



# Collingwood Little Athletics 2019/20 Season Information



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REGISTRAR: Melinda Fitzgibbon  
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Collingwood Little Athletics Centre (CLAC) last year celebrated its 50<sup>th</sup> year and was the 10<sup>th</sup> little athletics centre to be registered in Victoria. The Centre caters to children of all abilities aged 5 – 15 years old, providing skills development, training and competition in a supportive family-friendly and fun environment. Our ~250 members are split evenly between girls and boys.

### Little Athletics Victoria Registrations Open:

**When:** From Tuesday, 20<sup>th</sup> August 2019

**Where:** <http://www.lavic.com.au>

### CLAC Welcome Day (Skills Clinic, Uniform Sales, Bib Collection, Jumping Castle & Free BBQ):

**When:** Saturday 21<sup>st</sup> September 2019 from 9.30am to 11.30am

**Where:** George Knott Reserve and Athletics Track, Clifton Hill

### First Centre Competition Day:

**When:** Saturday 12<sup>th</sup> October 2019, commencing 8.30am (to approximately 11.00am)

**Where:** George Knott Reserve and Athletics Track, Clifton Hill

### Doing a Trial / Bring a Friend:

CLAC runs a 'Come and Try' program that allows children to try athletics, before you decide to register. Any child can come to a maximum of two competition days. We encourage members to bring a friend!

### Competition Periods:

Our official summer season runs from October to March each year, subject to school holidays. Our winter (cross country) season runs from April to July each year, with school term breaks in this period.

### Annual Centre Membership Provides Access To:

- Centre based competition for all U6 – U16 athletes during both summer and winter seasons
- On-Track - centre based skill development for all U6 – U8 athletes on competition days
- Year-round training and development (Tuesdays 5-6 pm) with Athletics Australia qualified coaches
- Region and state-based competition for U9 – U16 athletes (entry/qualification dependant)
- Access to Little Athletics Victoria Junior Development Squad training (qualification dependant)

### Age Groups

Under 6 to Under 16 age groups are determined based on your child's age as at 31<sup>st</sup> December 2019. Children must be five years old before they can join Little Athletics.

## Season Calendar

Our 'Season Calendar', including Little Athletics Victoria region and state events, is available on the CLAC website and via Team App. Regular updates sent by email / posted on Facebook and Team App include weekly event program for each age group, reminders about upcoming events and any changes to dates and times. Team App is the preferred communication method for the Centre.

## Start / Finishing Times and Events

Competitions are scheduled to last between 1½ to 2½ hours depending on age group, number of events programmed & availability of volunteers. We aim to have younger age groups finish as early as possible.

Saturday Morning Program	Friday Twilight Program
8.15am warm up and volunteer registration	5.15pm warm up and volunteer registration
8.30am start	5.30pm start
10.00am finish for U6 - U8	7.00pm finish for U6 – U8
11.00am finish for U9 - U16 (we aim to be earlier)	8.00pm finish for U9 – U16 (we aim to be earlier)
Under 6-7: On Track plus 2 events Under 8: On Track plus 3 events Under 9-16: 5 events	Under 6-7: On Track plus 1 event Under 8: On Track plus 2 events Under 9-16: 4 events
For athletes U11+, Javelin competitions commence at 7.45am on Saturdays when scheduled. For athletes U9+, Walks competitions commence at 8.00am on Saturdays when scheduled.	

## Training

CLAC provides athlete coaching/training for those who wish to participate on **Tuesday nights from 5.00pm – 6.00pm commencing 27<sup>th</sup> August** and running throughout the season, subject to school holidays. We will also be **trialing Thursday night training** from October. Updates on training are provided via Team App.

## Uniforms

**Centre singlet:** Available for purchase at the Centre following registration. The singlet can be worn with or without a plain white t-shirt underneath.

**Plain black shorts:** No logos or pockets. Plain black leggings are permitted at weekly CLAC competitions (but not for walks or at Region or State events). Shorts are available for purchase at the Centre, or you can purchase at any discount, department or sports store.

**Sponsor's bib:** Showing the athlete's name, age and registration number is required to be pinned to the front of the singlet every week. The bib has a bar code sticker for electronic timing. Bibs are provided by the Centre following registration. Please ensure you remove the bib from the singlet prior to washing and ensure you re-attach. You must have your bib with you each week to participate. They are not easily replaceable, and we will charge a replacement fee if the volume of replacement requests warrants it.

**Sun smart and hydrated:** Remember to bring a hat and sunscreen. Please also bring your own water bottle. We ask you to label your children's hat, bottle and clothing for easy identification to avoid a large 'lost and found' unclaimed pile by the end of the summer season.

## FAQ's

### **Weather Policy**

**HOT** Centre competition days will be called off if the Bureau of Meteorology (BOM) temperature for Melbourne exceeds 38°C at the commencement of, or during, the program.

**WET** Centre competition days will usually proceed; however, the program may change to a Wet Weather Program, dependent upon conditions.

The Competition Manager is responsible for making decisions regarding the conducting of events, based on the weather conditions. Competition Days will only be cancelled or abandoned if weather conditions are extreme as per LAVic Policy. Check Team App for updates if you are uncertain.

### **Do we have to buy the uniform?**

**Yes**, it is expected that all registered athletes wear the Centre uniform.

### **What does my child wear if they are doing a 'Come and Try'?**

Children doing a trial may wear comfortable sports gear until they complete full registration and payment.

### **What do we do when we arrive on a competition day?**

Athletes – check your event program posted on the clubroom wall or via Team App & listen for announcements.

Parents – please sign up as a volunteer. If you are doing a trial come and see us in the clubhouse to complete the administration, payment and receive a temporary identification bib.

### **Where do we get the weekly results?**

Results are available online at [www.resultshq.com.au](http://www.resultshq.com.au). We aim to upload these as quickly as possible after competition days. Full instructions on how to access Results HQ are provided on the CLAC website under the 'Results' tab.

### **What is the 'On Track' Program?**

This is a weekly skills development program for Under 6's, 7's and U8's. Athletes in these age groups also compete in one to three events each week. Parent volunteers are needed to assist in the running of these programs, and training materials are available.

### **Do parents have to volunteer?**

**YES** or the events will not start on time or may have to be cancelled. We email a request for volunteers each week so please sign up in advance. Otherwise see the volunteer coordinator out the front of the clubrooms when you arrive and sign up as an Age Group Coordinator or to assist with an event for an hour or so.

### **I don't know anything about athletics so how can I help?**

Volunteering is the best way to learn. Each event will have an official who can provide instruction and support. You can also volunteer to assist with the BBQ, timing events, setting up and packing up. **Please help - each competition is more likely to start on time and finish on time if there are enough volunteers.**

### **Is it okay to drop off my child and then come back when the event is over?**

**NO.** All children attending CLAC must always be in the care of a responsible adult. Please arrange for another adult to supervise your child if necessary – it is not the committee/coaches' responsibility. We check in with the kids periodically to see that they are being supervised – if not we contact their parent/guardian. If they are not present/do not respond we may have to report to the police that the child has been abandoned.

### **What happens if athletes forget to wear their bib? What happens if the bib is lost?**

Please see a committee member at the registration desk and they will be able to assist you prior to the competition start time. New bibs can be ordered on competition days (or via email to the Registrar) and will be available at the commencement of the following competition day. A charge may apply.

**We hope to see you at Collingwood Little Athletics!**