



No. 1/2011-2012

Saturday, October 8, 2011

Parent Duty Roster Wk 1

DIARY DATES:

Saturday, October 8	Little Aths – Programme A
Saturday, October 15	Little Aths – Programme B
Saturday, October 22	Little Aths – Programme C (bring a friend day)
Saturday, October 29	Little Aths – Programme D
Fri/Sun, November 4-6	Crystal Creek Coaching Camp U12-U15's (see Sherrie Boulter)
Saturday, November 5	Little Aths – Programme E
Friday, November 11	Little Aths – Programme F (Twilight)
Sunday, November 13	BHLAC Invitational Relay Day (held at Doncaster)
Saturday, November 19	Little Aths - Programme A
Sat/Sun, Nov 19 & 20	LAVic State Multi's
Fri/Sun, November 25-27	Crystal Creek Coaching Camp U10-U11's (see Sherrie Boulter)
Saturday, November 26	Little Aths - Programme B
Saturday, December 3	Multi's Day
Saturday, December 9	Little Aths – Programme C (Twilight)
Sunday, December 11	Regional Relay Championships (Knox)
Saturday, December 17	Little Aths – Christmas break up meet
Sunday, January 28	State Relay Championships (Albert Park)
Sat/Sun, February 18/19	Region Track & Field Championships
Sat/Sun, March 24/25	State Track & Field Championships (Bendigo)

A big warm welcome back to another year of Little Athletics, particularly to those families who are new to Box Hill Little Athletics. I trust this will prove to be a very enjoyable season for both athletes and parents and a wonderful experience for everyone involved. Lets hope the bad weather experience last season stays away. Over the winter season whilst many have been having a break from sport or following the footy, the Box Hill Little Athletics committee have been working tirelessly ensuring that the season gets off to a smooth start.

If you feel that you would like to contribute more to the BHLAC, we would love to hear from you – in whatever capacity, large or small. Feel free to corner any of the committee wearing the bright yellow polo tops.

The first few weeks of any new season are usually chaotic as we have plenty of new faces and lots of new registrations and new families – all learning the ropes. Just a reminder that we are all volunteers so please be patient particularly as new parents learn new duties and everyone becomes familiar with the processes, and excited kids learn where they need to be and what they need to do. Don't forget – it's fun, and we are doing it for the kids.

Week 1 commences with **Program A**. A & B have swapped. So if you are looking at last seasons handbook we are starting with last years Program B. There is **no 300mH** this Saturday despite it being shown in the new handbook. **Javelin commences 7:45am**

Program A (8 Oct, 19 Nov, 4 Feb)					
U6-7	* JAV (U11 – U15)				
U8	100m	ST	ST	SP	LJ
U9	70m	100m	60mH	SP	ST
U10	70m	800m	60mH	DIS	HJ
U11	100m	800m	60mH	DIS	TJ
U12	100m	800m	60mH	SP	TJ
U13-15	100m	800m	60mH	SP	HJ
	100m	800m	80-100H	DIS	LJ

ON ARRIVAL Those of you that have registered will have your IGA Registration patch with barcode handed to you by your Age Group Manager after you have completed your warm up that commences at 8:30. The Patch **must** be worn at all times when competing otherwise you cannot have your results recorded. The timing system functions on barcode technology and simply if you don't wear the barcode your results cannot be recorded.

Those of you who have not yet registered (both new or re-registering athletes) but wish to do so you will need to report to the registration desk located upstairs in the pavilion. You have two choices to make on the day, they are the option of registering on line through *Clubs-On-Line* later that day or during the week; or you can manually fill out a "Centre Registration Form", leave it with us and the BHLAC will input your registration details into the database, in readiness for next weeks competition. Under either option it is important to note that you **need to be financial**. You can pay your registration fee at the track as there are EFTPOS facilities available, or one line if you choose the go away and register on line later from home option.

Your child under either of those two options can still compete on the day but only as a Visitor. If you choose to tidy up your registration at home on line, you must have it done by midnight on following Wednesday otherwise you risk missing the next database upload

Remember **all new registrations need proof of age** such as a copy of a birth certificate or passport. If you have registered but didn't have proof of age when doing so, please present a copy of such to your Club table and they will note on your recording card that proof has been sighted.

If you are undecided about committing to Little Aths at this stage, your child can '**Come-N-Try**' and compete as a visitor. All you need to do is sign a visitor form that will provide Little Athletics Victoria insurance cover.

Those looking to simply '**Come-N-Try**' need to report to the large black tent at the end of the straight to complete a simple but necessary form. We will place a stick-on name tag on your child and they can then go off to the relevant Age Group Manager.

PARENT DUTY - **Just a reminder that parents are required to perform a duty at a minimum of once every 3 weeks.** Little Athletics is a volunteer based programme and we are unable to run the programme without the assistance of ALL parents. The rosters for parent duty are on the front gate as you enter the track and will be posted on our website on the home page which has a link to **Club Rosters**. This season we will continue with reminder emails for the particular rostered week.

The black tent at the end of the straight will act as a registration post for the duty roster. When rostered on you report to the desk, sign in and you will be handed a fluoro safety vest to identify that you are on duty and also to identify those inside the arena that should not be there. Remember the LAV policy is for the central area of the track to be clear of persons other than athletes and officials.

We are trying something different this season. Whilst the requirement for Key Officials remains to preserve continuity, we are instigating a varied duties where parents rostered as **Age Group Assistants** following the Age Group Manager(s) and undertake what is required at each event station. This initiative means more parents will be in a position to follow their children but importantly it will encourage parents to fulfil many roles in the Athletic Centre thereby gaining an understanding for the rules and procedures. This will enhance the knowledge bank of the Centre membership which can only but improve efficiency and foster a greater preparedness to assist in any areas when called upon.

Remember if you can't fulfil your duty it is incumbent on you to locate and organise your replacement.

WEBSITE - Don't forget to check out the BHLAC website – www.bhlac.org.au which contains up to date information.

CLUB TABLES - All Club tables are required to have a manager however **Whitehorse** is still without anyone to manage their table, whilst we only have two duty volunteers when we need a minimum of six. This is a call to all **Whitehorse** members to contact Jon Seddon 0413 317 102 or call at the information tent and volunteer for the role. If there is no volunteer, Whitehorse will not have performance records kept or maintained and that will jeopardise Club and Centre awards for your children.

WORKING BEE - This **Sunday 9th October** there will be a working bee at the track commencing from 11:00 am. If you are able to spare an hour or two to assist that would be great. The working bee is being undertaken in conjunction with the Box Hill Athletic Club (Seniors).

RELAYS - One of the first and most exciting events on the little aths' calendar are the Relays. The relays require a lot of forward planning and commitment but are really, really great fun and the kids just love them. Athletes in the U9-15 age groups wishing to run in relays must complete a **relay entry form** and return it to the information table by the end of October. Because of the tight time-frame, it is all a bit of a rush in the first few weeks, but feel free to talk to a committee member at the front table, your age group manager or contact the *Box Hill Team Manager Jan Fitzgerald* on **0439 891 331** or janfitzgerald@acomp.com.au

Dates of competitions are as follows:

Box Hill Invitation Relay Day	Sunday, November 13 (Doncaster)
Regional Relay Championships	Sunday, December 11 (Knox)
State Relay Championships*	Saturday January 28 (Albert Park)

(* only teams that qualify at Region compete in the state finals)

Please ensure that your child is available for all dates entered as late withdrawals disadvantage other team members and the BHLAC is not allowed to change the names of team members once they have been submitted. **Any family who has a child competing will be expected to perform a duty at that competition.**

Box Hill Invitation Relay Day on November 13 is our biggest fundraiser event for the season. Anyone who can help for an additional couple of hours, please contact the Relay Day Coordinator, Alan Bertacco (ph: 0414 366 827) or leave your name and contact details at the front desk. We will be running the canteen and a sausage sizzle on our Relay Day so if you have expertise in any of these areas your assistance would be greatly appreciated.

This year due to the *Relay For Life* using our track on both November 12 & 13, we have relocated for this year only our event to the Doncaster track (Reischiescks Reserve)

UNIFORMS - Box Hill uniforms will be available for sale from Carol Taylor-Brown most Saturday mornings. Boys and girls' singlets are \$45 each with girls' crop tops available at \$50. We also have some boys plain black shorts at \$15 and girls' hipsters at \$15. Uniforms are only compulsory for those athletes competing at regional and state events. After a successful launch last season we also have the Box Hill hoodie which proved extremely popular last season. If you are interested in purchasing a hoodie, you will need to place an order with Carol – orders will take approximately 2 weeks to fill. We will have sample sizes to try – and may have a few sizes in stock. Child sizes are available at \$45 and adult sizes \$55.

COACHING - Box Hill provides coaching every Wednesday from 4.30 at the track. Details of the program will be posted on the Website shortly. There is **no charge** for training as it is included with your registration fee. However we do ask that you don't use this initiative as quasi after-school care. Therefore whilst our coaches will be diligent and careful with all activities, ultimately you should remain in attendance to care for your children.

Training will commence Wednesday 12th October Hagenauer Reserve.

U6 and U7 Athletes will finish at 5.20pm and all other athletes will finish at 6.00pm.

So that we can get started on time could everyone please arrive prior to 4.30pm to sign in and complete a training registration form if you have not already done so. We don't want administrative stuff encroaching into the training session

Once again this season we will be offering a rotational training program designed to cover all Little Athletics events.

Don't forget your hat and drink bottle and for U12 athletes your spikes if you want to learn to block start!

Any qualified coaches that would like to get involved with coaching our Little Athletics at these sessions is encouraged to contact Sherrie on 0407 475 290.

NO SMOKING - A reminder that Box Hill little athletics is a non smoking event and the track and its surrounds are a non smoking venue – makes sense doesn't it! This also means the immediate environment surrounding the track so if you must light up, please ensure you are at least 50 metres away from the front entrance gate. Note – Scilla can smell any nicotine from a mile off so you will be asked (kindly) to put it out. This is in the interests of ALL our athletes and spectators.

NEWSLETTER - If you have any content you would like to contribute to the newsletter, or would like to promote your service or products, please contact **Alan Bertacco** on 0414 366 827 or e-mail to abertacco@optusnet.com.au

CRYSTAL CREEK

2011 LITTLE ATHLETICS COACHING CAMPS

A COACHING CAMP AT CRYSTAL CREEK, ALEXANDRA FOR THE BEGINNER AND THE ADVANCED LITTLE ATHLETE TO IMPROVE TECHNIQUE AND SKILL IN TRACK AND FIELD EVENTS



Friday, November 4th to Sunday, November 6th,
for Under 12-15 Athletes

Friday, November 25th to Sunday, November 27th,
for Under 10-11 Athletes

<p>Friday</p> <p>4:45 pm 5:10 pm 5:40 pm 6:10 pm</p> <p>7:50 pm</p> <p>8:00 pm 8:30 pm</p>	<p>Bus departs:</p> <p>Kew Athletics, Stradbroke Park, Burke Road. Doncaster Athletic Track, George Street. Proclamation Park, Ringwood Lilydale Reserve - Main Street near entrance in service road just up from the Olinda Hotel. Approx. arrival time at Crystal Creek. Room allocation, camp rules Dinner. Teahigh walk.</p>
<p>Saturday Coaching & Activities</p> <p>7:00 am Early morning jog and warm up. 7:45 am Breakfast 8:45 am Warm up - flexibility - exercises. 9:15 - 12:00 pm Coaching 12:15 pm Free Time Activity. 12:45 pm Lunch. 2:00 - 4:30 pm Coaching. 4:30 pm Group Activity 6:00 pm Dinner. 7:00 pm Orienteering. 8:30 pm Activity. 9:50 pm Supper.</p>	
<p>Sunday Coaching & Activities</p> <p>7:15 am Early morning warm up. 7:45 am Breakfast. 8:45 am Warm up - flexibility - exercises. 9:15 - 12:00 pm Coaching. 12:30 pm Lunch. 1:30 pm Presentations/Meeting Celebrity Guests 2:30 pm Free time/Activities/Swimming 5:00 pm Departure of bus. 6:00 pm Approx. arrival time Lilydale. 6:30 pm Approx. arrival time Ringwood 6:50 pm Approx. arrival time Doncaster 7:10 pm Approx. arrival time Kew</p>	

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