



Season 2020/2021 - Information Session

Saturday 29 August 2020

Philippe Bossert – Equipment Director

## About Little A's



Little Athletics promotes that it is important to "*Be your Best*"<sup>®</sup>. The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity. The motto of Little Athletics is 'Family, Fun and Fitness'.

# Joondalup Centre - Administration



- ▶ Run by a board of dedicated volunteers
- ▶ Executive Officers, Tyla and Jez Gough are point of contact for all administration – [admin@jlac.org.au](mailto:admin@jlac.org.au)
- ▶ Communication to all registered members is by email
  - ▶ Weekly Newsletter – important to read
  - ▶ Facebook – 'Joondalup Little Athletics'
  - ▶ News, photos, promotions and last minute information
- ▶ Website – regularly updated with training schedules, Saturday competition information and roster. Also last minute notices will be posted here (training cancellation, change of venue etc)
- ▶ Oval owned by Venues West, WA State Government - extension
- ▶ Clubrooms shared by Netball, Rugby and Athletics

# Joondalup Centre – Age Matrix



Groups train and compete in “under (age)” groups based on year of birth (not school year)

## Summer Season 20/21

Year Born	Age Group
2017	Mini Athletics Program
2016	Mini Athletics Program
2015	Under 6
2014	Under 7
2013	Under 8
2012	Under 9
2011	Under 10
2010	Under 11
2009	Under 12
2008	Under 13
2007	Under 14
2006	Under 15
2005	Under 16
2004	Under 17

# Joondalup Centre Training schedule



Under 6 - Under 12 ... age/gender-based training

Age Group	Day	Time	Coach
U6 Girls		Likely together with U7's unless another coach is found	
U6 Boys			
U7 Girls	Thursday	4.30pm - 5.30pm	Declan, Joshua and Luke
U7 Boys	Thursday	4.30pm - 5.30pm	
U8 Girls	Thursday	4.30pm - 5.30pm	Izzy
U8 Boys	Thursday	4.30pm - 5.30pm	
U9 Girls	Monday	4.30pm - 5.30pm	Ria
U9 Boys	Wednesday	5.00pm - 6.00pm	Natalie
U10 Girls	Monday	4.30pm - 5.30pm	Tyla
U10 Boys	Thursday	5.30pm - 6.30pm	Mickey
U11 Girls	Thursday	4.30pm - 5.30pm	John H
U11 Boys	Tuesday	5.15pm - 6.15pm	Nyree
U12 Girls	Thursday	4.00pm - 5.00pm	Justin and Cathy
U12 Boys	Wednesday	6.00pm - 7.00pm	Marcos

Please note this is subject to change

# Joondalup Centre – Training schedule



Under 13 and older - event based training - Training for individual events

- Long / Triple / High Jump
- Sprints (including water running bi-weekly - additional fee for entry to Pool)
- Hurdles
- Throws
- Middle Distance

Please note this is subject to change

# Joondalup Centre – Training schedule



## Under 13 and older - event based training

Event	Day	Time	Age	Coach
Water Running	Every other Mon	5.00pm - 6.30pm	U12+	John C
Sprints	Every other Mon	5.00pm - 6.30pm	U13+	John C
Sprints	Wednesday	5.30pm - 7.00pm	U13+	John C
Short Hurdles	Wednesday	4.30pm - 5.30pm	U13+	John C
Middle Distance	Thursday	4.30pm - 5.30pm	U13+	Simon
Javelin	Monday	5.00pm - 6.30pm	U13+	Janno
Discus / Shot	Wednesday	5.00pm - 6.30pm	U13+	Janno
High/Long/Triple Jump	Tuesday	5.00pm - 6.30pm	U13+	Martina

Please note this is subject to change

# Joondalup Centre – Season Dates (draft)



- Training will commence week starting 21 September.
  - until 15 October at different venue – most likely Santiago Park in Ocean Reef
- Saturday competition commences 17 October 2020
- Last competition before Xmas is on the 19<sup>th</sup> of December
- YTD when January competition commence (either 9 January or 16 January 2021)
- State Championships 19-21 March 2021



# Joondalup Centre – Competition (internal)



- ▶ Program A & B where all events are conducted over 2 competition days
- ▶ Athletes U6 – U13 compete against each other as age and gender groups at HBF Arena, Western Oval, Joondalup
- ▶ U14+ compete as one group separated by gender
- ▶ Athletes are required to wear Joondalup Shirt, available for purchase (\$30 singlet, \$35 polo) plus plain black shorts
- ▶ Relays - WA state relay competition held in December. Times from first few competitions will be used for eligibility into relay teams for U8s+
- ▶ Different type of competitions include: 'Nitro' style event (morning for U6 – U14, evening for U15+ against Ridgewood, Hamersley and UWA), JLAC Multi Day (19 Dec) Championship Days (Finals for Joondalup)

# Joondalup Centre – Competition Day (internal)



- ▶ Competition Day
  - ▶ Set up commences at 6.30am
  
  - ▶ First event marshalling for younger age groups – 8.15am .  
Older age groups (U13+ 7.30am)
  
  - ▶ Day usually completes by 11.30am for the older age groups,  
earlier (10.30am / 11am) for the younger age groups
  
  - ▶ We operate on a coordinator/parent helper system
    - ▶ Athletes are taken around the events by coordinator  
and parent helpers
    - ▶ Coordinators are required to understand and operate  
by the rules. Instructions will be given.

# Volunteers needed!

- ▶ 105 people required on roster (parent help) every competition day – We simply cannot operate without your help. We want to limit the same people having to do all the work.
- ▶ Not difficult tasks to complete – can be great way of meeting people, learning more, boosting your CV, enjoying helping the athletes succeed or simply gaining cred from your kids!
- ▶ Mandatory to do 6 roster for the season of which 2 are set up / pack away, plus 1 'trainee' roster and 3 other rosters.
- ▶ Plus, all external competitions (Relays, Zones, States etc) require one roster duty to be completed per athlete.
  - ▶ Simple online roster nomination process found on website
- ▶ Failure to complete the required rosters will result in your athlete not being eligible to gain medals on Championship days
- ▶ Sign in on competition day is in the Clubrooms, it is the parents responsibility that the roster sheet is signed to give us a record of your attendance. If you are unable to carry out your roster email: [roster@jlaac.org.au](mailto:roster@jlaac.org.au)

# Volunteers needed!

Special positions needed to fill (training provided):

## Starters



## End of Track operators



## Announcer



## Age group coordinators



## Coaches



# Joondalup Centre – Competition (external)



- ▶ Smith- Bossert Challenge... U6 - U17 - Joondalup competes against the Ridgewood Centre for the Smith- Bossert Challenge Shield at the WA Athletics Stadium
- ▶ State Track and Field Relay Championships
  - ▶ Track Relay u8 - u17 - (4x100m & 4x200m/4x400m) – teams of 5
  - ▶ Field Relay u10 - u17 - (2 throws / 2 jumps) – teams of 2-4
  - ▶ Team selection by times and capability – by special events and development director
- ▶ Combined Events... u11 and older - WA Athletics Stadium
- ▶ Zones Championships / State Championship qualifiers – new format
- ▶ State Championships – Qualify from Zones Championships (u9 and older)

# Code of Conduct

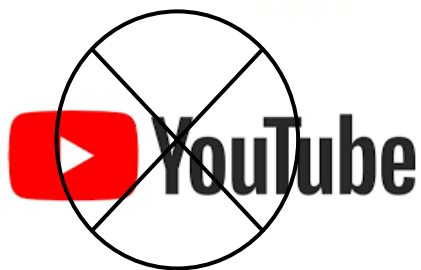
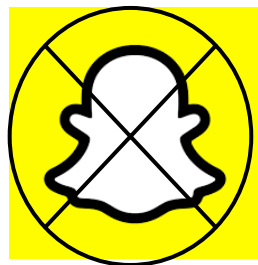


**We are all volunteers to be respected by each other and supported by all.**



- ✓ We encourage positive behaviour and good role models for our athletes
- ✓ We actively work on the 'family, fun and fitness' aspect of our sport
- ✓ We strive for improvement and personal bests as well as building resilience in our athletes

It does not matter....



Instagram

It does not matter....



- ✓ Fundamental Movement Skills
- ✓ Builds Speed
- ✓ Suitable for all shapes and sizes
- ✓ Set and track your own goals
- ✓ **Personal Bests**



# Centre Fees

▶ Under 6 - Under 8	\$224.50	}	+ processing fees
▶ Under 9 - Under 12	\$255.00		
▶ Under 13+	\$285.60		

## Fixed costs associated with running the Centre:

Little Athletics WA	\$90
Joondalup Sports Club / Clubrooms	\$11
Oval Hire and Marking (at 300 athletes)	<u>\$50</u>
<b>TOTAL</b>	<b>\$151</b>

(+ Executive Officer, Medals/Trophies, wind-up, Relays/Junior Carnival, Coaching)

**We do not offer refunds for change of mind. However we allow 'come and try' for two training and one competition day. Please ask for 'come and try' form**

## Fees include

Weekly training – accredited athletics coaches

Weekly competitions at Joondalup Oct - Feb (including summer holiday season)

Cross country training and fortnightly competitions May - August for U7 – U17

External competitions – Smith-Bossert, State Relays

Access to results on resultsHQ

# Questions

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