



Season 2017/2018 - Information Session

Saturday 2 September 2017

Phil Bossert, Chairperson, Joondalup Athletics Centre

Agenda

1. About Little A's
2. Joondalup Centre
3. Training
4. Dates and events
5. Code of conduct
6. Parent's Responsibilities
7. Questions

About Little A's

Little Athletics promotes that it is important to "*Be your Best*" ®. 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

- Centre established in 1992
- From a Centre / Club base to Centre base in 2013
- Board:
 - President: Philippe Bossert
 - Treasurer: Melissa Lees
 - Competitions: Lorraine Husten
 - External Liaison: Simon Jolliffe
 - Centre Development: John Cowan
 - Equipment: Marty Gray

 - Executive Officer: Sue Jolliffe

Joondalup Centre – Administration cont.

- Communication to membership via email
 - Weekly Newsletter
 - Special announcements
- Facebook – Joondalup Little Athletics
 - Latest updates
- Website – website will be regularly updated during the season
- Queries – admin@jlac.org.au or president@jlac.org.au

Joondalup Centre – Age Matrix



BE YOUR BEST.

2017/2018 Season



YEAR	January	February	March	April	May	June	July	August	September	October	November	December
2012	U 6	U 6	U 6	U 6	U 6	U 6	U 6	U 6	U 6	x	x	x
2011	U 7	U 7	U 7	U 7	U 7	U 7	U 7	U 7	U 7	U 6	U 6	U 6
2010	U 8	U 8	U 8	U 8	U 8	U 8	U 8	U 8	U 8	U 7	U 7	U 7
2009	U 9	U 9	U 9	U 9	U 9	U 9	U 9	U 9	U 9	U 8	U 8	U 8
2008	U 10	U 10	U 10	U 10	U 10	U 10	U 10	U 10	U 10	U 9	U 9	U 9
2007	U 11	U 11	U 11	U 11	U 11	U 11	U 11	U 11	U 11	U 10	U 10	U 10
2006	U 12	U 12	U 12	U 12	U 12	U 12	U 12	U 12	U 12	U 11	U 11	U 11
2005	U 13	U 13	U 13	U 13	U 13	U 13	U 13	U 13	U 13	U 12	U 12	U 12
2004	U 14	U 14	U 14	U 14	U 14	U 14	U 14	U 14	U 14	U 13	U 13	U 13
2003	U 15	U 15	U 15	U 15	U 15	U 15	U 15	U 15	U 15	U 14	U 14	U 14
2002	U 16	U 16	U 16	U 16	U 16	U 16	U 16	U 16	U 16	U 15	U 15	U 15
2001	U 17	U 17	U 17	U 17	U 17	U 17	U 17	U 17	U 17	U 16	U 16	U 16
2000	x	x	x	x	x	x	x	x	x	U 17	U 17	U 17

Joondalup Centre – Training (coaches wanted!!!)

Training will commence on the 12th of September at Santiago Park until at least the 28th of September, maybe longer.

Back on 'our' oval 14 October 2017.

- **Under 6 – Under 12 - age based training**

U6 – Boys	Yet to be announced	
U6 – Girls	Yet to be announced	
U7 – Boys	Thursday ... 5.00pm – 6.00pm	Alex
U7 – Girls	Wednesday ... 4.30pm – 5.30pm	Janeta
U8 – Boys	Tuesday ... 4.30pm – 5.30pm	Gary
U8 – Girls	Yet to be announced....likely on Tuesday combined with the girls	
U9 – Boys	Tuesday ... 5.30pm – 6.30pm	Marcos
U9 – Girls	Yet to be announced ...likely on Tuesday	
U10 – Boys	Tuesday ... 4.00pm - 5.30pm	Bec
U10 – Girls	Yet to be announced	Karen / Serena
U11 – Boys	Tuesday ... 4.30pm – 6.00pm	Simon
U11 – Girls	Thursday ... 5.00pm - 6.30pm	Lorraine and Phil
U12 – Boys	Tuesday ... 4.00pm - 5.30pm	John
U12 - Girls	Thursday ... 5.45pm - 7.00pm	Myrica
U10 – U11	Wednesday – Alternate sprints and hurdles ... 4.00pm - 5.00pm	Bree

Joondalup Centre – Training

- **Under 13 and older - event based training**

First couple of weeks – no Monday training

Day	Event	Coach
Monday	Throws (Shot Put) ... 5.30pm - 7.00pm	Janno and Merv
	Hurdles (U12 & U13) ... 4.30pm - 5.45pm	John
	Hurdles (U14+) ... 5.45pm - 7.00pm	John
Tuesday	High Jump ... 5.30pm - 6.30pm	Jacob
	Middle Distance ... 5.00pm - 6.00pm	Amberley
Wednesday	Long Jump / Triple Jump (Alternate weeks) ... 5.30pm - 7.00pm	Jacob
	Throws (Javelin and Discus) ... 5.30pm - 7.00pm	Janno and Merv
	Long Hurdles (U13+)... 5.15pm - 6.15pm	Bree
Thursday	Sprints (U12 & U13) ... 4.30pm - 5.45pm	John
	Sprints (U14+) ... 5.45pm - 7.00pm	John
	Walks – day yet to be decided	

Joondalup Centre – Season Calendar I

Date	Event		Who	Where
Sat 2 Sep 2017	Joondalup Little Athletics - Information Day 9:00am & 10:30am		All	Clubrooms
Sat 9 Sep 2017	Coach the Coaches Day		Coaches	Clubrooms
Tue 12 Sep 2017	Training begins (Not U6&U7) (4 weeks before)		U8+	Santiago Park
Mon 25 Sep 2017	Full training commences (U6&U7) (2 weeks before)		All	Santiago Park
Sat 7 Oct 2017	Opening Day / Special Comp		All	TBA
Sat 14 Oct 2017		Program A	All	Arena
Sun 15 Oct 2017	Relay Trials		U8 - U14	Arena
Sat 21 Oct 2017		Program B	All	Arena
Fri 27 Oct - Sun 29 Oct 2017	All Schools WA Champs		Athletics WA	Stadium
Sat 28 Oct 2017		Program A	All	Arena
Sat 4 Nov 2017	Special Comp - U14+ Nitro		All	Arena
Sun 5 Nov 2017	Braveheart Challenge		U6 - U10	Stadium
Sat 11 Nov 2017	12 Nov - JLAC GIFT	Program B	All	Arena
Sat 18 Nov 2017	Ridgewood Meet		All	Stadium
Sat 25 Nov 2017	Hamersley GIFT	Program A	All	Arena
Sat 2 Dec 2017	State Relay Champs		All	Stadium
Fri 8 Dec - Sun 10 Dec 2017	Aust All Schools Champs		Athletics WA	Stadium
Sat 9 Dec 2017		Program B	All	Arena
Sat 16 Dec 2017	JLAC Chase and Multis		All	Arena
Christmas Break				

Joondalup Centre – Season Calendar II

Date	Event	Who	Where
Sat 6 Jan 2018		Program C	Arena
Sat 13 Jan 2018	Perth Track Classic		Stadium
Sat 13 Jan 2018		Program D	Arena
Fri 12 Jan - Sun 21 Jan 2018	WA Athletics Championships	Athletics WA	Stadium
Sat 20 Jan 2018		Program E	Arena
Sun 28 Jan 2018	Special Twilight	All	Arena
Sat 03 Feb - Sun 04 Feb 2017	State Combined Events (Multis)	U11 - U17	Stadium
Sat 3 Feb 2018		Centre Champ A	Arena
Sat 10 Feb 2018		Centre Champ B	Arena
	Zones training	U7+	Arena
Sat 17 Feb - Sun 18 Feb 2018	Zones Champs	U7-U15	Arena
	States training	U9+	Arena
Sat 03 Mar - Sun 04 Mar 2018	States Champs	U9-U17	Arena
Wed 14 Mar - Sun 18 Mar 2018	Aust Junior Championships	U13+	Sydney
Sat 28 Apr - Sun 29 Apr 2018	ALAC National Championships	U13 & U15	Gold Coast

Joondalup Centre – Competition (internal)

- Program A & B where events are conducted over 2 days
- Program C / D / E are twilight meets where events are conducted over 3 days
- Opening Day Competition yet to be determined where... (7 Oct 2017)
- Relay Trial – opportunity to record times
- ‘Nitro’ style event (am for U6 – U13, pm for U14+ against Ridgewood, Hamersley and UWA)
- JLAC Chase and Multi Day – ‘handicap’ race for U13+ and Multi event for U6 – U12
- Special Twilight on Sunday 28 January (maybe have Inglewood Centre comp)
- Championship Days in February

Joondalup Centre – Competition (internal)

- Competition Day
 - Set up commences at 6.00am
 - First event marshalling at 7.20am
 - Day usually completes by midday for the older age groups, earlier for the younger age groups
 - We operate on a coordinator/parent helper system
 - You follow your children rather than being stuck on a long jump pit with a rake
 - Coordinators have knowledge of events/rules
 - Coordinator workshop organised, date TBA

Joondalup Centre – Competition (internal)

Under 6	Under 7	Under 8	Under 9	Under 10	
7	9	9	12	12	
70m	70m	70m	70m	70m	Track Events
100m	100m	100m	100m	100m	
	200m	200m	200m	200m	
	300m		400m	400m	
		500m	800m	800m	
Mini Hurdles (20cm)	Mini Hurdles (30cm)	60m Hurdles	60m Hurdles	60m Hurdles	
			700m Walk	1100m Walk	
Vortex	Vortex	Turbo Javelin (300g)	Turbo Javelin (300g)	Turbo Javelin (300g)	Field Events Throws
Shot Put (1kg)	Shot Put (1kg)	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	
Discus (350g)	Discus (350g)	Discus (500g)	Discus (500g)	Discus (500g)	
					Field Events Jumps
Long Jump (1m)	Long Jump (1m)	Long Jump (1m)	Long Jump (0.5m)	Long Jump (0.5m)	
			High Jump (Scissors)	High Jump (Scissors)	

Joondalup Centre – Competition (internal)

Under 11	Under 12	Under 13	Under 14	Under 15 and older	
13	13	14	14	14	
100m	100m	100m	100m	100m	Track Events
200m	200m	200m	200m	200m	
400m	400m	400m	400m	400m	
800m	800m	800m	800m	800m	
1500m	1500m	1500m	1500m	1500m	
60m Hurdles	60m Hurdles	80m Hurdles	80m / 90m Hurdles	90m / 100m / 110m Hurdles	
		200m Hurdles	200m Hurdles	300m Hurdles	
1100m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk	
Javelin (400g)	Javelin (400g)	Javelin (400g / 600g)	Javelin (400g / 600g)	Javelin (500g / 700g)	Field Events Throws
Shot Put (2kg)	Shot Put (2kg / 3kg)	Shot Put (3kg)	Shot Put (3kg)	Shot Put (3kg / 4kg / 5kg)	
Discus (750g)	Discus (750g)	Discus (750g / 1kg)	Discus (1kg)	Discus (1kg / 1.5kg)	
Long Jump (0.2m)	Long Jump (0.2m)	Long Jump (0.2m)	Long Jump (0.2m)	Long Jump (0.2m)	Field Events Jumps
High Jump (Fosbury)	High Jump (Fosbury)	High Jump (Fosbury)	High Jump (Fosbury)	High Jump (Fosbury)	
Triple Jump (0.2m)	Triple Jump (0.2m)	Triple Jump (0.2m)	Triple Jump (0.2m)	Triple Jump (0.2m)	

Joondalup Centre – Competition (internal)



Joondalup Centre – Competition (internal)

- 105 people required on roster every competition day
- Mandatory to do 6 roster for the season of which 2 are BBQ and/or set up / pack away
 - Please contact Sue if you have a problem with doing a roster
 - Simple online roster nomination process
- Failure to complete the required rosters will have the following consequences
 - Your child will not be eligible to win medals at the Centre Championship competition
- 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

Joondalup Centre – Competition (internal)

Special positions needed to fill (training provided):

Starters



End of track



Age group coordinator



Joondalup Centre – Competition (external) cont.

- Braveheart Challenge... u6 - u10 – fun competition at the WA Athletics Stadium
- Ridgewood Meet ... all athletes - Joondalup competes against the Ridgewood Centre for the 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
 - Trials on the 15th of October
 - Team selection by special events committee
- Combined Events... u11 and older
 - u11 - u13 do 5 events, 100m, Hurdles, Jump, Throw, 800m
 - u14+ do a Heptathlon
- Zones Championships – Ridgewood, Hamersley, UWA and Joondalup Athletes
 - u7 - u8.....4 events at their choosing - gold/silver/bronze awarded
 - u9 - u12.... 5 events at their choosing
 - > u12 - u15..... 6 events at their choosing
 - Held at Joondalup in February 2018
- State Championships – Qualify from Zones Championships (u9 and older)

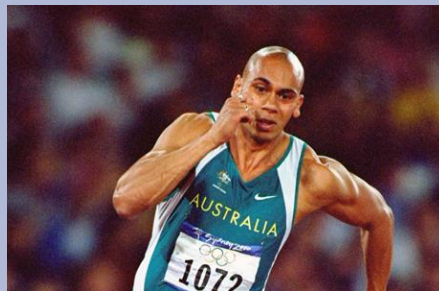
Joondalup Centre – Competition (external) cont.

- Relay – refer to website for selection criteria
- If you nominate your child for any of the State events, it is mandatory to complete a roster
- Depending on numbers, this could be a half day roster

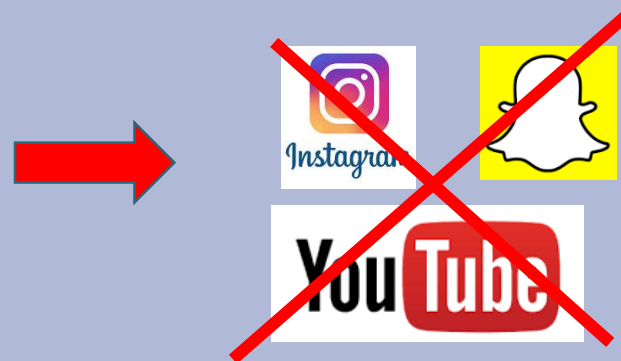
Joondalup Centre – Venue

- HBF Arena is owned and administrated by Venues West, a State Government controlled entity
- The Clubrooms are run by ACSRA with representatives from Joondalup Brothers (Rugby Union), Joondalup Netball Association and Joondalup Little Athletics
- We lease the oval from Venues West at a cost of ~\$12,000 per annum
- Oval booked for 24 September 2017 for “Listen Out” festival including recover time for oval post concert
- Extensions of >\$700,000 in progress

Code of Conduct



Don't sweat the little things
This is a stepping stone only



Parent's Responsibility

- Make sure your child attends training and be present (athletes not to be dropped-off)
- Make your child is wearing correct uniform at competition days and state events (Joondalup Shirt and plain black shorts)
- Adhere to the Joondalup Little Athletics Code of Conduct
- Encourage your children to give their best
- 6 Rosters to be completed during the season
- Rosters at State Events

Fees

- U6 – U8 - \$210
- U9 – U12 - \$230
- U13+ - \$260
- Of this, \$90 to Little Athletics WA and \$11 to club rooms
- No family fundraising levy

Sponsors

Sponsorship Opportunities:

8 sponsorships available to become a 'lane sponsor' for the season:

- ❖ Reach over 250 families registered with the Centre and over 800 followers on Facebook
 - Core flute sign with logo - placed on the track on competition days
 - Logo on the sponsors page on the website with link to website and small write up
 - Logo on the weekly emails
 - Two exclusive write ups in the sponsors section of the email during the season (October - February)
 - Two exclusive posts on the Facebook page during the season (October - February)
 - Allow other promotions at own cost and effort to be placed around the club rooms, eg A frame signs

Questions

