

Penrith Valley Athletics Centre



2020 / 2021

Centre Handbook

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Committee 2020/2021 Season

Position	Name	Contact Number	Email Address
President	Michelle Hayes		
Vice President			
Secretary	Danielle Lynch		
Treasurer	Filiz Elve		
Registrar	Susan Hanson		
Records & Rankings			
Championships	Tricia Bunting		bundyber@bigpond.com
Officials			
Publicity	Sarah Burgess		
Coaching	Sundance Fuller		
Equipment	Liam Russell		
Canteen	Sarah Bradshaw		
General Member	Caroline Dwyer		
General Member	Daniel Gregory		
General Member	Sheree Espee		

The Centre Management Committee extends a very warm welcome to you and your family as you join us for another exciting season of Athletics.

The committee has many roles and responsibilities that contribute to the administrative running of the club. If you would like to assist on the committee this year please feel free to contact us.

With every new season, we gain new members to our family and we encourage you all to get involved. Why sit on the sidelines when you can get in the midst of it all? The more people there are helping, the better the experience we can offer our kids. Don't be afraid!! There are plenty of people who are willing to help you learn the ropes.

This year the committee endeavors to meet as regularly as possible to make our centre operate as smoothly as possible. We value every member of our club and their input. If you would like something addressed, let a committee member know and they will raise the issue for you.

Life Members

Col Davies
Donna Coleman
Kelly Mantle
Caroline Dwyer

Jean Honeman
Mick Mulligan
Bernice Mulligan

Greg Broome
Janice Conn
Tricia Bunting

Julie Mulligan
Bruce Conn
Christie Korvema

Aim of Little Athletics

Little Athletics is about having fun, making friends and getting families involved in healthy activities. The emphasis is placed on participation and personal improvement.

The motto of Little Athletics is: "Family, Fun and Fitness".

At Penrith Valley Athletics Centre our mission is to provide the local community with recreational athletics activities that contribute to the healthy development of our children.

Such activities will promote: -

Fun
Fitness
The development of skills
The building of character and self esteem
The fostering of good sportsmanship in a safe, positive,
family-friendly and inclusive environment."



Child Protection

All Committee members and Age Managers are required to complete a "Working With Children Check". This service is done online at www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check. Click the 'Start Here' button and follow the steps.

You will be emailed an Application Number. You will need to take this number, along with identification to an RMS Service Centre for completion.

Your name, WWC number and your date of birth needs to be provided to a Committee member upon registration or prior to the first night of competition.

Parent Participation

So that athletics is as enjoyable and well run as possible for your children, we encourage and need your help! Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

An Age Manager is required to oversee each age group with the help of at least two or three extra parents per group to measure, record, etc.

For any parent willing to step up and take on role of Age Manager, don't worry if you feel you may not know enough - there is always someone who will show you. As well as people to help we also provide Event Fact Sheets on our website. These fact sheets help Age Managers with:

- Ages and correct specifications for the various age groups
- Basic instruction on how do to the event
- Basic rules
- Basic officiating procedures
- Safety considerations

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 children. Do not drop your children off and leave. Unsupervised children can, and will, be excluded from competition.

Web Site

Our web site is the best place to receive important information about our club. It will contain information regarding registration details, contact lists, results, newsletters, upcoming events, wet weather cancellations and a season calendar. The site will be updated throughout the season.

We encourage all families to regularly visit the site to stay up to date with what is going on with our club. Families will be welcome to provide feedback via 'contact us'.

www.penrithvalleyac.org.au

Like our Facebook page to receive important information about our club. Our page is updated regularly with news, upcoming events, wet weather cancellations and notifications of new postings on our website.

[Penrith Valley Athletics](#)

Wet Weather / Ground Closures



At times we are forced to cancel competition due to weather conditions or field closures. Competition nights will be suspended in the event of lightning within the local area or temperatures exceeding 40 degrees (at time of competition).

If you feel that due to inclement weather competition may be cancelled, please check the Penrith Valley AC Website or check Facebook for updates.

Coaching Schedule

We will advise if free coaching will be provided to all members this season.

Training event schedules will be posted on Facebook if running.

Additional training sessions may be arranged before major competitions, eg State Relays, Zone Championships etc. Notifications of additional training sessions will be posted on Facebook and announced at Friday Night competition

Tiny Tots Program

Penrith Valley Athletic Centre offers a Tiny Tots program for children between the ages of 4 and 5. The Tiny Tots program is designed to develop gross motor skills in a fun, and non competitive environment.

The Tiny Tots program will begin at 5.45pm and conclude at 6.30pm. Each week children will compete in a variety of activities including obstacle courses, long jump, shot put, mini running races, parachute, hula hoop, skipping, mini hurdles, throwing and catching.

Orientation Night

Due to Covid-19 restrictions this year and delay in starting our season there will be no Orientation Night for the 2020-2021 Season

No Smoking & Alcohol



There is a strict no smoking and no alcohol policy at Penrith Valley Athletics. All smoking is requested to be confined to the car park and further than 10 metres from the entry gate to the clubhouse.

There is no alcohol to be consumed on the grounds.

Insurance

All registered athletes and parent volunteers who sign on at the canteen are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and not permitted on the field.

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. Penrith Valley Athletics 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

Friday Night Encouragement Awards



Unfortunately this year Little Athletics has ceased the handing out of weekly awards.

Results



This season we will be offering your results each week via our Timing Solutions web site.

It is a great way for you to view all of your family results, view performance details for athletes as well as print result tickets.

Simply go to www.resultshq.com.au

You will require a username and password to gain access to your family results.

Please provide a valid email address so we can forward username and password details.

Sponsors & Donations

Without the generous donations of sponsors we would not be able to replace and purchase new equipment for our centre. We would like to acknowledge and thank the following companies for their generous Sponsorship and Donations.



GOLD SPONSOR

Matt Dwyer at Yellow Brick Road Wealth Management
•mortgages - refinance, new purchase, investment, SMSF etc
• insurances & superannuation • financial planning
YBR will donate money towards our club when Penrith Valley Athletics is mentioned during the process of new loans.

Platinum Security Systems provide home and commercial security systems, video surveillance, access control and intercoms. They have upgraded our alarms and cameras to keep our grounds safe and secure



CLUB SPONSORS



Country Fresh Eggs sponsor our weekly egg fundraising sales by donating a large percentage of sales back into the club. Orders are taken via Facebook each week for delivery on Friday night.

Coles Cambridge Gardens is committed to our club by supplying us with our weekly BBQ and Canteen supplies.



Officeworks Penrith has shown their commitment to our club with their donation of stationary supplies

Penrith Valley Athletics Centre is currently looking for additional sponsorship. If you know of a business that might be willing to sponsor our centre please see one of the committee members.

Uniform

THE WEARING OF CENTRE UNIFORM IS COMPULSORY!!

All Athletes must compete in full Centre Uniform every Friday night.

If the weather is cold, athletes may wear a shirt under their singlet. Athletes must also have their numbers fully and clearly displayed whilst competing.

GIRLS:

- Singlet with black shorts or bike pants. Compression pants above knee height may be worn under shorts as per regulations.
- Crop top (Under 9's onwards) with plain black shorts or bike pants



BOYS:

- Singlet with black shorts or bike pants. Compression pants above knee height may be worn under shorts as per regulations.

SHORTS:

- Shorts must be plain black with NO logos or pin striping.

SINGLETS:

- Singlets must be tucked in at all times!!



Uniform (cont..)

DISPLAYING OF CENTRE NUMBERS:

- The individual registration number is to be displayed on the front of the singlet or crop top with red border clearly shown.
- The age patch is to be displayed on the left front side of the uniform. This may be on either the left side of your shirt or shorts.
- The red Coles sponsor patch is no longer required to be worn. If currently on the uniform it does not have to be removed.
- At Centre level, if the number is not displayed correctly, points may not be awarded.

FOOTWEAR:

- Appropriate footwear must be worn at all times. No athlete may wear football boots or cleats in any event.
- Athletes in the U11 and U12 age groups may wear spike shoes in events run entirely in lanes, long jump, high jump, triple jump and javelin.
- Athletes in the U13 to U17 age groups may wear spike shoes in any track event (except walks), long jump, high jump, triple jump and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed.
- Spike shoes must only be worn during the event and **are not** to be worn to and from the event.
- Allowable spike lengths are as follows:

• Synthetic	Track High / Long / Triple / Javelin	7mm maximum 9mm maximum
• Grass	Track / High / Long / Triple / Javelin	12mm maximum

Calendar of Events 2020/2021 Season

Date	Day	Event	Location
18/9/20	Friday	Registration Pack Collection 5pm-8pm	Parker Street Oval, Penrith
25/9/20	Friday	Competition Commences Tiny Tots – 5.45pm U6 – U17 – 6.30pm	Parker Street Oval, Penrith
20/10/20	Friday	Halloween Competition Night	Dress up in favourite Halloween Costumes
18/12/19	Friday	Christmas Fun Night – Final night for 2019	Parker Street Oval, Penrith
15/1/21	Friday	Competition Recommences	Parker Street Oval, Penrith
6/7/21	Saturday	State Multi-Event Championships	Beaton Park, Wollongong
7/7/21	Sunday	State Multi-Event Championships	Beaton Park, Wollongong
18/3/21	Friday	Final Competition Night 2020/2021 Season	Parker Street Oval, Penrith
20/3/21	Saturday	State Track & Field Championships	Sydney Olympic Park Athletics Centre
21/3/21	Sunday	State Track & Field Championships	Sydney Olympic Park Athletics Centre
May 21	Sunday	Presentation Day & Club AGM	TBA – To be advised on Website & Facebook

- *Note: Changes to the above calendar may occur. Please check the club website and/or Facebook for up to date information.*

Centre Program 2020/2021 Season

Our program is available for viewing on our website and any changes made will have notifications posted on Facebook.

NSW Championship Events

General Information

All Little Athletics centres in NSW are divided into zones and regions. Penrith Valley Athletics is in the Outer West Met Zone. The other centres in the Outer West Met Zone are Nepean, Jamison, Emu Plains, Cranebrook, Colyton and Werrington.

There is an 8 region structure, 4 metropolitan and 4 country regions. The Outer West Met Zone is part of Region 6.

Zone Championships -

Unfortunately due to Covid-19 Restrictions there will be no Zone Championships for the 2020/2021 Season



Regional Championships -

Unfortunately due to Covid-19 Restrictions there will be no Regional Championships for the 2020/2021 Season

NSW Championship Events (cont.)

State Championships – 19/3, 20/3 & 21/3/2021

Athletes in the age groups U9—U17 are eligible to compete at this event. Due to Covid-19 Restrictions and the subsequent cancellation of Regional Championships this season, special qualifying days will be held for athletes wishing to qualify for State Championships. Dates of these days TBA

At this carnival, a team of 22 under 13 athletes (11 boys and 11 girls) will be selected to represent NSW at the Australian Little Athletics Championships to be held in May 2020 at a venue to be decided

State Combined Event Carnival - 6/3 & 7/3/21

This event will be held at Beaton Park, Wollongong on Saturday 6th March and Sunday 7th March 2021

Athletes in the age groups U7—U17 are eligible to compete at this carnival. Athletes compete as individuals, but must participate in ALL events in their age group. Performances in each event are allocated points that are added together to determine the final result. The point-score system is based on the LAANSW Multi-Event. The events offered for each age group are as follows:

U7 B/G	50m, 100m, Pack Start, Long Jump, Shotput, Discus
U8 B/G	70m, 200m, Pack Start, Long Jump, Shotput, Discus
U9 B/G	100m, 60m Hurdles, 800m, Long Jump, Shotput, Discus
U10 B/G	200m, 60m Hurdles, 800m, Long Jump, Shotput, Discus
U11 B/G	100m, 60m Hurdles, 800m, Long Jump, Shotput, Discus
U12 B/G	200m, 60m Hurdles, 800m, Long Jump, Shotput, Discus
U13 B/G	100m, 80m Hurdles, 800m, Long Jump, Shotput, Discus
U14 Girls	200m, 80m Hurdles, 800m, Long Jump, Shotput, Discus
U14 Boys	200m, 90m Hurdles, 800m, Long Jump, Shotput, Discus
U15 Girls	200m, 90m Hurdles, 800m, Long Jump, High Jump, Shotput, Javelin
U15 Boys	100m, 100m Hurdles, 800m, Long Jump, High Jump, Discus, Javelin
U17 Girls	200m, 100m Hurdles, 800m, Long Jump, High Jump, Shotput, Javelin
U17 Boys	200m, 110m Hurdles, 800m, Long Jump, High Jump, Discus, Javelin

NSW Championship Events (cont.)

Gala Days

Throughout the season other Centres host Gala Days and other special events, to which all registered Little Athletes are invited. Gala Days are held throughout the state. Athletes will be notified when local Gala Days will be held as information comes to hand. A listing of all state-wide Gala Days are also located on the LANSW website. All athletes are welcome to compete including young Tiny Tot athletes. These are great social events with medals and trophies being awarded.

Please refer to the club website for entry details and closing dates or visit the LANSW website

State Cross Country & Road Walk Championships 2021

This event will be held at a venue TBA and is open to all registered athletes in the Under 7 – Under 17 age groups who compete over appropriate distances depending on their age group.

Athlete of the Year

The athlete of the year award is presented to the most outstanding athlete in the centre at representative level. It is based on a points system conducted over the Zone, Region, and State Carnivals. The winner of this award is considered to be our most decorated athlete at state level.

The Athlete of the year for 2019/2020 was shared between Tyler Peken & Brooklyn Gilchrist



Sports Awards

The sports awards are presented to athletes in the centre who have displayed outstanding results in each of the four disciplines of Athletics—Sprinting/Hurdling, Jumping, Throwing and Distance Running. A further award is presented to athletes who have shown great ability across a range of events resulting in a multi-event athlete award. It is based on a multi point-score system devised by the centre, where points are awarded in accordance with the performance.

Name	Award
Tyler Peken	Multi-Event Winner
Hayden Macauley	Sprint / Hurdler Winner
Corey Doyle	Thrower Winner
Caiden Waugh	Jumper Winner
Charlotte Bradshaw	Distance Winner
Ilhan Elve	Multi-Event Runner-Up
Lennie Nix	Sprint / Hurdler Runner-Up
Havana Pagnamenta	Thrower Runner-Up
Conan Waugh	Jumper Runner-Up
Daniel Schouten	Distance Runner-Up

Age Group Awards - End of Season

The top three places in each age group (U6-U17) are awarded based on a computer generated point scoring system.

An Improvement Award is awarded in each age group (U6-U17) based on a computer generated point scoring system.

An Encouragement Award is recommended by the Age Manager of each group based on personal performance and effort throughout the year. (This award will not be given to a recipient of a 1st, 2nd, 3rd or Improvement Award).

A Participation Award is awarded to every athlete (who does not receive another award) and has attended at least 60% of the season since their enrolment.



Walk Events

Athletes from Under 9 – Under 17 have the opportunity to participate in Race Walk events each fortnight.

Please note, this event is OPTIONAL and contains no point score towards Age Group Awards .

Codes of Behaviour



LAANSW Parents Code of Behaviour

Sport has a very special place in Australian society. We are proud of our sporting tradition. We look up to our champions and we remember and respect the sporting heroes of yesteryear—a great many of whom are revered for their deeds on the athletics field.

Winning, of course, is a vital part of that tradition—but not as important as the spirit of Australian sport. And that spirit stems from our commitment to fair play.

The Australian Sports Commission has developed Codes of Behaviour for use in sporting programs for children. Little Athletics is a community activity that uses athletics to help foster the development of Australia's children, and as such, totally endorses these Codes for all its participants.

PARENTS: a child's basic training in good sportsmanship comes from the home!

1. If children are interested, encourage them to participate. However, if your child is not willing, do not force him or her.
2. Focus upon your child's efforts and performances rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing that emphasis on winning.
3. Teach your child that an honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.
4. Encourage your child to always participate according to the rules.
5. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember children are involved in organised sports for their enjoyment not yours.
7. Remember that children learn best by example, applaud good performances by all athletes.
8. If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
9. Support all efforts to remove verbal and physical abuse from children's sporting activities.
10. Recognise the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.

Codes of Behaviour (cont..)

ATHLETES—it isn't whether you win or lose, but how you play the game! **



1. Compete and train for the 'fun of it', not just to please your parents or coach.
2. Play by the rules.
3. Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions
4. Control your temper—no 'mouthing off', breaking equipment, throwing implements or other equipment.
5. Work equally for yourself and your team in relay and team events, your team's performance will benefit and so will your own.
6. Be a good sport. Cheer all good performance, whether it's for your Centre or your opponents.
7. Treat all athletes as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.
8. Remember that the goal of training or competition is to have fun, improve your skills and feel good. Don't be a 'show-off' or brag about your own performances.
9. Co-operate with your coach, Centre mates and opponents, for without them you don't have competition.

Behavioural Guidelines aim to give everyone a guide to what is expected of them if they are part of Little Athletics, be it participating, volunteering or standing on the sideline cheering for their child.

These guidelines set down what is an acceptable standard of conduct and behaviour and reflect the principles upon which Little Athletics is based.

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