

Family, Fun and Fitness

Welcome to the 2014 – 2015 season at Woodville Little Athletics

The mission of the South Australian Little Athletics Association as a voluntary community based organisation, is to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through a family and community involvement in athletic activities.

Parental participation is the key ingredient that has allowed this club to be as successful as it has been for a number of years, and we hope for continuing support from all parents and caregivers.

This Parent Information book has been prepared to give you information on the basics in regards to the Centre. Included is a copy of the weekly program, venue program and special events program. All other information including historical information is available on our website www.woodvillelittleathletics.com.au. This will be updated with weekly results.

For the past 2 years we have had over 200 athletes registered and a record numbers attending meetings at Santos and away from the Centre in particular Regional Games and Relay Day. We want to build on this.

We hope that both athletes and their parents/caregivers enjoy their time with Woodville Little Athletics Centre.

Centre Behaviour Policy

It is the policy of the Woodville Little Athletic Centre that all athletes conduct themselves properly at home meetings, away meetings, and all Association events. The Centre takes a dim view of poor behaviour and will do everything it can to ensure it does not occur.

Athletes are expected to behave well and to promote the Centre and themselves in the best possible way. Bad behaviour disrupts and unsettles other athletes. This can affect their performance and also gives parents a poor impression of the Centre.

Bad behaviour includes:

- swearing at other athletes, officials and parents
- disrupting, fighting with or making fun of other athletes during their events
- questioning an official's judgment or impartiality
- failure to control temper
- displaying bad sportsmanship
- failing to follow instructions from officials, chaperones or Committee members
- using equipment in a dangerous manner or unsupervised

Chaperones have the authority to warn misbehaving athletes and ask them to conform to Centre policy. Similarly, officials and Committee members can issue warnings to athletes. Parents can advise a Committee member of any behaviour concerns so they can be followed up.

The Centre has adopted the following guidelines in relation to bad behaviour:

- the athlete will be given a warning on the initial offence. A warning given at one meeting carries over to subsequent meetings
- a second warning will result in the athlete losing all points gained for the meeting in which it was given
- a third warning will also result in point loss and the athlete's parents being asked to ensure their child observes the behaviour code. The athlete receives a probationary period of 4 weeks
- Further failure on the athlete's part to comply with the behaviour code within the probationary period may result in the parents being asked to remove the child from the Centre.

Smoke—Free Policy

The Centre endorses a general no smoking policy. Since we promote a healthy activity and lifestyle we have banned smoking on the oval where we conduct athletics. If parents need to smoke they will have to go on to the footpath as there is a No Smoking within the school boundary.

Advice to Parents

- Encourage children to participate for the fun of it but **do not** force an unwilling child to participate in sport.
- Remember, children are involved in organised sport for **their** enjoyment. Children should do it for themselves and not to please parents or coaches.
- Encourage your child always to compete by the rules.
- Teach your child that honest effort is as important as victory by focusing upon the child's efforts rather than the outcome of the event. This will help the child in setting realistic goals related to their ability, by reducing the emphasis on winning, so that all results are accepted without undue disappointment.
- Turn effort to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.
- Children learn best by example. Applaud good effort by all children.
- If you disagree with an official, raise the issue with a Committee member, rather than questioning the official's judgment and honesty in public. Recognise the role that volunteer officials and/or coaches play and encourage the athletes to do the same. Officials and/or coaches give their time and resources to provide athletic activities for the children and deserve your support.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Children will learn appropriate social behaviour if parents demonstrate the same. Parents should not harass athletes, officials or coaches, and should avoid smoking on the arena or drinking alcohol.
- Avoid use of offensive language.

First Aid/Medications

Upon registering your child your permission will be sought for medical attention in the event of injury. This is to ensure that your child receives proper treatment as quickly as possible. The Centre has a First Aid Kit and members will provide some basic first aid until proper medical attention, if required, arrives.

It is quite normal for athletes who may have medical conditions, for instance asthma and epilepsy, to compete. These athletes may sometimes require medication to assist them. Athletes who require medication should be familiar with their medications, how and when to take them, and should have the medications on hand at meetings.

Hot Weather Policy

If forecast temperature for the Saturday is 40 degrees or more as forecast at 6.00 p.m. on the Friday night then there will be no meeting.

At other times events maybe varied or altered at meets dependent upon prevailing weather conditions.

Uniforms

Athletes must wear Centre uniform (Centre Top and black shorts) at each home or away meeting (Come and Trys and tiny tots excepted). Athletes not in uniform can risk loss of points for events and disqualification.

The top is available for purchase at our Centre. Black shorts or sports briefs can be purchased from department or sports stores but these must be above the knee and without any other colour trim. The use of two-way stretch material for shorts or briefs is permitted however no brand label is to be visible.

The **wearing of footwear is compulsory** for WLAC meetings and Association Rules also specify that footwear be worn at all Championship meetings. Under 12 to Under 17 athletes may wear spiked footwear for laned events, jumps and javelin. Spikes must be no longer than 7mm. When competing at Santos Stadium, spikes must be of the needle variety.

AWARDS

Points are awarded on the basis of **participation and personal improvement**. If the athlete equals a previous personal best in an event 1 point is awarded. If the performance *better*s an earlier personal best then 2 points are awarded. The athlete is also awarded one point for every home meeting and five points for every away meeting they participate in.

Athletes are encouraged to participate in all events. Athletes who do not attend on a weekly basis disadvantage themselves by missing out on attendance points, as well as on the opportunity to improve their personal bests. Athletes who attend regularly and compete increase their chances in awards. If an athlete has to miss a weekly meeting then they can do a makeup meet at any other club. This must be completed within 2 weeks of the missing meet. You can also do make up meets prior to absence if you know in advance that you will be away.

Achievement Awards

- By regular participation and striving for personal improvement all athletes can attain an achievement award. An award will be presented to every athlete who reaches specified levels of points.

Most Improved Award

- This is presented at the end of the season to the boy and girl in each age group who has received the most award points for the season. The idea behind the award, as with all centre awards, is to encourage children to place emphasis on participation and self-improvement. More than one athlete may win this award if they are on equal points. There is no tie-break.