

# Box Hill Little Athletics Centre Newsletter



No. 2/2009-10

*Saturday, October 10, 2009*

## **DIARY DATES:**

<i>Saturday, October 10</i>	<i>Little Aths – Programme B</i>
<i>Saturday, October 17</i>	<i>Little Aths – Programme C – Bring a Friend Day</i>
<i>Saturday, October 24</i>	<i>Little Aths – Programme D</i>
<i>Sunday, October 25</i>	<b>Box Hill Invitational Relay Day</b>
<i>Friday, October 30</i>	<b>Twilight Little Aths (comm.. 5.45 pm) – Prog. F</b>
<i>Saturday, November 7</i>	<i>Little Aths – Programme E</i>
<i>Saturday, November 14</i>	<i>Little Aths – Programme A</i>
<i>Sunday, November 15</i>	<i>Region Relay Day (Doncaster)</i>
<i>Sunday, December 14</i>	<i>State Relay Championships (Olympic Park)</i>
<i>Sat/Sun, Jan 30/31</i>	<i>State Multi-Event (Bendigo)</i>
<i>Sat/Sun, February 20/21</i>	<i>Region Track &amp; Field</i>
<i>Sat/Sun, March 20/21</i>	<i>State Track &amp; Field Championships</i>

**Have you checked out Box Hill's new website yet – [www.bhllac.org.au](http://www.bhllac.org.au). Everything you need to know – AND MUCH MORE – about Box Hill Little Athletics.** If you were not here last week or were not able to pick up the first newsletter of the season, make sure you check out the website. It is planned to put the weekly newsletter onto the website by Thursday evening so you can read up-to-date news before you arrive at the track. Hard copies of the newsletter will disappear over the next week or so as we encourage all to use our website that is current and will have uploaded the weekly newsletter which you are welcome to print out.

**\*\*\*\*\* URGENT - RELAYS** - If interested in participating in relays, please look at last week's newsletter, check the handbook on page 25 and/or talk to a committee member at the front desk. There are also additional entry forms for relays at the front desk. Runners of all standards from U9 – U15 are encouraged to give the relays a go, particularly the Box Hill Invitational Relay Day, as the kids really do love them. But you will need to act now. The list of relay age group managers will be listed on the website in the next week. The names are also available from the front desk if you wish to contact your age group manager before that time.

**DUTY ROSTER** - Congratulations and a very big thank you to all those parents, officials and team managers who made our first day of competition for the season possible.

As mentioned in last week's newsletter, it is a requirement of registration with Box Hill Little Aths that parents perform a duty once every three weeks. Don't worry – doing a duty can not only be fun, but in athletics you have a unique opportunity to become very involved in your child's sport and learn heaps. If you are rostered on for a duty, **please ensure you are at the track by 8.30 am so the programme can commence and finish on time whilst those on set-up need to be at the track by 7:45 am.** The major reason for delays in commencing the programme each week is because we do not have enough officials in place at each event by the program starting time. The Duty Roster is displayed on the front gate and will be listed on the website.

You will be doing the same duty for the rest of the season. If for any reason you are unable to attend Little Aths on the day of your allocated duty, you need to make arrangements to swap your week of duty with another family. Each family will be receiving a duty list containing the dates you are required for duty and the contact details of other families rostered on at the same duty on different dates. This list will assist you in finding a replacement in your absence. If you do not wish to have your phone number included in this or have any other queries regarding the parent duty roster, please contact our hard working Duty Roster Manager Susie Kosa on ph: 9849 1670 or e-mail [stevekosa@optusnet.com.au](mailto:stevekosa@optusnet.com.au).

**BARCODES** – After extensive testing, last week was the first use of the new timing gates and recording system and software. The system worked well other than for some minor glitch's that we expected given the volume of traffic and officials still learning and trying to streamline processes.

The BHLAC has invested quite a sum in this technology that will take us forward and will ultimately interface with the website. It is therefore imperative that all athletes wear their barcode. Athletes registered by the Wednesday before the Saturday meet have no excuse for not displaying their barcode. Simply, an athlete **will not** have a performance recorded if they do not have a barcode (lets hope you don't break a centre record when you don't have a barcode.)

If your barcode is damaged or lost, the Age Group Manager will have a booklet of spares. All barcodes are unique, therefore only the barcode that corresponds with the athlete can be used. Each barcode sticker has the athlete's name printed across the bottom of the label so there should be no confusion as to who is the owner of the barcode. **Wearing the barcode is compulsory, so to is the IGA Registration Patch.** As it turns out the vinyl material of the patch happens to be the ideal surface upon which to affix the barcode sticker.

***How does it work?*** The new front straight gates work on the beam being broken when the athlete runs through. Once all competitors in the race have all crossed, the place marshal will hand each competitor a large plastic disk with a number on one side and barcode on the other. The number correlates to the lane they ran in, not the order of finish (the winner could be scanned last if they ran in Lane 10). An official with a remote barcode scanner (just like those in a supermarket checkout) swipes/reads the barcode on the plastic disk. This tells the computer that we are about to allocate data from that lane. The data collected at that instant is, as an example, *Boys 100m U12, Lane 6, Time 14.5s, Placed 2.* The next barcode scan is that on the athlete in Lane 6 which instructs the computer to allocate that event, time, lane and place to that barcode which is unique to that athlete. The computer instantly uploads the data to that athletes file and the performance is stored.

Don't be confused by the order of scanning as it is not necessary to scan the athletes in order of finish. For simplicity it is just easier to scan in lane sequence starting from Lane 3 through to Lane 10. Remember Lane 1 & 2 are not used for sprints being left open for the circular events.

To reiterate, there are points that need to be reinforced:

- Computer technology is only as good as the data going in.
- All athletes **must** wear a barcode, no exceptions, no excuses
- All athletes **must** wear their IGA Registration Patch
- A late registering athlete whose personal data has not been captured in time for that Saturday meet **must** obtain a 'Visitor' barcode sticker, but only after filling in the 'Visitor' registration form at the front desk. Again, no barcode, no results recorded for front straight events.
- Age Group managers will carry a booklet of spare barcodes
- Barcode stickers are unique and each have the athletes named printed along the bottom
- The order of scanning at the finish is not necessarily the order of finish.

**WALKS** - Next week – October 17 – will be the first week of race walking events. Walks are held at the track every 3 weeks commencing at 8.15 am and concluding prior to the commencement of the normal programme. We want to encourage as many walkers as possible so don't worry if you haven't tried it before – the emphasis is on participation and encouragement and learning how to do it correctly. Walks are included as point scoring events for end of season trophies so come and give it a go. We would also encourage parents with a knowledge of walking, or who are willing to learn to judge the event, to contact dynamic coaching duo Bill or Deb Dyer – ph: 9817 4349. Distances are as follows: U6-7–300m, U8–700m, U9-U10–1100m. and U11-U15–1500m.

**UNIFORM** - Uniforms will be available for sale this week and most weeks from the front desk – once the rush of registration has died down. It is essential that anyone competing at the upcoming relays has an official Box Hill uniform so don't leave it to the last minute as there is often a huge run on certain sizes. We will have a few old uniforms to borrow but there is a limited supply. We also have a new Box Hill hoodie available to order this year at \$45 for children's sizes and \$55 for adult's sizes. If interested, please see **Scilla Dinnison** at the front desk and try a sample size. Orders will be taken and delivery should take place approximately 2 weeks following your order. There are also a very limited supply of Box Hill jackets for the one off price of \$35. Again, check them out with Scilla. Please feel free to contact Scilla on 9889 4451 with any queries regarding uniforms during the week – or [scillad@bigpond.com](mailto:scillad@bigpond.com).

**TRAINING** - Training at the track commenced on Wednesday and will continue every Wednesday. Training is a 2 hour session from 4:30pm and covers all areas of athletics. We have a range of coaches that are looking after the various events and in the next week or so we will have posted on the web a general timetable showing which events are specifically covered that evening, particularly those specialised such as high jump. In general most events are covered at each session.

Remember there is a **training fee** which is a one off payment of **\$50** that covers the full season. See our admin tent for further detail and payment.

**CRYSTAL CREEK CAMP - Want to improve your skills and performances ... Crystal Creek camp is for you.** There are two coaching camps available for athletes in our region:

U12, 13, 14 & 15 athletes from Friday, 6<sup>th</sup> – Sunday, 8<sup>th</sup> November


U10 & U11 athletes – Friday, 27<sup>th</sup> – Sunday, 29<sup>th</sup> November

Further details can be found on page 46 in our handbook and pamphlets are available from the front desk. Places are limited per centre so applications will be accepted on a first come first served basis. If interested, don't forget to hand your form in to the front desk ASAP.

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