most Consistent Awards
  - All Rounder Senior
  - All Rounder Junior
  - Sprinter
  - Distance Runner
  - Thrower
  - Jumper
  - Hurdles
- PB Champ
- Age Champ
- 100% attendance
- Record Breakers Medal
- Tiny Tots
- Attendance award



## Sponsorships & Grants

Welcome to our 2024/25 Sponsors Kelly & Partners Accountants. We thank you for your ongoing sponsorship and continued support.

Thanks to the incredible support from our community and sponsors, we were thrilled to receive an \$8,000 community grant from Bendigo Bank. This grant will allow us to invest in new equipment, enhancing our facilities and giving our athletes top-notch tools for their development.

We are seeking further sponsorship partners for our upcoming season. If you own a business and are interested in sponsoring or supporting our centre, please contact us at [info@aplac.org.au](mailto:info@aplac.org.au).

### **Kelly+Partners Accountants: Wollongong (02) 4226 1000**

A multi-award-winning financial services firm with a mission to make our clients, our communities and our people better off. With 30 locations and over 500 team members, we support over 17,500 small business owners, high-net-worth individuals and families to build and grow great businesses and protect their legacies across generations.

<https://www.kellypartners.com.au/locations/kelly-partners-wollongong>



### **Bendigo Bank Oak Flats: Ph (02) 4295 1544**

Since opening 19 years ago Community Bank Oak Flats and Community Bank Shellharbour branches have given more than \$3 million in support to local community groups, organisations and charities, and continue to support their local communities.

Yes, it's time to feel good about who you bank with. We are proud to support these local community groups!



## Life Members APLAC

Jackie Hudson  
Rick Watkins  
Julie Schulz  
Ian Hatfield  
Chris Costello  
Wayne Parnell  
Allison Cull

Dee Chapman  
Jenene Gilbert  
Robin Harvey  
Skye Vella  
Patrick McPhillips  
Troy Meyers

## Some Other Frequently Asked Questions

What level of ability does my child need to be to join?

Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

Do we need special shoes?

Shoes must be worn at all times, no football boots are permitted. Spikes can be worn from 11's upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not a necessity and only some athletes opt to use them.

Are starting blocks available?

Starting blocks may be used at the discretion of the competitor and are available for use at the club.

What happens if it rains?

The committee will determine if competition night will go ahead in-case of poor weather or conditions. The Albion Park Little Athletics Facebook page will be updated as soon as possible to advise our families of any changes to competition. Like us on Facebook to find regular updates and information throughout the season.

Will my child be taught the correct technique or have access to coaching?

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Our committee and many parents are accredited / experienced and can provide advice and guidance throughout the season. Our club includes resources aimed at providing parents/volunteers with the essential knowledge for helping at events.

- Ages and correct specifications for the various age groups
- Basic instruction on how to do the event
- Basic Rules
- Basic Officiating Procedures
- Safety Considerations
- Hand Tips for conducting the event at centre level

Limited skill development instruction is given on Friday evenings.

I want to volunteer. Who should I contact?

You can contact any of the committee members at any time. Contact details are on [page 4](#) of the handbook

If at any stage would like more information about policies, plans, rules or information on education and training, please [contact the committee](#) at Albion Park LAC or contact Little Athletics NSW via their website [littleathletics.com.au](http://littleathletics.com.au).