



**WHITTLESEA CITY
LITTLE ATHLETICS CENTRE
No.112**

**Welcome Booklet
2015 / 2016**

Web: www.whittleseacitylac.com.au

Email: whittleseacity@lavic.com.au



WELCOME

A warm welcome to everyone, new families and old, to the 2015/16 little athletic summer season.

Last year Little Athletics celebrated 50 years of existence. From humble beginnings on a grass track in Geelong, Little Athletics has spread across the Nation. Whittlesea City in running its 35th year and we hope you will enjoy all the events and activities that are on offer.

This Welcome Booklet contains some key information to plan your season ahead and will be repeated in the Centre Handbook which is being finalised and will be available prior to the season start through club training nights and at the competitions days.

Be with family, enjoy time with your friends, have a tonne of fun, and importantly, enjoy getting fit.

Good luck one and all!

Jim Bannan
President WCLAC

CENTRE COMMITTEE

PRESIDENT	Jim Bannan	0419 897 877
VICE PRESIDENT	Andrea Kewish	0409 023 230
SECRETARY	Tony Newstead	0431 665 350
TREASURER	Darren Condon	0438 251 028
REGISTRAR	Jody Rudston-Brown	0415 908 630
COMPETITION DIRECTOR	Cameron Lamb	0425 794 740
SPECIAL EVENTS DIRECTOR	Vacant	
Assistant Secretary	Maria Pirzas (Life Member)	0409 977 899
Championships & Special Events	Heidi Colson	0459 696 266
Publicity and Information Communication	Vacant	
Fundraising	Tony Newstead	0431 665 350
Sponsorship and Grants	Vacant	
Records & Rankings	Jo Prewett	0422 316 772
Uniforms	Heidi Colson	0459 696 266
Recruitment	Narelle Cullen (Life Member)	0412 411 323
Arena Manager	Paul Annetta	0438 538 772
Chief of Officials	Frank Peachey (Life Member)	0430 474 282
Technical	Ken Buckland	0400 244 241
Technical Assistant	Shelby Rumley	0417 327 936
Centre Team Manager	Craig Chapman	0413 345 504
Assistant Centre Team Manager	Janina Chapman	0414 316 490
Coaching Co-ordinator	Andrea Kewish	0409 023 230
On-Track Co-ordinator	Vacant	
Region Delegates (1 of 2)	Anthony Valle	0433 647 922
Region Delegates (2 of 2)	Craig Chapman	0413 345 504
Committee of Management Meadowglen	Jim Bannan	0419 897 877
Cross Country Co-Ordinator	Jim Bannan	0419 897 877

Meadowglen International Athletics Stadium
Manager Phil Wadeson
Contact No.: 9401 2771

AFFILIATED CLUBS

Whittlesea City Little Athletics Centre sanctioned times for Little Athletics Training

Monday	5pm - 6.30pm	48 weeks per year as decided by WCLAC Committee
Tuesday	5pm - 7.00pm	1 st September 2015 – 31 st March 2016
Wednesday	5pm - 7.00pm	1 st July 2015 – 31 st March 2016
Thursday	5pm - 7.00pm	1 st September 2015 – 31 st March 2016
Cross Country Season		April 2015 – July 2016

Any additional Training for Relays will need to be approved by the Centre Team Manager.

Other training times need to be approved by (registered) Squad Coaches and notified to the WCLAC committee

Key contacts and training nights for the clubs are listed below.

EPPING

President

Frank Caputo

0403 750 990

Secretary

Heidi Colson

0459 696 266

Training

Thursday

5.30pm - 6.30 pm

Uniform:

Red with black & white emblem Singlet or Crop Top, Black shorts or leggings



MEADOWGLEN/LALOR

President

Christine Pierce

0407 050 762

Secretary

Val Humphrey

0417 659 097

Training

Wednesday

5.30pm - 6.30 pm

Uniform:

Sky blue with navy swirls and white Club Logo & Club Name with Black shorts or leggings.



METRO

President

Steve Patsouras

0410 712 604

Secretary

Cameron Lamb

0425 794 740

Training

Thursday

6.00pm - 7.00pm

Uniform:

Fluro Green T/Shirt or Crop Top with Club Logo, Black shorts or leggings



MILL PARK-SOUTH MORANG

President

Tony Newstead

0431 665 350

Secretary

Sharon Willingham

0434 075 855

Training

Tuesday

5.00pm - 6.00 pm

Uniform:

White top with Club Logo & horse & athlete silhouette with Black Shorts or leggings



NORTHERN STARS

President

Daniel Berry

0433 922 396

Secretary

Maria Pirzas

0409 977 899

Training

Wednesday

5.30pm - 6.30 pm

Uniform:

Navy Blue Top with White Trim and Club Logo, Navy Blue Shorts or leggings



TIGERS

President

George Bechara

0415 155 075

Treasurer

Mick Minas

0412 844 030

Training

Tuesday

6.00pm - 7.00 pm

Uniform:

Yellow and Blue Top with blue claw scratch Motif, Black shorts or leggings.





Competition Calendar for Season 2015/2016

Saturday Sep-26	INDUCTION WEEK	Induction/Come & Try Day
Saturday Oct-10	WEEK 1	
Saturday Oct-17	WEEK 2	Jetstar Orange Round
Saturday Oct-24	WEEK 3	Opening Ceremony
Friday Oct-30	WEEK 4	
Friday Nov-06	WEEK 5	Bring a friend day
Sunday Nov-08	REGION MULTIS	Hume
Saturday Nov-14	WEEK 6	
Friday Nov-20	WEEK 7	
Saturday Nov-21	REGION RELAYS	Essendon
Saturday Nov-28	WEEK 8	Multi Day
Saturday Dec-05	WEEK 9	
Saturday Dec-12	STATE RELAYS	Albert Park
Sunday Dec-13	WEEK 10	
Saturday Dec-19	WEEK 11	
CHRISTMAS BREAK		
Saturday Jan-16	WEEK 12	
Saturday Jan-23	WEEK 13	
Friday Jan-29	WEEK 14	
Saturday Jan-30	STATE MULTI EVENT CHAMPIONSHIPS	Bendigo
Sunday Jan-31	STATE MULTI EVENT CHAMPIONSHIPS	Bendigo
Friday Feb-05	WEEK 15	
Saturday Feb-13	WEEK 16	
Saturday Feb-20	REGION TRACK AND FIELD CHAMPIONSHIPS	Coburg
Sunday Feb-21	REGION TRACK AND FIELD CHAMPIONSHIPS	Coburg
Friday Feb-26	WEEK 17	
Saturday Mar-05	WCLAC CHAMPIONSHIPS	
Sunday Mar-06	WCLAC CHAMPIONSHIPS	
Saturday Mar-19	STATE TRACK AND FIELD CHAMPIONSHIPS	Albert Park
Sunday Mar-20	STATE TRACK AND FIELD CHAMPIONSHIPS	Albert Park

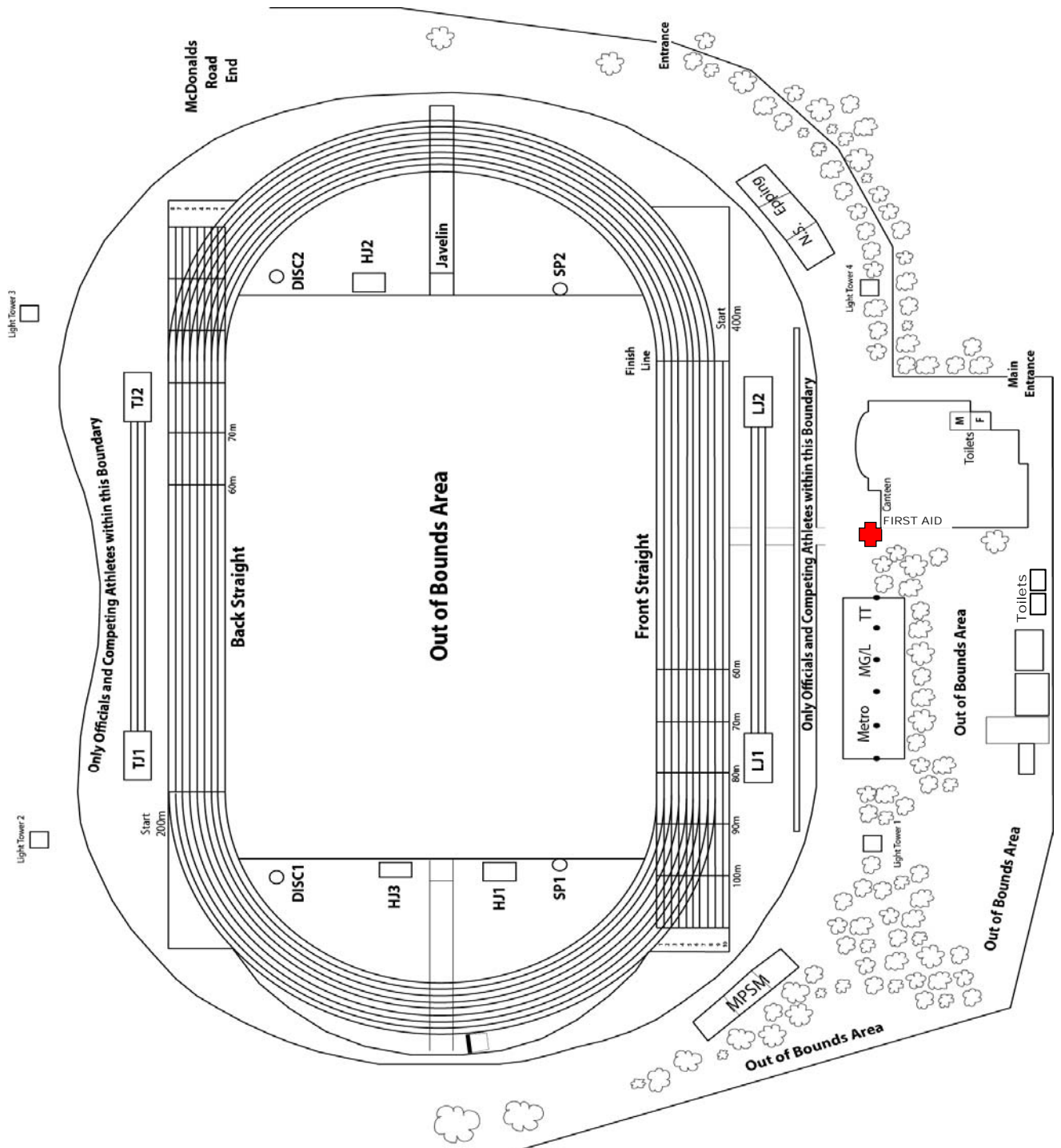
NOTES:

- The events are allocated to four core programs. Named A ,B, C and D
- The program for the week is notified the week before via Centre website, Team App. and the newsletter.
- Programs change due to special events. i.e. The Opening Ceremony, special event programs like the relays and problems caused by the weather.
- The Competition Direction makes every effort to provide a balance program of events over the course of the season for all athletes

VENUE MAP

MEADOWGLEN INTERNATIONAL ATHLETICS STADIUM (MIAS)

McDonalds Road; EPPING
Manager: Phil Wadeson Ph. 9401 2771



SEASON 2015/2016 - PROGRAM A

GIRLS U6	70M	100M	LJ	SP	ON TRACK
BOYS U6	70M	100M	LJ	SP	ON TRACK
GIRLS U7	70M	100M	LJ	SP	ON TRACK
BOYS U7	70M	100M	LJ	SP	ON TRACK
GIRLS U8	70M	400M	HJ	DISC	
BOYS U8	70M	400M	HJ	DISC	
GIRLS U9	70M	400M	TJ	DISC	
BOYS U9	70M	400M	TJ	DISC	
GIRLS U10	70M	400M	HJ	DISC	
BOYS U10	70M	400M	TJ	SP	
GIRLS U11	70M	400M	TJ	DISC	
BOYS U11	70M	400M	TJ	JAV	
GIRLS U12	70M	400M	LJ	SP	
BOYS U12	70M	400M	HJ	SP	
GIRLS U13	100M	400M	TJ	DISC	
BOYS U13	100M	400M	HJ	JAV	
GIRLS U14	100M	400M	LJ	JAV	
BOYS U14	100M	400M	LJ	JAV	
GIRLS U15 & U16	100M	400M	LJ	SP	
BOYS U15 & U16	100M	400M	HJ	DISC	

* Under 6 & 7 compete in 4 events. 3 plus ON TRACK before Xmas, the other 4 after Xmas.

SEASON 2015/2016 - PROGRAM B

GIRLS U6	60M	100M	LJ	DISC	ON TRACK
BOYS U6	60M	100M	LJ	DISC	ON TRACK
GIRLS U7	60M	100M	LJ	DISC	ON TRACK
BOYS U7	60M	100M	LJ	DISC	ON TRACK
GIRLS U8	80H	100M	LJ	SP	
BOYS U8	80H	100M	LJ	SP	
GIRLS U9	80H	100M	LJ	SP	1100W
BOYS U9	80H	100M	HJ	SP	1100W
GIRLS U10	80H	100M	TJ	JAV	1100W
BOYS U10	80H	100M	HJ	JAV	1100W
GIRLS U11	80H	1500M	LJ	SP	1500W
BOYS U11	80H	1500M	HJ	DISC	1500W
GIRLS U12	80H	1500M	HJ	JAV	1500W
BOYS U12	80H	1500M	LJ	DISC	1500W
GIRLS U13	80H	1500M	TJ	SP	1500W
BOYS U13	80H	1500M	TJ	DISC	1500W
GIRLS U14	80H	1500M	HJ	SP	1500W
BOYS U14	90H	1500M	TJ	DISC	1500W
GIRLS U15 & U16	90H	1500M	HJ	SP	1500W
BOYS U15 & U16	100H	1500M	TJ	JAV	1500W

* Under 9 to 16 compete in 2 of 3 available track events.

* Under 6 & 7 compete in 4 events. 3 plus ON TRACK before Xmas, the other 4 after Xmas.

SEASON 2015/2016 - PROGRAM C					
GIRLS U6	60M	200M	LJ	SP	ON TRACK
BOYS U6	60M	200M	LJ	SP	ON TRACK
GIRLS U7	60M	200M	LJ	SP	ON TRACK
BOYS U7	60M	200M	LJ	SP	ON TRACK
GIRLS U8	60H	200M	HJ	DISC	
BOYS U8	60H	200M	HJ	DISC	
GIRLS U9	60H	200M	TJ	SP	
BOYS U9	60H	200M	TJ	SP	
GIRLS U10	60H	200M	HJ	DISC	
BOYS U10	60H	200M	LJ	DISC	
GIRLS U11	60H	200M	TJ	JAV	
BOYS U11	60H	200M	TJ	DISC	
GIRLS U12	60H	200M	HJ	DISC	
BOYS U12	60H	200M	HJ	SP	
GIRLS U13	200M	300H	LJ	JAV	
BOYS U13	200M	300H	LJ	JAV	
GIRLS U14	200M	300H	TJ	JAV	
BOYS U14	200M	300H	HJ	DISC	
GIRLS U15 & U16	200M	300H	TJ	DISC	
BOYS U15 & U16	200M	300H	LJ	SP	

* Under 6 & 7 compete in 4 events. 3 plus ON TRACK before Xmas, the other 4 after Xmas.

SEASON 2015/2016 - PROGRAM D					
GIRLS U6	70M	100M	LJ	DISC	ON TRACK
BOYS U6	70M	100M	LJ	DISC	ON TRACK
GIRLS U7	70M	300M	LJ	DISC	ON TRACK
BOYS U7	70M	300M	LJ	DISC	ON TRACK
GIRLS U8	70M	300M	LJ	SP	
BOYS U8	70M	300M	LJ	SP	
GIRLS U9	70M	800M	HJ	DISC	
BOYS U9	70M	800M	LJ	DISC	
GIRLS U10	70M	800M	LJ	SP	
BOYS U10	70M	800M	HJ	SP	
GIRLS U11	100M	800M	HJ	SP	
BOYS U11	100M	800M	LJ	SP	
GIRLS U12	100M	800M	TJ	JAV	
BOYS U12	100M	800M	TJ	JAV	
GIRLS U13	100M	800M	HJ	DISC	
BOYS U13	100M	800M	TJ	SP	
GIRLS U14	100M	800M	HJ	DISC	
BOYS U14	100M	800M	HJ	SP	
GIRLS U15 & U16	100M	800M	TJ	JAV	
BOYS U15 & U16	100M	800M	TJ	JAV	

* Under 6 & 7 compete in 4 events. 3 plus ON TRACK before Xmas, the other 4 after Xmas.

GENERAL INFORMATION

Registrations

Whittlesea City LAC accepts registrations from boys and girls in the age groups U6–U16. The athlete's age, in years, on 1st October determines the age group in which they will be entered. Children turning 5 during the season may register on their 5th birthday. Athletes may only compete in one age group. Registration will only take effect after payment of the appropriate fee, completion of the registration form, and in the case of new registrations, proof of age of athlete. Registration allows the child to compete in all summer track and field events (Oct-Mar) and Cross Country (Apr-Aug).

Competition

Normal Saturday morning competition starts at 8.30am. Twilight competitions are held on Friday evenings and start at 6.00pm. Other days of competition and special events are listed on the Season Calendar page.

Parental or Guardian Attendance required at all times.

Children are not to be dropped off at the track; they must have a parent/guardian present at all times. Children found without supervision will not be permitted to compete. Should a child be left unattended for an extended period of time the police may be called.

Uniform

During weekly competition approved club uniform must be worn with the official LA Vic registration tag attached to the front. Failure to wear club uniform and/or Tag will result in the athlete being excluded from events. Registrations tags help first aid and committee members identify if an athlete has a medical condition or allergies. T-shirts may be worn under club singlet but must be the predominant colour of the club uniform. Tracksuits or other warm clothing may be worn to the event but must be removed prior to the start of the event. With the permission of the Arena Manager, in extreme weather conditions athletes may be permitted to wear track pants to compete in field events only.

Leggings were recently approved for use in competition except for Walks. The leggings must be the same colour as the clubs shorts colour.

In line with our sun-smart policy athletes may wear their hats in events, especially on the hot days.

Footwear is compulsory for ALL athletes in ALL events.

Centre Uniform

Centre uniform must be worn at Region & State Events. Uniforms are available for purchase through the Centre Uniform committee member. Plain black shorts, bike shorts, leggings with NO POCKETS or bloomers are worn with the Whittlesea City top. These must be plain black and not feature logos or other colours.

Parental Duties / Officials

No program of Little Athletics competition can be held without the help of parents to act as Officials/helpers.

As a condition of registering your child/children with your nominated club it is expected that you will help out at club level on various occasions throughout the season. The tasks assigned are not difficult and can be as simple as raking the sand in the pits or retrieving the discus after it has been thrown.

If you are interested in getting more involved i.e. becoming a chief of an event, please ask your club, as there are various courses available from LA Vic that you can attend. The officials' course is free of charge and will take up one day of your weekend.

It is very rewarding when you can gain an understanding of events and then be out there to assist your aspiring future Olympians. Without enough help it is possible that events may be cancelled.

Out of Bounds

During the hours of competition and training the outside of the perimeter fence, playground, Skate Park, all bark and new growth areas are out of bounds. Parents will be held responsible for their children's behaviour. Any damage to property, plants etc. will be replaced at the parent's expense. Any competitor found out of bounds will not be permitted to take any further part in the day's competition. **Climbing trees is also considered OUT OF BOUNDS. Please respect all public and private property in the area.**

The use of bikes, skateboards and scooters and ballgames are not permitted inside the stadium.

PARENTS TAKE FULL RESPONSIBILITY FOR ATHLETES WHO ARE OUTSIDE OF THE TRACK. I.e. Skate Park.

UNLESS YOU ARE OFFICIATING AT AN EVENT YOU MUST NOT BE INSIDE THE FENCE.

ATHLETES WHO ARE NOT COMPETING IN AN EVENT MUST NOT BE INSIDE THE FENCE.



Extreme Weather

In the event of extreme weather (i.e. too hot or storms) the program may be cancelled. Your club should be your first point of contact should you be unsure of a cancellation. Any cancellations will be put up on the Centre website/Facebook page and conveyed to clubs as soon as practical. In some cases the program can be cancelled after events have started, it is therefore important that your child / children is not left unattended at the track as Clubs/Centre cannot be held responsible for children left behind.

In wet weather we may continue to run a modified track only program so that those who are interested can still compete. There will be no points of official results from an official "wet weather" program.

Photographs

Children in families who have elected NOT to allow publication of photos must wear the Centre designated wrist band.

No Centre member, Club member or member of the public can allow the publication of a photo, either hardcopy or digital, of a child wearing the Centre designated wristband.

It is the responsibility of the family, or their representative, to ensure their child is wearing the wristband. The Centre or Club cannot be held responsible for the publication of any photo containing that child if they fail to wear the wristband.

If a photo is found to contain a child wearing a Centre designated wristband, the photo is to be removed immediately.

Centre Newsletter / Results

A newsletter will be available at each competition giving details of social events and the previous week's competition results. Newsletters and results will also be posted on the Centre website.

We are also on Facebook; "Whittlesea City Little Athletics Centre". This is a private group and most of our photos will be uploaded to the Facebook page. This is a positive page and the Centre will not respond to any negative posts or comments. Should you have any concerns or issues please follow our complaints procedures. Those in breach of this will be blocked from the page.

Set Up and Pack Up

All clubs must share this responsibility. At least one representative from each club each week is required to assist the Technical Official, and Assistant Technical Officer, in setting up and putting equipment away **before and after** competition. Duty helpers must be at the stadium at 7.30am on Saturdays and 5.00pm for Fridays. The clubs **MUST** organise who is rostered on for the set up and pack up.

Lost Property

Lost property should be handed in at the Recorders table and may be claimed at the conclusion of the meeting. Lost property (other than money, watches, keys etc.) unclaimed at the end of the season will be stored for one month, if still not claimed will be forwarded to the Brotherhood of St. Laurence.

Clean Venue

Clubs and families are responsible for keeping their surrounding club areas clear of litter/rubbish



Fundraising

The Centre provides a weekly roster for clubs to fundraise. Please support clubs when they come around. We all operate as non-profit organizations so every little bit helps.

Complaints

Complaints concerning competition events **MUST** be directed through your **Club Team Manager**.

If your complaint cannot be dealt with immediately, you will be requested to put the complaint in writing.

Under NO circumstances are you to approach a chief, age group team manager or any other official in a public forum (See Code of Behaviour).

The longer you leave your complaint, the harder it will be for the committee to investigate.

Complaints about the general running of the Centre should be referred to the Centre Secretary in writing.

Please do not write or phone Little Athletics Victoria, your complaint will only be referred back to the Centre. There are set procedures for handling complaints but they must start at the appropriate level.

When considering whether a complaint is justified, please remember that we are all volunteers and our priority is for the enjoyment of all children at the Centre.

Little Athletics Victoria Website

The Association's website contains a wealth of information. It can be accessed at

www.lavic.com.au

A promotional graphic for a Telstra Store. The background is a gradient of orange and pink. The text is white. The top line reads 'TELSTRA STORE' and the second line reads 'PLENTY VALLEY'. Below that is the slogan 'I'm a local, looking after locals'. The address is listed as 'Westfield Plenty Valley', 'Crn McDonalds Rd & Civic Dr', and 'South Morang'. In the bottom right corner, there is the Telstra logo with the tagline 'IT'S HOW WE CONNECT' and a large 'T'.