



2025-26 SEASON HANDBOOK



Find us on  **Aspley Little Athletics**
www.aspleylittleathletics.com

Rosslyn O'Brien

The Matriarch of Aspley Little Athletics



**Aspley Little Athletics is forever indebted
to the work of Paul and Rosslyn O'Brien.**

Mr O'Brien was instrumental in the development and success of Aspley Little Athletics and Aspley Athletics and his contributions to Little Athletics Queensland were recognised by the granting of life membership in 2002.
Paul O'Brien Oval was named in his honour in 1999.

His wonderful work and dedication for over 30 years was continued by his wife Rosslyn. We are eternally grateful for Ros's involvement in the club over many years.

Contents

1.	Welcome.....	1
2.	Contact Details.....	1
	2.1 Committee.....	2
3.	Centre History.....	4
4.	Centre Operation.....	5
	4.1 Mission Statement.....	5
	4.2 What is Little Athletics?.....	5
	4.2.1 Philosophy.....	5
	4.2.2 Little Athletics Queensland (LAQ).....	5
	4.3 When does it run?.....	5
	4.4 How Does it run?.....	5
	4.5 General Rules.....	5
	4.6 How do I find out what is happening at our Centre?.....	6
	4.7 How do I register?.....	6
	4.7.1 Online steps.....	6
	4.7.2 Proof of age.....	7
	4.8 Fees.....	7
	4.8.1 Volunteer Bond.....	8
	4.8.2 Volunteer SignUp.....	9
	4.9 Registration Collection and Officiating Sessions.....	9
	4.9.1 2024-25 Registration Collection Dates.....	9
	4.9.2 What do I need to bring to the Registration Collection Day.....	9
	4.10 Parent Duties.....	9
	4.11 Volunteering.....	10
	4.12 Weekly Program.....	10
	4.13 Training.....	10
	4.14 Competition Days/Nights.....	10
	4.14.1 Saturday Morning's.....	11
	4.14.2 Friday Evening's.....	11
	4.15 Age Divisions.....	14
	4.16 Participation.....	15
	4.17 Coaches and Officiating.....	15
	4.17.1 Introduction to Coaching and Officiating.....	15
	4.17.2 Horizontal Jumping Events (Long Jump and Triple Jump).....	16
	4.17.3 High Jump (Scissors and Flop High Jump).....	16
	4.17.4 Throws (Shot Put, Discus and Javelin).....	17
	4.17.5 Important Safety Information.....	17

4.18	Uniform Policy.....	18
4.18.1	Age Labels/Registration Numbers.....	18
4.18.2	Uniform Prices.....	19
4.18.3	LAQ Footwear Policy.....	19
5	Annual General Meeting & Awards Presentation Day.....	20
5.1	Awards and Trophies.....	20
5.1.1	Eligibility.....	20
5.1.2	Awards.....	20
5.1.3	Trophies.....	20
6	Centre Captains.....	22
7	Centre Managers.....	22
8	Policies.....	22
8.1	LAQ Policies Plans and Procedures.....	22
9	Codes of Conduct.....	23
9.1	Athletes.....	23
9.1.1	Unsportsmanlike Behaviour.....	23
9.2	Coaches.....	24
9.3	Officials.....	24
9.4	Parents/Spectators.....	24
9.5	Complaint Handling.....	25
10	Appendix.....	26
10.1	LAQ Uniform Policy.....	26
10.2	LAQ Logo & Patch locations.....	27
10.3	LAQ Footwear Policy.....	28
10.4	Map of Field – Bowden Park.....	29

Sponsors & Partners

Thank all of our sponsors, both local and national as well as our partners. Without their help our Centre would not be able to operate. Please support our sponsors because they support us.

Aspley Little Athletics Major Sponsor

Aspley Little Athletics Centre would like to mention a special thank you our long-term Major Sponsor, Kedron-Wavell for their ongoing support and dedication to helping Aspley Little Athletics athletes to develop their potential and achieve their athletic goals.



Little Athletics National Sponsors



Partners



Brad Shipway
Sales & Marketing Consultant
M 0409 652 271 P 07 3862 8666
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1331 Gympie Rd (PO Box 566)
Aspley QLD 4034



Bart Mellish MP
State Member for Aspley
Proudly Supporting
Aspley Little Athletics
✉ aspley@parliament.qld.gov.au ☎ 01554 7100



Proudly Supported By
Jared Cassidy
Councillor for Deagon Ward

1. Welcome

Aspley Little Athletics Centre would like to welcome all new and returning families to our Centre for the 2024-25 Season, our 44th Season of providing young children with an opportunity to participate in Little Athletics. The philosophy of Little Athletics is 'Family, Fun and Fitness' and the focus is on participation, improvement and community.

Our Centre is run solely by volunteer helpers. Therefore, to ensure that each weekly Centre competition meet runs efficiently, and for the appropriate level of field and equipment maintenance to be performed, we require the help of ALL parents/carers. Please get involved wherever you can, and feel free to ask any of our committee members and volunteers questions if you are unsure of how you can get involved.

Please take some time to read through this Handbook before the beginning of the season. The majority of your questions will be answered in this Handbook. If you do have any further questions, please feel free to message us through our Facebook page, use the link on the "Contacts" page of our website www.aspleylittleathletics.com, or email our Secretary at secretary@aspleylittleathletics.com. Typically we will post all important and immediate information on our Facebook page <https://www.facebook.com/aspleylittleathletics/>, so please make sure that you follow our Facebook page and regularly check the page for updates.

We are looking forward to seeing our returning families as well as meeting our new families and we hope that you enjoy the season!

2. Contact Details

Address: Paul O'Brien Oval,
Bowden Park, Maidencombe Street,
Geebung QLD 4034

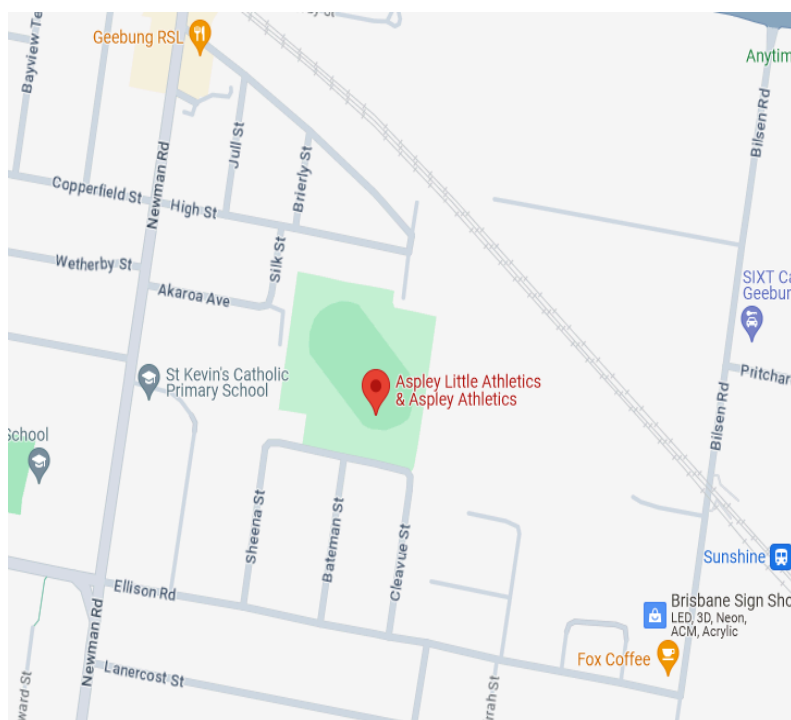
Mobile: 0405 120 900

Email:
secretary@aspleylittleathletics.com

Facebook:
www.facebook.com/aspleylittleathletics/

Website: www.aspleylittleathletics.com

Instagram:
www.instagram.com/aspleylittleathletics/



2.1 Committee



The annual operation of the Centre is coordinated by a group of **volunteers** who work together to ensure that the Centre operates effectively, efficiently, is maintained all year round so that all our members and guests can enjoy the use of the Centres facilities while participating in a healthy family-oriented fitness activity. The Committee meets monthly, even during the Little Athletics off-season, to discuss past, current and future affairs of the Centre.

The Committee is arranged into multiple groups which allows the Centre to cater for management decisions, general committee activities and to also include and recognise our Committee Assistants. The three Committee position types are as follows:

1. Centre Management Committee

The Centre Management Committee provide executive administration and management of the Centre. These positions have voting rights and are required to attend Committee meetings.

2. General Committee

The General Committee members provide support to the Centre Management Committee along with undertaking other key or specific duties. General Committee members will typically attend Committee meetings.

3. Committee Assistants

Our team of Committee Assistants provide functional and operational support to our Centre with a number of them directly supporting the Centre Management Committee. Committee Assistants were introduced to provide recognition for all of our Centres assistants and to provide a pathway for learning and development for possible future General or Centre Management Committee positions.

2.1.1 Centre Management Committee

Position	Centre Manager (President)
Name:	Jeff Bayley
Mobile:	0405 120 900
Email:	president@aspleylittleathletics.com



Position	Secretary
Name:	Carolyn Draper
Email:	secretary@aspleylittleathletics.com

Picture Coming
Soon

Position	Treasurer
Name:	Brendan Hall
Email:	treasurer@aspleylittleathletics.com

Picture Coming
Soon

Position	Registrar
Name:	Michael Draper
Email:	registrar@aspleylittleathletics.com

Picture Coming
Soon

- Centre Management Committee (Continued)



Position	Chief Recorder
Name:	Vacant
Email:	recorder@aspleylittleathletics.com

Picture Coming
Soon

Position	Canteen Manager
Name:	Vacant
Email:	canteen@aspleylittleathletics.com

Picture Coming
Soon

Position	Fundraising Manager
Name:	Andrea Taft
Email:	TBA

Picture Coming
Soon

2.1.2 General Committee

Position	Representative
Assistant Centre Manager	Carmen Sims
Arena Manager	Vacant
Head Coach	Vacant
Officials Manager	Carmen Sims
Equipment Manager	Vacant
Uniforms Manager	A/Carolyn Draper
Technical Manager (IT)	Vacant
Media Manager	Vacant
Chief Starter	Denise Jabbour
Program Manager	Stephen Don
School Liaison Officer	Greg Heskett
Member Protection Officer	A/Chrystal Dillon

Group Picture of General Committee Coming Soon

2.1.3 Committee Assistants



Position	Representative
Assistant Secretary	Vacant
Assistant Treasurer	Vacant
Assistant Registrar	Jodie Ramsay
Recording Officer	Czielly DeSouza
Recording Officer	Gysell Mortimer
Recording Officer	Giuliana Finlay
Grants/Funds Officer	Sarah Fleming
Fundraising Officer	Vacant
Arena Officer	David Taft
Assistant Coach	Isy Caesar
Officials Officer	David Heidrich
Equipment Officer	Vacant
Uniforms Officer	Ursula South
Technical Officer (IT)	Vacant
Media Officer	Vacant
Marketing Officer	Chrystal Dillon
Assistant Starter	Vacant
General Officer	Sarah De Young
General Officer	Darryl Finlay
General Officer	Vacant

3. Centre History

Aspley Little Athletics Centre was first established in the season of 1981-82 and operated from a short track at Virginia State School using borrowed equipment. Mr Paul O'Brien OAM (1936 – 2013), a former Chief Legal Officer of the Brisbane City Council, commenced his service to athletes and sports people of Brisbane and Queensland from 1983 when he became Centre manager (President) of the Aspley Little Athletics Club. The Club was to become his great passion for over 30 years, and he remained its President until 2011, when he stepped down to the post of Vice-president.

Paul was instrumental in the development and success of Aspley Little Athletics and the introduction of Aspley Athletics. In 2002 he was awarded Little Athletics Queensland Life Membership in recognition for his outstanding contribution and meritorious service to Little Athletics.

His legacy was continued after his passing in 2013 by his wife, Rosslyn O'Brien who remained active within the Centre until she passed in 2022.

Aspley Little Athletics is eternally grateful and forever indebted to Paul and Rosslyn's tireless efforts, dedication and commitment, for over thirty years to Little Athletics.



4. Centre Operation

4.1 Mission Statement

“To provide high quality track and field competition, coaching and facilities for the children of the North-Eastern area of Brisbane and its environs. To assist all children of all abilities to improve performance, enjoy participation in athletics and mature as healthy well-adjusted people”

4.2 What is Little Athletics?

Little Athletics is a modified athletics (track and field) program aimed at children aged five (5) to 16 years of age, although some Centres may have different age ranges. There is a wide range of events from running, jumping, throwing and walking and events are modified to suit the age, developmental stage and ability of the children. Little Athletics is the Foundation for all Sports. It offers young people activities and skills that will stand them in good stead for their sporting future.

4.2.1 Philosophy

The motto of Little Athletics is 'Family, Fun and Fitness', highlighting that it is a community activity involving the whole family on a weekly basis. The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity. Athletes are encouraged to improve their own performances, sportsmanship and social skills, throughout the season.

4.2.2 Little Athletics Queensland (LAQ)

Little Athletics Queensland has 85 Centres throughout Queensland and provides services to approximately 14,500 athletes and an estimated 20,000 volunteers. The track & field based competition is conducted throughout both the summer and winter sports season. Events are conducted on a weekly basis by one of the 105 individual Centres.

4.3 When does it run?

The Queensland Little Athletics Summer season typically runs from September through to March, with a break during the Christmas/New Year Period.

4.4 How Does it run?

Children are arranged in age/gender groups depending upon the number of athletes in attendance. Each age group follows a schedule of events which aims ensuring all athletes attend the same number of events and to reduce wait times at events. Athletes will complete one event, before moving to their next scheduled event. Parent volunteer helpers, along with Committee members and assistant work together to conduct the activities at each event area and complete the measuring and recording tasks. Optional grouped long distance track events may also be scheduled to commence at the end of the regular scheduled events.

4.5 General Rules

- a) All athletes must have a parent or guardian present for the duration of competitions and training sessions.
- b) Full and correct uniform must be worn during competitions.
- c) Shoes are compulsory for all events.



- d) Spike shoes must be carried to each event and must be removed immediately on completion of that event.
- e) Spike shoes are only allowed to be worn by U11 and above age groups.
- f) Little Athletics equipment only is allowed on the oval.
- g) Spectators are not permitted inside the running track.
- h) In accordance with the [LAQ Drug, Alcohol and Smoking Policy](#) smoking shall not be permitted in the competition arenas or spectator area during any Little Athletics competition. Premises and competition arenas are declared smoke free zones – smoking permitted only where a special smoking area is designated.
- i) Aspley's designated smoking area is the area between the Coaches shed and the road at the south-eastern end of the park.

4.6 How do I find out what is happening at our Centre?

At Aspley Little Athletics Centre we utilise our social media pages to communicate all short notice messages such as announcements, updates, cancellations etc, and our website and Members Handbook for all other information. The links to these sites and pages are listed below. Please make sure that you follow us on Facebook so that you don't miss out on any key communications throughout the season. Additionally, you may need to add us to your safe sender email list so that our emails don't go to your junk/spam mail folder.

At our weekly Centre competition meets and training sessions, we will typically use our Public Address system to make any important announcements and as an additional delivery method for key messages that we wish to get across to our members.

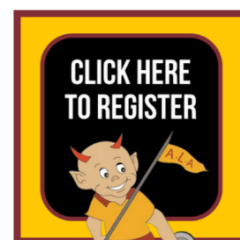
Facebook: <https://www.facebook.com/aspleylittleathletics>

Instagram: <https://www.instagram.com/aspleylittleathletics/>

Website: <https://www.aspleylittleathletics.com/>

4.7 How do I register?

Registrations are online through a third-party provider called ResultsHQ. You can access the registration site by clicking on a picture on the front page of the Aspley Little Athletics website, which is a hyperlink to the ResultsHQ registration page. The picture to the right is what you will click on when on the front page of the Aspley Little Athletics website.



4.7.1 Online steps

- a) The link will not be active until the registration period has commenced. For the 2024-25 Season, the registration link will become active on Monday 29 July 2024.
- b) We will announce the opening of our registration period on our Facebook page and website.
- c) Once the registration is open, you will be able to click on the link on the front page of the website, which will take you to ResultsHQ.

New Families: Click 'I Don't Have an Account'

You will need to create a family profile. The username and password you create will be the username and password you will use to access your child's results each week. We suggest making your username your email address.

Returning Families: Login using your ResultsHQ username and password for last season

If you have forgotten your login or password, click either 'Retrieve Details' or 'I've forgotten my



password'.

- d) You will need to complete the online registration process, which is a series of interactive pages where you provide information.
- e) Once you are at the final page, you will need to make the payment. Please make sure that if you have any Volunteer Bond discount or Fair Play vouchers, that you enter these details into the payment area before finalising your payment.
- f) Once registered, please attend one of the Registration Collection and Officiating Session days so that you can collect your registration pack and attend an Officiating session which will teach parents how to conduct volunteer duties for each of the events.

If you have any difficulties with registering online, please send an email to our Registrar at:
registrar@aspleyathletics.com

4.7.2 Proof of age

We require all members to provide their proof of age at time of registration or soon thereafter. A birth certificate, passport, or baptism certificate is sufficient proof of age.

4.8 Fees

Aspley Little Athletics Centres fees are based on a combination of factors including:

- a) LAQ affiliation fees - \$92
- b) Insurance
- c) Brisbane City Council lease and rates fees
- d) Utilities costs such as electricity, water and waste services
- e) Annualised maintenance and repairs costs to provide the level of facilities and equipment that are available to our members
- f) End of season awards and trophies
- g) Coaches' fees
- h) Purchase of new equipment
- i) General running costs such as line marking paint, fuel for mowers, tractor & small engine services, fertiliser, pest treatment, and all of our canteen and food products.

Aspley Little Athletics Centre is proud to be able to offer superior facilities with multiple permanent throws cages, synthetic surfaces on all of our long jump, triple jump, high jump and javelin surfaces, as well as a separate junior area which includes their very own discus/vortex cage, shot put circle and long jump pits.

Please see the table below for our 2024-25 Season Prices.



Age Group	2024-2025 SEASON Registration Fee (Paid per Athlete)	Volunteer Bond (Paid per Family)
Under 6s	\$215	\$80
Under 7s - 17s	\$245	\$80

Registration Fee Discount Rates:
 \$20 discount for 2 family members
 \$60 discount for 3 family members
 \$720 family cap (does not include the Volunteer Bond)



FIND OUT MORE ABOUT FAIR PLAY VOUCHERS

Trial Memberships are available for \$20
 We offer a trial membership for a two (2) week period within which your child is eligible to compete at two (2) weekly Centre competition meets and four (4) training sessions during the season. You do not have to attend the competitions and training in a consecutive two (2) week period, but you can choose to attend at any time during the season. Please register through ResultsHQ. If you decide to convert to a full membership, the \$20 will be taken off the fees.

4.8.1 Volunteer Bond

Volunteers are the backbone of Little Athletics and without their valuable contributions Aspley Little Athletics Centre could not exist. Our Centre relies purely on volunteer help to run our Little Athletics program and provide the facilities for school and community groups all year round. We have a mandatory volunteer bond that each family is required to pay at the start of each season. The volunteer bond will be refundable at the end of the season if parents/guardians complete a total of 10 volunteer events throughout the season. It is also a mandatory requirement that each family must include one (1) weekly Centre competition meet "Setup" or one (1) scheduled "Working Bee" as part of their 10 volunteer events in order to qualify for a refund of their volunteer bond. There will be a number of opportunities throughout the year to attend scheduled Working Bees that will also count towards your volunteer contribution for the season. If the required number of volunteer events are not fulfilled, you will forfeit your volunteer bond.

Examples of volunteering opportunities around the Centre are:

- Setup and Pickup of equipment
- Age Group Marshal
- Age Group Assistants
 - Spiker
 - Measurer
 - Recorder
 - Athlete organiser
- Canteen Assistants
- Baked Goods Donations
- BBQ
- Assistant Starter
- Start/Finish Marshall



4.8.2 Volunteer Registration

Aspley uses a third-party provider called SignUp to register and record volunteer registrations. Each week the Secretary will send out a reminder to parents to register their volunteer position. There is also a link on the front page of the Aspley Little Athletics Centre website to the SignUp page if you didn't receive the email. On the day a member of the Committee will attend each Age bucket to record which volunteers were in attendance and to also add any late additions to the Volunteer register. If we don't have sufficient volunteers, we will be unable to commence that age groups activities, so please register to help so that delays on the day aren't encountered.

Please ensure that your attendance has been recorded on the Volunteer register each week so that your volunteer event is recorded.

4.9 Registration Collection and Officiating Sessions

Once you have registered your child/children online, you are required to attend one of our Registration Collection and Officiating Sessions to collect your athletes registration pack and to attend an officiating session. You can also order your uniform.

Your registration pack contains the following items:

- **Registration Number:** A unique number for each athlete, which must be attached to the front of your child's competition shirt.
- **Age Label:** To be attached to the left-hand sleeve of the competition shirt.
- **Coles Patch:** Coles is a major sponsor for Little Athletics Australia. For this reason, the Coles patch must be attached to the right breast of the competition shirt.

4.9.1 2024-25 Registration Collection Dates

- Saturday 24 August 8am – 10am @ Paul O'Brien Oval, Bowden Park, Maidencombe Street, Geebung, QLD 4034
 - Officiating Session from 9am
- Sunday 31 August 1pm – 3pm @ Paul O'Brien Oval, Bowden Park, Maidencombe Street, Geebung, QLD 4034
 - Officiating Session from 2pm

4.9.2 What do I need to bring to the Registration Collection Day

After you have completed your online registration, please bring the following to one of the Registration Collection and Officiating Sessions:

- Email Confirmation of your Online Registration.
- Copy of Proof of Age (i.e. Birth Certificate, Passport, etc.).

4.10 Parent Duties

As all Little Athletics Centres operate on a Parent Volunteer basis, it is expected that all parents will assist with regular weekly activities to ensure that the Centre can operate safely, effectively and efficiently. Committee members and officials are not paid for all the work they do running the Centre. Much of this work goes on 'behind the scenes' and there is no "off-season" for the Committee as there are approximately 20 school athletics carnivals including before and after school training sessions held throughout winter, along with the day-to-day administration of running a successful athletics club.



4.11 Volunteering

Aspley Little Athletics Centres Volunteering Policy states: If children are dropped at the Centre for competition or training and do not have a parent or nominated guardian present, they will not be allowed to compete or train until that parent or guardian is present at the Centre.

It is important that all parents have a basic understanding of how to conduct events at Little Athletics competitions. Without each parent's assistance, the competitions cannot go ahead. For further information relating to Parent Information and Volunteering, please visit our website:

<https://www.aspleylittleathletics.com/parent-information-faqs.html>

4.12 Weekly Program

The full season program will ensure that an adequate amount of both track and field events are covered throughout the duration of the season. Each week, four (4) or five (5) events are scheduled to run on a rotational basis so that by the end of the cycle, a complete program will have been completed by all age groups. Events may be either added or deleted at the discretion of the Centre committee. U6 athletes will complete a skills development program so that they are able to participate in a modified event program.

Refer to the LAQ Programming guide for further information: <https://laq.org.au/manuals/>

4.13 Training

Our coaches will be available at the scheduled weekly training sessions to discuss your child's progress and any concerns that you may have. Although training is not compulsory, it is encouraged as this time is dedicated to assist in furthering athlete development. Coaches are available each week on competition days, however the focus is to ensure smooth running of each activity and support a pleasant member experience. If training is cancelled due to adverse weather or any other unplanned reason, the Centre will post a notification on our Social Media pages.

Training is held on both Monday and Wednesday afternoons commencing at 5:00pm. These training sessions are included as part of your annual registration fees. Further information on specific training times is outlined in the below table, or on the Aspley Little Athletics Centre website:

<https://www.aspleylittleathletics.com/training.html>

Monday		Wednesday	
U6 - U8	U9 & over	U6 - U8	U9 & over
5:00pm – 6:00pm	5:00pm – 6:30pm	5:00pm – 6:00 pm	5:00pm – 6:30pm

4.14 Competition Days/Nights

Our weekly Centre competition meets are normally divided into Saturday morning for the first half of our season, and Friday evenings for the second half of our season. However, due our current lack of field lighting our weekly Centre competition meet will be Saturday morning for the entire 2024-25 season, unless advised otherwise. Saturday morning weekly Centre competition meets will commence at 8:00am each Saturday morning from 07 September 2024 to 07 December 2024. Then from 04 January 2025 to 15 March 2025 they will start from 7:30am.

Our expectation is that you arrive at least 20 minutes prior to the Centre competition meet commencing. This will allow time for any relevant announcements and presentations to be conducted and for athletes to perform a light warm up.

4.14.1 Saturday Morning's



TIME: Arrive by 7:40am for an 8:00am start

LOCATION: Bowden Park, Paul O'Brien Oval, Maidencombe Street, Geebung Q 4034

WHAT TO BRING: Water bottle, hat, sunscreen, correct shoes (read LAQ Footwear Policy), full and correct Aspley uniform (white shirt and black pants are acceptable if you haven't purchased a uniform yet), make sure that your age patch and competition number is on your uniform.

COMPETITION SCHEDULE:

- 7:40am: Arrive and meet on the oval in front of the canteen, behind your age bucket.
- 7:55am: Important announcements for parents while athletes break into groups for warm-up.
- 8:00am: Athletes go with their Age Marshall and volunteer parent helpers to their first event.
- 8:00am – approx. 10:30am: Athletes rotate between their events as per the schedule in their Age Marshall folder
- 10:30am (approx.) – Age Marshalls to return all forms to the recording tent and age buckets to the front of the clubhouse.

Where can you find the program?

- Each week's Centre competition meet program will be posted on our Facebook page on the Sunday of the week before. This will help to align training activities with the events that are scheduled to be held on the upcoming competition meet.

What to do at each Saturday morning Competition?

- Ensure that your child is wearing the FULL and CORRECT Uniform.
- If your child does not have an age or athlete number, report to the Registrar at the Clubhouse who will use a permanent marker to write the age number on your child's arm or leg.
- If you are volunteering, make sure that you have your name checked off or entered onto the volunteer registration sheet so that your points can be recorded.
- Have your athlete(s) stand next to their age bucket.

4.14.2 Friday Evening's

TIME: Arrive by 5:40pm for a 6:00pm start

LOCATION: Bowden Park, Paul O'Brien Oval, Maidencombe Street, Geebung Q 4034

WHAT TO BRING: Water bottle, hat, sunscreen, correct shoes (read LAQ Footwear Policy), full and correct Aspley uniform (white shirt and black pants are acceptable if you haven't purchased a uniform yet), make sure that your age patch and competition number is on your uniform.

COMPETITION SCHEDULE:

- 5:40pm: Arrive and meet on the oval in front of the canteen, behind your age bucket.
- 5:55pm: Important announcements for parents while athletes break into groups for warm-up.
- 6:00pm: Athletes go with their Age Marshall and volunteer parent helpers to their first event.



- 6:00pm – approx. 8:30pm: Athletes rotate between their events as per the schedule in their Age Marshall folder
- 8:30pm (approx.) – Age Marshalls to return all forms to the recording tent and age buckets to the front of the clubhouse.

Where can you find the program?

- Each week's Centre competition meet program will be posted on our Facebook page on the Sunday of the week before. This will help to align training activities with the events that are scheduled to be held on the upcoming competition meet.

What to do at each Friday evening Competition?

- Ensure that your child is wearing the FULL and CORRECT Uniform.
- If your child does not have an age or athlete number, report to the Registrar at the Clubhouse who will use a permanent marker to write the age number on your child's arm or leg.
- If you are volunteering, make sure that you have your name checked off or entered onto the volunteer registration sheet so that your points can be recorded.
- Have your athlete(s) stand next to their age bucket.

Register to help out on the Volunteer Sign Up page

- Register your volunteer position on Volunteer Sign Up page (<https://signup.com/go/hMfdKBq>)
- Make sure that the Committee record your attendance for volunteer duties on the day
- Advise the Age Marshall that you have arrived.

CANCELLATIONS:

- On occasion weather or other unplanned events may require an event to be cancelled. The Centre Management Committee will endeavour to conduct the training session or Centre competition meet, if it is safe to do so. At times, a modified program may be introduced which may allow events to continue.
- If an activity is to be cancelled, the Centre management Committee will provide notice to members and coaches via Facebook and email if available, at minimum 1 hour before the scheduled event is due to start. This early notice is required in order to provide sufficient time to members and coaches who may have to travel to attend our training sessions and competitions.
- **Note:** Factors that will be considered when deciding if an activity should be cancelled or not are safety of members and athletes, prevention of injury, prevention of damage to equipment, prevention of damage to grounds and any other factors that may need to be considered at the time of making a decision.



2024 - 2025 SEASON CALENDAR	
SATURDAY MORNING COMPETITIONS (8:00am Start)	
Date	Activity
Saturday 24 August 2024 (8am to 10:00am)	Registration collection day & field events officiating sessions
Saturday 31 August 2024 (1pm - 3pm)	Registration collection day & field events officiating sessions
Monday 2nd & Wednesday 4th September 2024	WEEKLY TRAINING SESSIONS COMMENCE
Saturday 7th September 2024	Centre Competition Meet
Saturday 14th September 2024	Centre Competition Meet
Saturday 21 September 2024	LAQ Coles Spring Carnival - Bundaberg (School Hols.)
	NO ALA CENTRE COMPETITION MEET
Saturday 28 September 2024	Centre competition meet
Saturday 5 October 2024	Centre Competition Meet
Saturday 12 October 2024	Centre Competition Meet
Saturday 19 October 2024	Centre Competition Meet
Saturday 26 October 2024	LAQ Coles Summer Carnival - QSAC (SAF)
	NO ALA CENTRE COMPETITION MEET
Saturday 2 November 2024	Centre Competition Meet
Saturday 9 November 2024	Met North Regional Relays - Strathpine LAC
	NO ALA CENTRE COMPETITION MEET
Saturday 16 November 2024	Centre Competition Meet
Saturday 23 November 2024	Centre Competition Meet
Saturday 30 November 2024	LAQ McDonalds State Relay Championships - QSAC (SAF)
	NO ALA CENTRE COMPETITION MEET
Saturday 7 December 2024	Centre Competition Meet - last one for 2024
Saturday 14 December 2024	BREAK - No ALA Centre Competition Meet
Saturday 21 December 2024	BREAK - No ALA Centre Competition Meet
Saturday 28 December 2024	BREAK - No ALA Centre Competition Meet
SATURDAY MORNING COMPETITIONS (7:30am Start - TBA)	
Saturday 4 January 2025	Centre Competition Meet (School Hols.)
Monday 6th & Wednesday 8th January 2025	WEEKLY TRAINING SESSIONS COMMENCE
Saturday 11 January 2025	Redcliffe Twilight Carnival - Redcliffe LAC (School Hols.)
	Centre Competition Meet (School Hols.)
Saturday 18 January 2025	Centre Competition Meet (School Hols.)
Saturday 25 January 2025	NO ALA CENTRE COMPETITION MEET (AUS Day long weekend)
Saturday 1 February 2025	Centre Competition Meet
Friday 7 - 9 February 2025	Met North Regional Championships - Strathpine LAC
	NO ALA CENTRE COMPETITION MEET
Saturday 15 February 2025	Centre Competition Meet - Championship 1
Saturday 22 February 2025	Centre Competition Meet - Championship 2
Saturday 1 - 2 March 2025	LAQ McDonald's Combined Events Championships - QSAC
	NO ALA CENTRE COMPETITION MEET
Saturday 8 March 2025	Centre Competition Meet - Championship 3
Saturday 15 March 2025	Centre Competition Meet - Championship 4
Friday 21 - 23 March 2025	LAQ McDonald's State Championships - QSAC
	NO ALA CENTRE COMPETITION MEET
Saturday 29 March 2025	Centre Competition Meet - Championship wet weather backup
Saturday 23 May 2025 - PROPOSED	ALAC AGM & Trophy Presentation & Awards day



Other Events and Carnivals 2024-25 Season

Event	Date	VENUE
First Aspley LAC trang session for the 2024-25 season	Monday 2nd September 2024	Aspley Little Athletics Centre
First Aspley LAC Saturday morning weekly Centre Competition meet session for the 2024-25 season	Saturday 6th September 2024	Aspley Little Athletics Centre
LAQ Coles Spring Carnival	Saturday 21st September 2024	BRAF, Bundaberg
Caboolture Twilight Carnival	Saturday 19 th October 2024	Caboolture LAC, Wolfenden Oval, Caboolture
LAQ Coles Summer Carnival	Saturday 26th October 2024	QSAC, Nathan
Regional Relays	Saturday 9th November 2024	Strathpine LAC, John Oxley Reserve, Murrumba Downs
Caloundra Open Carnival	Saturday 23 rd November 2024	Caloundra LAC, North Street, Caloundra
Jimboomba Carnival	Sunday 24 th November 2024	Jimboomba LAC, Henderson Road, Jimboomba
McDonald's State Relay	30th November 2024	SAF, Nathan
Redcliffe Twilight Open Carnival	Saturday 11th January 2024	Redcliffe LAC, Langdon Park, Redcliffe
Algerster Carnival	Saturday 18th January 2025	Algerster LAC, Col Bennet Park, Algerster
Ipswich Twilight Carnival	TBC	Ipswich LAC, Bill Paterson Oval, Lion St, Ipswich
Regional Championships	Friday 7th to Saturday 9th February 2025	Strathpine LAC, John Oxley Reserve, Murrumba Downs
McDonald's Combined Events	Saturday 1st & Sunday 2nd March 2025	SAF, Nathan
McDonald's State Championships	Friday 21st to Sunday 23rd March 2025	QSAC, Nathan

4.15 Age Divisions

The age divisions in Little Athletics are determined by rulings on a state-by-state basis and the child remains in that group for the whole of the season. Aspley Little Athletics Centre runs age groups from U6 through to U17. Refer to the LAQ Registration Age table to determine what age group you child would be in for the 2024-25 season:

- <https://laq.org.au/wp-content/uploads/2024/04/2025-Registration-Age-Table.pdf>



4.16 Participation

While attendance and participation in every event is not mandatory, we do encourage all athletes to attempt all events offered, unless there is a valid or obviously reason for not doing so. We will never force any athlete to undertake any event, however our philosophy is to encourage and assist all athletes to realise their potential.

4.17 Coaches and Officiating

Due to the support of our major sponsor Kedron-Wavell, Aspley Little Athletics is very fortunate to have a great team of young professional athletics coaches available each week to assist our athletes during competitions and to provide training sessions throughout the week. Our Coaches details are available on our website: <https://www.aspleylittleathletics.com/coaching-staff.html>

We encourage all our athletes to learn to compete each week without the need for coaching during weekly Centre competition meets. However minor feedback provided by coaches and parents will assist the athletes to continue to learn, grow and develop in this environment.

We are always in need of more coaches and officials. We are actively encouraging parents to become involved in the sport by learning how to correctly coach and officiate. For those parents that are interested in becoming a coach or official please refer to the following information or speak with a member of the committee.

4.17.1 Introduction to Coaching and Officiating

Below is a list of coaching and officiating courses and resources that are available.

Coaching

Little Athletics Queensland offers many Introduction to Teaching Little Athletics Skills Courses (ITLAS Courses) each season. The course is great for parents who want to know more about the skills of the sport so that they may help to coach children of Primary school age, assist at Little Athletics Centres or prepare students for school athletics carnivals. Participants are shown drills, skills, games and activities relevant to the target age group.

WE STRONGLY ENCOURAGE PARENTS TO COMPLETE THE ITLAS COURSE!

Course Details:

- The course duration is 6.5 hours.
- The course provides a detailed overview for all event groups on the Little Athletics track and field program.
- There is no exam.
- Participants must be at least 16 years of age.
- Costs of the course include a coaching manual, attendance certificate, relevant literature and morning/afternoon tea.
- For more information visit <http://laq.org.au/Coaches/>

Course Coordinator Contact Information:

Shaun Letham: 0417 613 911 or s.lethem@laq.org.au

Other Coaching Courses:

- Community Coaching – Essential Skills by the Australian Sports Commission can be found here:
 - <https://www.ausport.gov.au/coaching/community/education/community-coaching-esse>



ntial-skills

- High Performance Coaching – Identify, develop, attract and retain world-class coaches to enhance the experience and success of Australian Athletes:
 - <https://www.ais.gov.au/coach-development>
- Level 1 and 2 Coaching through State Athletics Associations, the ATFCA state branches and other approved providers can be found on the following link on the LAQ website:
 - <https://laq.org.au/level-1-2-coaching/>

Officiating

Officiating is a great way to learn the rules and get close to the action. The following is a list of courses that are available for general and entry level officiating education:

- Community Officiating – Essential Skills course helps officials facilitate safe, inclusive and enjoyable competition environments for all participants:
 - <https://www.ausport.gov.au/officiating/education/essential-skills>
- LAQ Officials Education and Learning: <https://laq.org.au/officials-education-and-learning/>
- LAQ Officials Learning Resources: <https://laq.org.au/officials/learning-resources/>

4.17.2 Horizontal Jumping Events (Long Jump and Triple Jump)

Required volunteers:

- Recorder: Records the athlete's distance for each jump or records a 'x' for a foul.
- Raker: After each jump rake the sand back to fill in the shoe print holes the children leave.
- Spiker: After each child jumps place the metal spike at the imprint in the sand closest to take off board. If you are unsure the chief judge will help you.
- Chief Judge: This person is in charge of making the decisions, seeing where the foot has landed on the take-off board and determining if it is a foul jump. This person measures each jump and has control of the runway to make sure each jump is safe for each child. This job is typically conducted by someone with a qualification. These qualifications are simple to attain please speak to officials' officer Carmen Sims

Please be aware the children will be running at full velocity along the runway and a collision with any child running could cause serious injury. For this reason, we ask that you ensure the runway is clear before an athlete is allowed to jump.

4.17.3 High Jump (Scissors and Flop High Jump)

Required volunteers:

- Bar replacement assistant: If the bar gets knocked off place back on the uprights.
- Recorder: If the child clears the height write a 'o' in the column corresponding to the current height. If the child does not make the height write 'x' in the column corresponding to the current height.
If the child wishes to pass place a '-' in the column corresponding to the height.
- Chief Judge: The person in charge of the event. This person will nominate the height of the bar and adjust the bar accordingly. This person is also responsible for determining if a jump is a foul jump or not.
This job is typically performed by someone with a qualification.

4.17.4 Throws (Shot Put, Discus and Javelin)



Required volunteers:

- Recorder: Records the athletes distance for each throw or records a 'x' for a foul.
- Retriever: Returns the implements to the throwing area.
- Spiker: Places the metal spike where the implement lands. If you are unsure of any decision consult the chief judge.
- Chief Judge: This person ensures each child enters the throwing area and doesn't place their foot over the front line of the javelin runway or rim of throwing circle. For shot put the chief judge is also in charge of determining whether correct technique has been used (i.e., whether the throw is legal or a foul)

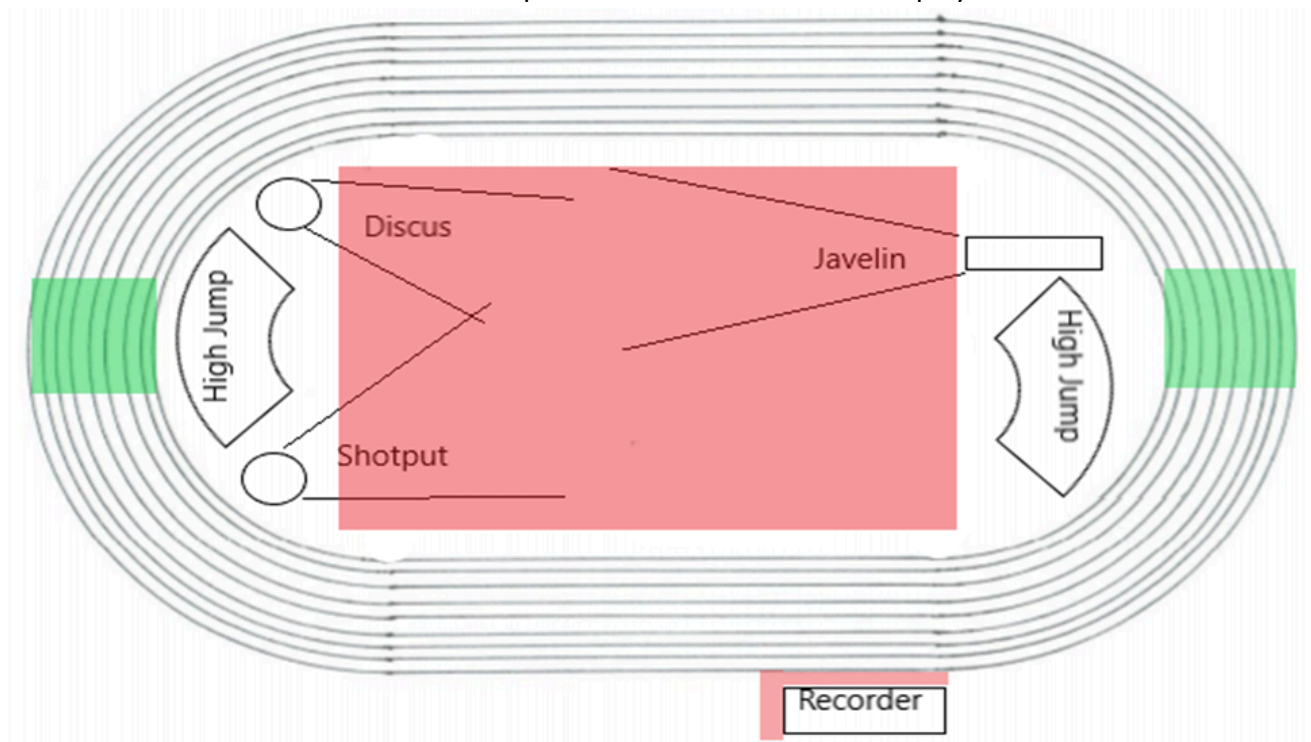
Throwing implements are extremely dangerous and can cause serious injury or death. We ask that all parent helpers make sure young children are kept out of and away from the throwing sectors. We also ask that you wear closed in shoes.

4.17.5 Important Safety Information

To ensure the safety of all athletes, coaches, officials and spectators, we require a minimum of 6 parent helpers for each of the U6 to U8 age groups. For the U9 to U17 age groups, at least 3-6 parent helpers are required. To ensure smooth functioning of weekly competitions all spectators **MUST** stay off the track and out of the middle of the field (red marked area below) while athletes are competing. This includes athletes waiting for their events to start.

No athletes, spectators or parents are permitted to use athletics equipment without the appropriate supervision and permission by Centre officials and coaches.

If athletes and their families need to cross the track to get to their field events this can be done on either side of the field (see green areas in the following diagram). We also ask that parents and children do not congregate around the recorder's tent as we need a clear line of sight to all track events. Only volunteers with official Centre vests are permitted to be in the field of play for each event.



4.18 Uniform Policy



PLEASE ENSURE THAT YOUR CHILD IS WEARING THE FULL AND CORRECT UNIFORM AT EVERY COMPETITION NIGHT AND CARNIVAL

The wearing of uniforms in Little Athletics performs two very important tasks:

- To provide protection from the elements and;
- To provide a means of identification of the athlete

It is strongly recommended that all athletes in the wear the approved Centre polo shirt or sun safe compliant top when on the competition arena between events.

All competing athletes must wear the correct centre uniform. Failure to comply may lead to the athlete's expulsion from the competition arena.

Centre uniforms must abide by the following:

- Polo shirt must be offered by the centre
- Approved crop tops and/or singlets may be worn
- The shirt must overlap the bike pants/shorts/skirt by not less than 10cm
- Compression garment tops (if worn by athletes) cannot be visible
- Bike pants/compression garments shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs
- Bike pants/compression garments shall extend a reasonable length down the legs covering the buttocks and the upper thigh
- If boys choose to wear bike pants/compression garments as part of their uniform, they must wear sports shorts over the top. Bike pants/compression garments on their own are not acceptable for boys
- Bike pants/compression garments may be worn under shorts if they are the correct uniform bottom colour or black. Coloured stitching is permissible.

Refer to the LAQ Uniform Policy at the following link for detailed information on the Uniform Policy.

- LAQ Uniform Policy:
<https://laq.org.au/wp-content/uploads/2023/08/Uniform-Policy-v7.3-July-2023-FINAL.pdf>

4.18.1 Age Labels/Registration Numbers

Registration patches are to be affixed to the front of the uniform top and must be entirely visible.

The age label is to be affixed to the left shirt sleeve or for top without sleeves (singlet/crop top) on the left leg of the bottoms.

The right chest side of the uniform top must be reserved for LAA sponsorships (e.g., Coles patch).

A diagram of the required placement of uniform patches is shown at Item 10.2 LAQ Logo and Patch Locations in the Appendix, located at the end of this document.

Refer to the LAQ Uniform Policy at the following link for detailed information on the Uniform Policy.

- LAQ Uniform Policy:
<https://laq.org.au/wp-content/uploads/2023/08/Uniform-Policy-v7.3-July-2023-FINAL.pdf>

4.18.2 Uniform Prices

Our centre uniform is compulsory for all athletes and consists of maroon shorts (unisex) or bike pants



(girls), and an maroon, white and yellow uni-sex t-shirt with maroon sleeves. There is also the option of competition singlets and crop tops. Uniform items are available for purchase at any of our 'Registration Collection' Days and throughout the season. We also have hats available, just ask our friendly committee members if you have any questions.

ITEM	PRICE	NOTES
ASPLEY POLO SHIRT	\$45	Available to all age groups
ASPLEY SINGLET	\$35	Available to all age groups
ASPLEY CROP TOP	\$33	Available to all age groups
ASPLEY SHORTS	\$32	Available to all age groups
ASPLEY BIKE PANTS	\$32	Available to all age groups
ASPLEY BUCKET HAT	\$18	Two sizes available S-M, L-XL
ASPLEY CAP	\$16	One size fits all - adjustable
ASPLEY SPORTS BAG	\$12	Limited stock available
ASPLEY DRINK BOTTLE	\$20	Metal - limited stock available

4.18.3 LAQ Footwear Policy

Footwear is compulsory at ALL competitions in ALL EVENTS for both track and field. Shoes specifically designed for other sports (e.g. football boots) may not be worn. Spike shoes are only permitted for athletes in U11 to U17 age groups. The maximum length of spikes is 9mm on Grass and 7mm on Tartan surfaces. Athletes in U6 to U10 age groups are not permitted to wear spike shoes (this includes spike shoes without spikes or blanks).

Spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks / slugs installed. Any athlete not exercising care when using spikes may be disqualified from wearing them.

IMPORTANT: SPIKE SHOES MUST BE REMOVED AFTER EACH EVENT AND CARRIED SAFELY BETWEEN EVENTS OR WHENEVER LEAVING AN EVENT WHERE SPIKES SHOES WERE WORN

Refer to the LAQ Uniform Policy at the following link for detailed information on the Uniform Policy.

- LAQ Footwear and Spiked Shoes Policy:
<https://laq.org.au/wp-content/uploads/2023/12/FOOTWEAR-AND-SPIKED-SHOES.pdf>

5 Annual General Meeting & Awards Presentation Day

Our Annual General Meeting (AGM) and Awards Presentation Day is usually held in April/May of each



year after the conclusion of the competition season. This day is to celebrate the successes of our young athletes and to also acknowledge key people within our Centre.

The AGM is where all positions on the Committee are vacated and nominations for new or returning Committee members will be announced and where required, voting may take place. This is the perfect time for members to nominate for a position on the committee in either the Centre Management Committee, General Committee or one of our Committee Assistant positions.

5.1 Awards and Trophies

NOTE: Aspley Little Athletics Centre is currently reviewing their awards and trophies to ensure that the appropriate awards are being awarded and that a fair and transparent calculation is provided for all members to see. Additionally, we are reviewing how many and what types of awards are awarded. Once finalised, the awards and trophies will align to the Centre's values and what we are looking for in our athletes.

5.1.1 Eligibility

At the end of the competition season, we will hold our annual Awards Presentation Day. This is normally combined with our Annual General Meeting. All eligible athletes will receive an award. Athletes must compete in a minimum of four (4) weekly Centre competition meets to be eligible for an award/trophy.

5.1.2 Awards

Trophies and awards are based on a number of criteria that athletes must meet throughout the season, including personal best achievements, attendance, best performances, Centre records and good sportsmanship.

For further information relating to how athletes can achieve points will be provided during this season.

5.1.3 Trophies

McDonald's Achievement Awards

To receive a McDonald's Achievement Award Certificate, an athlete must reach the relevant level in all events applicable to their age group in three event groups. For example an U13 athlete would be awarded a Green level certificate if they were to equal or better the Green level times and distances in (1) Hurdles: 60m Hurdles and 200m Hurdles, (2) Sprints: 70m, 100m, and 200m and in (3) Throws: Discus, Javelin and Shot Put. Any event group combination can be used to meet the criteria, as long as the levels in three event groups are attained. Age groups have a varied requirement for the number of Event Groups to achieve an award; these are; two (2) groups for U6s; two (2) for U7s; three (3) groups for U8s and three (3) groups for U9-U17s.

In addition to the standard McDonalds Achievement levels, there is also a Gold level award. The Gold level is provided as an optional additional goal for Centres that wish to use it, it is not mandatory. These levels are not included on the standard McDonalds Achievement Cards. The main focus for Centres Committees, parents and athletes should be on the achievements when reaching the McDonalds Green, Red and Blue levels.

The maximum number of certificates an athlete can receive each season is three: one Green level, one



Red level and one Blue level.

McDonald's Achievement Levels level cards are used to determine the colour and type of trophy that each child may receive. To attain a specific 'colour' an athlete must have achieved the qualifying level twice in that specific event.

For further information relating to the awards and trophies awarded each season will be provided during this season.

Age Champion Award

An athlete in each age group, boys and girls, will receive an Age Champion Trophy based on their best performance in each event during the season. This is calculated on a points system similar to a pentathlon. This award celebrates athletes with a consistently high level of achievement across each event discipline.

Perpetual Trophies

We also award six (6) perpetual trophies each year. These awards are:

- Rosslyn O'Brien, overall most PB's (Juniors)
- Paul O'Brien, overall most PB's (Seniors)
- Junior Girls Champion
- Junior Boys Champion
- Senior Girls Champion
- Senior Boys Champion

LAQ Distinguished Merit Award

Awarded to nominees with a minimum of twelve years of service at Centre level who have shown a clear commitment to furthering the growth and development of both our Centre and Little Athletics in general. This is a most prestigious award and only persons with the highest credentials and integrity are considered for this award by the Association.

LAQ Merit Award

Awarded to nominees with a minimum of eight (8) years service at Centre level who have shown a clear commitment to furthering the growth and development of the Centre. Only ten awards are approved by the Association each year.

LAQ Service Award

Awarded by LAQ for years of service (10, 15, 20, 25, 30, 35 & 40 years).

Volunteer of the Year

Awarded by the Management Committee based on significant volunteer effort above and beyond the weekly centre competition meets.

Coach of the Year

Awarded by the Management Committee for the Coach who has shown the most commitment, dedication, positive behaviours and leadership towards all members of the Centre

Athlete of the Year

Awarded by the Coaches for the athlete who has demonstrated good behaviours, sportsmanship, commitment and improvement throughout the season.



6 Centre Captains

At the start of each new season the Management Committee will endorse the appointment of the Centre Captains. The Centre Captains are an important member of the Centre and are expected to lead by example, be a positive role model for all athletes of the Centre and will actively encourage other athletes to be their best. Athletes in the U15 to U17 age groups may nominate for the position of Centre Captain and must have been a member of Apsley Little Athletics Centre for a minimum of two (2) years. The Management Committee has the right to deem athlete's ineligible on other grounds such as unacceptable behaviour. A Centre Captain may hold the title for more than one year, however it is required that they are nominated and receive subsequent endorsement each and every year. There will be up to a maximum of three (3) Centre Captains per season. At the ALAC Management Committee's discretion, the number of Centre Captains may be increased.

The endorsement of an Aspley athlete as a Centre Captain, must consider the following attributes:

- The athlete must show respect for fellow athletes, parents/carers, committee members and coaches.
- The athlete must be a role model for younger athletes.
- The athlete must have shown the ability and skills to be an ambassador for Aspley's Code of Conduct.
- The athlete must be approachable, reliable and trustworthy with high expectations of themselves and others.
- The athlete must demonstrate leadership abilities on and off the field.

7 Centre Managers

1981 – 2011	Paul O'Brien
2012 – 2015	Andrew Wearne
2016 – 2018	Kylie Holman
2019 – 2023	David Heidrich
2024 – 2025	Jeff Bayley

8 Policies

8.1 LAQ Policies Plans and Procedures

Please refer to the following page on the LAQ website:

(<https://laq.org.au/policies-plans-procedures/>) for a copy of all Policies, Plans and Procedures that area applicable to Little Athletics in Queensland.

Some of the key policies are listed below for your convenience:

- a. Codes of Conduct: <https://laq.org.au/wp-content/uploads/2021/03/Codes-of-Conduct-1.pdf>
- b. Zero Tolerance Policy: <https://laq.org.au/wp-content/uploads/2021/03/Zero-Tolerance-Policy.pdf>
- c. Drug, Alcohol and Smoking Policy: <https://laq.org.au/wp-content/uploads/2018/11/Drug-Alcohol-Smoking-Policy.pdf>
- d. Compliant Handling Procedure: <https://laq.org.au/wp-content/uploads/2021/03/Complaint-Handling-Procedure-Centre.pdf>
- e. Sun Safe Policy: <https://laq.org.au/wp-content/uploads/2021/03/Sun-Safe-Policy.pdf>



- f. Heat Policy: <https://laq.org.au/wp-content/uploads/2021/03/Heat-Policy.pdf>
- g. Child Protection Policy:
<https://laq.org.au/wp-content/uploads/2018/11/Child-Protection-Policy.pdf>

9 Codes of Conduct

Little Athletics Queensland (LAQ) recognises the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics across Queensland. To ensure this, LAQ developed the 'Zero Tolerance Policy' and 'Code of Conduct' to outline the expectations of all involved in the Little Athletics community. Aspley Little Athletics Centre adhere to these policies, and expect all athletes, parents, volunteers and other members of our Centre to adhere to their relevant 'Codes of Conduct' and to the 'Zero Tolerance Policy'. The motto of Little Athletics is 'Family, Fun and Fitness', and these are not just words, but the very basis for the Little Athletics structure from the beginning and well into the future.

9.1 Athletes

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

9.1.1 Unsportsmanlike Behaviour

We have a Zero Tolerance stance towards 'Unsportsmanlike Behaviour'. This includes any of the following:

- Verbal abuse and/or assault
- Physical abuse and/or assault
- Discrimination
- Harassment
- Making derogatory statements or gestures
- Cheating
- Non acceptance of the official's decision in an inappropriate manner
- Equipment Abuse

9.2 Coaches



- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.
- As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

9.3 Officials

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal contact with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes.
- Officiate to the age and/or experience of the athletes.

9.4 Parents/Spectators

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting.
- Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Arena Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol. Never bring



alcohol to a Little Athletics competition or training.

9.5 Complaint Handling

If you as an athlete, parent, official, volunteer or age marshal witness any unsportsmanlike behaviour, we encourage you to approach our Centre Manager Jeff Bayley (0405 120 900). If Jeff is not in your immediate vicinity, please inform the closest event official or committee member. Aspley Little Athletics Centre have behaviour management and complaint handling procedures in place, so that we can sustain a positive environment for our athletes, families and volunteers. The Centre Manager will consult and refer to these policies to decide upon an appropriate course of action.



10 Appendix

10.1 LAQ Uniform Policy

Tops

Athletes may wear a polo shirt, singlet, crop top, t-shirt or bodysuit in the colours and design approved for their Centre by LAQ.

- All Centres must provide the option of a polo shirt to ensure a sun-safe choice for athletes. Singlets, crop tops, t-shirts or bodysuits can be offered in addition, at the Centre's discretion.
- Crop tops are to be of sufficient size to clearly display the registration label so that the registration number and sponsor logo are entirely visible. The depth of the crop top must not be less than 15cm.

Compression garment tops must be the approved centre uniform in colour or predominantly black.

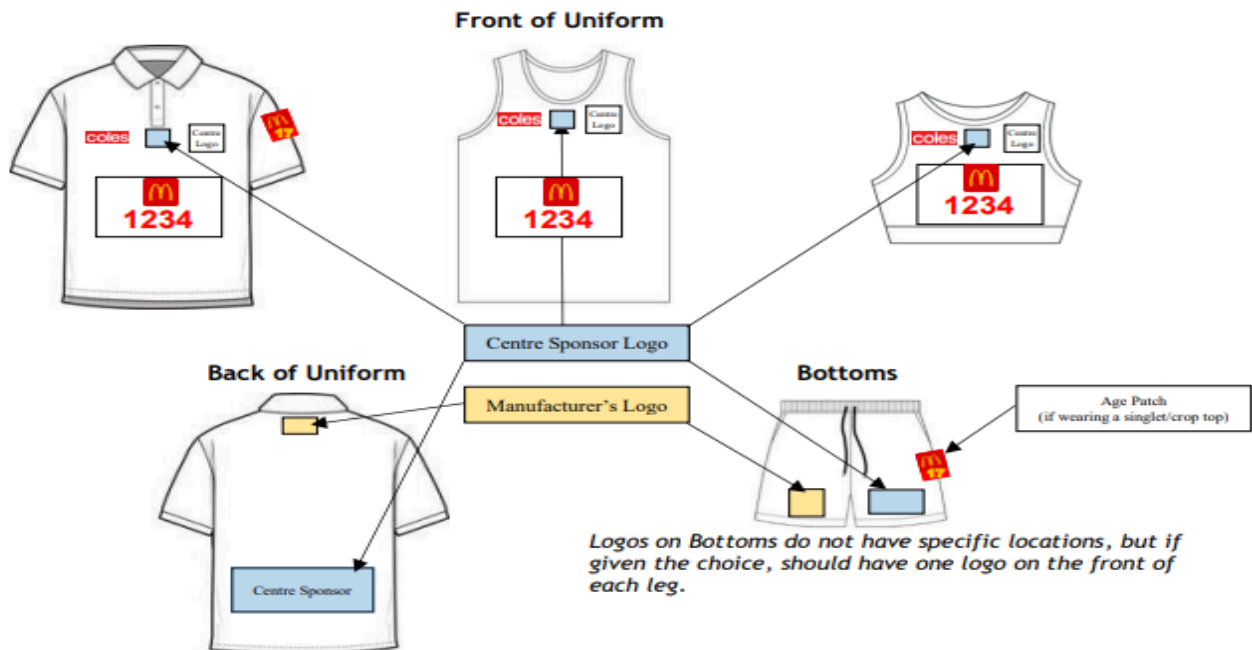
Logo & Patch Placement

- Registration bibs are to be affixed to the front of the uniform top and must be entirely visible.
- The age label is to be affixed to
 - The left shirt sleeve or,
 - For a top without sleeves, on the left leg of the bottoms and not be covered by the top.
- The Coles patch which is a National membership requirement, is to be attached to the right breast of all Centre uniforms. These patches are required to be sewn on and are to cover any previous logos/patches.
 - Centres may choose to subliminate the Coles logo onto their uniforms but must contact LAQ for assistance.
- Front of Shirt Logos:
 - One (1) club sponsor logo may be included in the centre, below the neckline, to a maximum size of 25cm².
 - The left breast may include the Centre logo to a maximum size of 40cm².
- Back of Shirt Logos:
 - A club sponsor logo is permitted on the lower back, to a maximum size of 30cm width x 10cm height. Multiple logos are not permitted.
 - A manufacturer's logo is permitted in the centre, below the neckline, to a maximum size of 25cm².
- LAQ reserves the right to set aside other parts of Centre uniforms for LAQ sponsorship at their absolute discretion.



10.2 LAQ Logo & Patch locations

Logo and Patch Placement Diagrams



Bottoms

Athletes may wear shorts, skirts, bike pants, racing briefs or compression garments as approved by LAQ.

- Athlete bottoms shall comply with the approved centre uniform colour or be predominantly black.
- Bike pants, compression garments and shorts shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs.
- One (1) manufacturers logo is permitted provided it is no larger than 5cm x 5cm.
- One (1) Centre sponsor logo is permitted to a maximum size of 10cm x 5cm.

Socks

Socks or compression socks are not considered part of the Centre uniform.



10.3 LAQ Footwear Policy

FOOTWEAR & SPIKES

Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition. Any person seeking exemption from wearing shoes must support their application with a relevant medical certificate on the day of competition, before competing. STP 53 ('02)

No competitor may wear football boots or cleats in an event.

Spikes

- At Centre level at the Centre Management discretion, athletes from U11 age group and upwards are able to wear spikes in appropriate events as detailed in the table below.
 - Competitors in the U6 to U10 age groups may not wear spike shoes.
 - Competitors in the U11 to U12 age groups may wear spike shoes in long jump, triple jump, high jump and javelin and in events run entirely in lanes. LAA ('15)
 - Competitors in the U13 to U17 age groups may wear spike shoes in long jump, triple jump, high jump, javelin and in all track events (except walks). LAA ('15)
 - Spike shoes with spikes removed shall not be worn by any competitors in events where they are not able to wear spike shoes.
 - Spike shoes must only be worn during an event and are not to be worn to and from an event
 - Spiked shoes must not be worn in the stand or outer areas of the track.
 - Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
 - On synthetic track: spikes must be no longer than 7mm.
 - On synthetic field: spikes must be no longer than 9mm.
 - On grass track or field: spikes must be no longer than 12mm.
 - Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11. LAA ('15)
 - Spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks / slugs installed. LAA ('15)
- Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition.



TABLE:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Track												
Laned	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS	SWS
Unlaned	---	---	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS
Relays	---	---	---	---	---	lr *	lr *	SWS	SWS	SWS	SWS	SWS
Field												
V Jumps	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS	SWS
H Jumps	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS	SWS
Javelin	---	---	---	---	---	SWS	SWS	SWS	SWS	SWS	SWS	SWS

Legend:

- SWS May wear spike shoes with spikes
 lr U11 - U12 Athletes competing in 4 x 100m Relays may wear spike shoes with spikes
 * Athletes competing in U13 - U17 Relay teams may wear spike shoes with spikes





10.4 Map of Field – Bowden Park

