

Singleton Track & Field Club



2020-2021 Handbook

A Note from the President

Our committee can't wait for season 2020-2021 to start so we can all enjoy 'Family, Fun and Fitness' combined with buckets loads of smiles and happiness. Our clubs' values help to create passion and excitement for all of our members to strive to "*Be your Best*" "*Have fun*" and most importantly "*SMILE*". *Each and every night that we meet.*

Whilst this year we have a few extra things to be mindful of with COVID 19, I have no doubt we will still have a successful & enjoyable season!

I look forward to seeing you all very soon and hope you all enjoy the season ahead.

And Remember.....Just Say Hi!

Luke Boldery
President STFC

Committee Members for 2020-2021 Season

The STFC committee members for 2020-2021 are a group of hard working, dedicated volunteers. Our focus this season is to create a fun and enjoyable environment for all our athletes and their families.

We encourage all our athletes and their families to really feel as though they are a part of our club.

Below are the names of this year's committee.

| Position | Name | E Mail Address | Phone Number |
|---------------------------|----------------|--|----------------|
| President | Luke Boldery | stfc.president@gmail.com | 0412 274 010 |
| Secretary | Sarah Speechly | secretary.singleton@gmail.com | 0408 955 035 |
| Position | Name | Position | Name |
| Vice President | Hilary Kennedy | Treasurer | Riki Ward |
| All Abilities Coordinator | Belinda Hall | Coaching | Hilary Kennedy |
| Registrar | Belinda Hall | Canteen | Alex Townsend |
| Records/Programmer | Dorothy Smuts | Uniforms | Sarah Speechly |
| Publicity Officer | Angela Penton | Equipment Officer/Groundsmen | Vacant |
| Fundraising | Riki Ward | Website co-ordinator | Angela Penton |
| Public Officer | Kiera Lawrence | Tiny Tots Coordinators | Alex Townsend |
| Championships Officer | Angela Penton | | |



#STFC
#JUSTSAYHI

Meet the Team!



CLUB PRESIDENT - LUKE BOLDERY

Ask Luke to talk to you about his love of Athletics & I'm certain he will show you the video of his State Relay Team in 1992! Now he gets to use his passion for athletics to lead & inspire the STFC community. Wife Jody & kids Stevie, Kaiden & Kealah work hard at keeping Luke organised. Oh, don't ever offer to purchase Luke a coffee as the long black, double shot, with the water first & the shot second will be forgotten before you get to make the purchase!

VICE PRESIDENT & CLUB COACH - HILARY KENNEDY

Hill or Hilary when she is in trouble, is no stranger to an athletics field. Having competed for over 20 years, a former heptathlete & downhill skier, Hill is the founder of Singleton Striders & we are very lucky to have her as the STFC Vice President & Club Coach. Hill loves nothing more than watching our club grow, the sport develop & the friendships that she has made & continues to make in a sport that she holds close to her heart. PS Hill is always up for a movie line challenge (& she is pretty awesome at it!!!).



SECRETARY| UNIFORMS - SARAH SPEECHLY

Taking on a new role this year, Mrs S has jumped straight into things hitting the ground running! Also with new uniforms arriving its all things a go! Sarah loves the feeling of walking out onto an athletics track... it brings back all the amazing memories of the sport as a kid! Whilst her knee may stop her from challenging you to a sprint off, don't underestimate this ones ability to participate in a nerf gun war... it will always be challenged accepted!

FAMILY, FUN & FITNESS



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Meet the Team!



TREASURER/COVID OFFICER & FUNDRAISING OFFICER - RIKI WARD

Taking on the bean counter & COVID Officer roles this season, Riki will be a well known face around the track. Ensuring we have a great season while keeping us all compliant is just the way sport rolls in 2020, if you have any COVID questions on club night look out for her neon vest! When Riki is not driving to & from all things athletics related with son Saxon, she loves hanging out with her beautiful family, especially her little grandson Knox!

ALL ABILITIES COORDINATOR & REGISTRAR - BELINDA HALL

This lovely lady has the biggest passion for inclusion. With her daughter Seren paving the way for athletes with Cerebral Palsy, Belinda is keen to get the word out that we are an all abilities club! Back in the day Belinda was no stranger to an athletics track & a passionate basketballer! Maybe challenge her to a one on one for a warm up!... Belinda loves a good laugh & is always up for a joke! This is Belinda's first season on the committee so please make her feel welcome!



OFFICER FOR RECORDS/ PROGRAMMER - DOROTHY SMUTS

You may know Dorothy as Maronay & Deanda's mum! But this amazing lady is known to stay up until midnight after club & enter the results into the system, so when our precious athletes wake up on Wednesday morning they can check for PB's....amazing, I know right!. Dorothy is a knowledge powerhouse of all things athletics (& all sports really). She is the organiser of our presentation evenings & she can spell check like a magician!

FAMILY, FUN & FITNESS



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Meet the Team!

CHAMPIONSHIPS & PUBLICITY OFFICER / SOCIAL MEDIA - ANGELA PENTON

Always up for a giggle, and the first one to laugh when she falls down, Angela has had a love of Athletics since she had her first run at Alroy Oval in 1988. She loves nothing more than inspiring all kids to give athletics a go & she is the face behind our facebook & instagram pages. Another movie line buff, if you listen carefully you will often hear Angela & Hillary narrating scenarios with movie quotes!



TINY TOTS | CANTEEN OFFICER - ALEX TOWNSEND

This little angel has come to the rescue this year taking on the two roles that we were unable to fill! And how lucky we are to gain such an amazing human! Alex has volunteered purely out of the spirit of Athletics!! Athletics was a passion for Alex when she was young & the memories of building friendships & having fun were so great she wanted to be a part of it again. p.s her mum was the canteen officer when she was an athlete!

ASSISTANT SECRETARY-KIERA LAWRENCE

Kiera has handed the secretarial reigns over this season, but will still be a much loved member of our committee. Involved in so many activities around the Singleton Area & a familiar face from Bakers Delight, Kiera is always ready to lend anyone a hand! Whilst she may prefer to be taking the picture than to be in one, you will often catch Kiera donning the multi timmer on the inside track, cheering on all our athletes as they enjoy a run!



FAMILY, FUN & FITNESS



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Meet the Team!



ASSISTANT TREASURER - KAREN NORTHEY

Having been our club treasurer for many years, Karen is handing the reins over this year & taking on the supporting role. Don't be fooled into thinking that Karen's daughters Emily & Ella are the track stars in the family, Invite Karen to take on the 3000m and not only will she accept the challenge but she will do it in style! Karen is a massive supporter of the STFC & you will often see her husband Ralph also lending a hand. Whilst Karen might be quiet natured, she is always up for a good laugh!

ASSISTANT REGISTRAR - REBECCA HATCH

Rebecca, aka Bec is handing over the registrar reins this season and taking on a supporting role. You will often find this lovely lady in the canteen assisting our parents at the beginning of the evening with all things Little Athletics. Whilst Bec has been with our STFC Family for quite some time, Bec & her family are also wizards in the field of Archery (maybe stay on her good side lol).



*Thank you to our amazing volunteers,
without you our club does not exist!*

FAMILY, FUN & FITNESS

All Abilities

The Singleton Track & Field Club promotes “All Abilities” We are here to assist your child in gaining classification through Little Athletics NSW & Athletics Australia, and offer our support. We are able to modify events to suit the needs of the athlete.

In the 2018/2019 Season we introduced a campaign called “Just Say Hi”. This campaign gave our athletes a tool for inclusion. Each Club night we encourage all of our Athletes to say Hi, and welcome everyone to our club!

This season we have also introduced a new role in our committee of All Abilities Coordinator. We are very lucky to have Belinda Hall who is a passionate advocate for All Abilities who will be here to support all athletes and their families.



What happens on a Tuesday night?

Who: Girls and boys from ages 4 and 5 years, through to 16 years of any ability. Adults can also register.

Where: Alroy Oval, Blaxland Ave, Singleton Heights

Season Starts: Tuesday, 20th September 2020

Season Ends: Tuesday, 30th March 2021 – Family Fun Night

Christmas Holidays: Last comp night Tuesday, 8th December, 2020
Return from Christmas Tuesday, 2nd February, 2021

Start Time: U6-Opens 5.45pm
Tiny Tots 5.00pm

Tiny Tots: Each Tuesday evening Tiny Tots will meet near tots equipment. Tiny Tots then complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

U6-U17 + Adults: Each Tuesday evening begins with any important announcements. Before the announcements, the athletes are to assemble in their age groups adjacent to the finish line. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various events throughout the evening.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 7 of the handbook).

Wet/Hot Weather: If a Local Competition Night is cancelled due to wet or hot weather, a notice will be placed on the STFC website www.stfc.com.au Team App and on our Facebook page. This service will be updated after 4:00 pm on the day. Please assume that a Competition Day will be held, unless we have had extended periods of rain, recent heavy falls, rain is imminent or extreme hot weather is present.

Emails: Emails are sometimes sent to some or all members through our club's online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. If you select 'NO' to the mailing list option for your children when you complete your online registration you will not receive these important details.

Parent Participation: To make athletics enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP. Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable. **During competition parents and/or guardians must stay at the ground with their children. Do not drop your children off and leave. Unsupervised children can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.**

Our club coach Hilary, will be assisting across a variety of events on club nights to ensure that our athletes are able to ask questions about the correct techniques & get some hints & tips! How fortunate we are to have a club coach on site!

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. STFC is in the Hunter Zone. The other centres in the Hunter Zone are Aberdeen, Muswellbrook, Denman, Merriwa, Branxton/Greta, Cessnock, Kurri Kurri, Maitland and East Maitland.

The Hunter Zone is part of Region 2. There is an 8 region structure. 4 metropolitan and 4 rural country.

Zone Championships

Zone Championships are the qualifying stage to regional and state championships. All athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the Zone Championships. Unfortunately, there will be no zone championship this year due to COVID 19.

Regional Championships

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over 3 days. Our Region Championships are made up of qualifiers from 4 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. Unfortunately, there will be no zone championship this year due to COVID 19.

State Championships

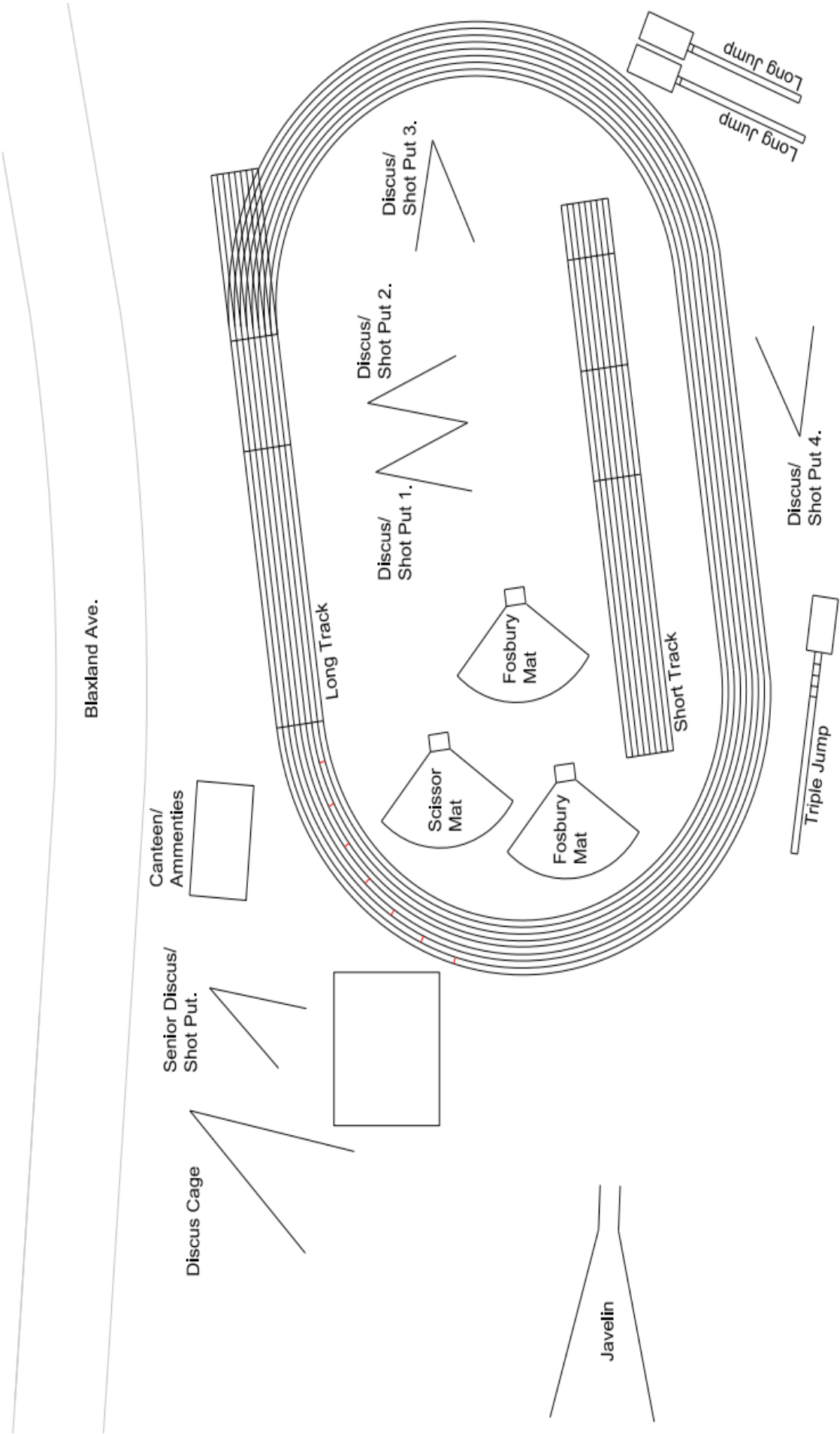
The State Championships are held at Sydney Olympic Park Athletic Centre. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship. TBA on a State Championship for 2021

State Multi-Event Championships

The State Multi-Event Championships is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day. TBA if there will be a State Multi Championship in 2021.

For further events, please go to www.lansw.com.au

Map of our Ground – Alroy Oval



Centre Uniform & Placement of Patches

It is compulsory for athletes to wear the STFC uniform with their registration and age group numbers in their correct position. Athletes competing at ANSW sanctioned events will also be required to wear the correct SFTC uniform with ANSW registration numbers. Failure to do so will result in disqualification.

The centre uniform consists of:

Girls: Club singlet with plain black shorts, bike shorts or scungies.

Boys: Club singlet with plain black shorts (bike shorts may be worn underneath shorts).

Athletes intending to compete at LAANSW events are advised that rules regarding plain shorts are strictly enforced at carnivals (i.e. no logos are allowed on shorts).

Uniforms can be purchased from the canteen

Singlets (older style as below) \$25

New style Singlets & Crop Tops \$40.00



Events for each Age Group

| Event | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 | Adult |
|-------------------|--|------|--------|------|------|------|----------------------|----------------------|----------------------|----------------------|------------------------|------------------------|
| 50m | X | X | | | | | | | | | | |
| 70m | X | X | X | X | | | | | | | | |
| 100m | X | X | X | X | X | X | X | X | X | X | X | X |
| 200m | X | X | X | X | X | X | X | X | X | X | X | X |
| 400m | | | X | X | X | X | X | X | X | X | X | X |
| 300m (Pack start) | X | | | | | | | | | | | |
| 500m (Pack start) | | X | | | | | | | | | | |
| 700m (Pack start) | | | X | | | | | | | | | |
| 800m (Pack start) | | | | X | X | X | X | X | X | X | X | X |
| 1500m | | | | | | X | X | X | X | X | X | X |
| 60m Hurdles | | | X | X | X | X | X | | | | | |
| 90m Hurdles | | | | | | | | X | X | X | X | X |
| Long Jump | X | X | X | X | X | X | X | X | X | X | X | X |
| High Jump | | | | X | X | X | X | X | X | X | X | X |
| Triple Jump | | | | | X | X | X | X | X | X | X | X |
| Shot Put | 500g | 1kgs | 1.5kgs | 2kgs | 2kgs | 2kgs | 2kgs (G) 2kgs (B) | 3kgs | 3kgs | 3kgs (G) 4kgs (B) | 3kgs (G) 5kgs (B) | 4kgs (G) 6kgs (B) |
| Discus | 350g | 350g | 500g | 500g | 500g | 500g | 500g | 750g (G) 750g (B) | 1kgs | 1kgs | 1kgs (G) 1.5kgs (B) | 1kgs(G) 1.75kgs (B) |
| Javelin | | | | | | 400g | 400g | 400s (G) 600g (B) | 400g (G) 600g (B) | 500g (G) 700g (B) | 500g (G) 700g (B) | 600g (G) 800g (B) |
| Tiny Tots | Play-training activities & modified games. | | | | | | | | | | | |

Award Structure

Tiny Tots

Tiny Tots participate in play-training activities only.

Measured and Timed Events

The aim of our centre's point score is to encourage all athletes to improve their own personal best efforts. It awards points for both winning and for improving.

Points are awarded on the following basis:

| | |
|---------------------------|-----------|
| Attaining a Personal Best | 10 points |
| 1st Place | 10 Points |
| 2nd Place | 9 points |
| 3rd Place | 8 points |
| 4th Place | 7 points |
| 5th Place | 6 points |
| 6th Place | 5 points |
| 7th Place | 4 points |
| 8th Place | 3 points |
| Participating in an event | 2 points |

Presentation Night

Our presentation night will be held at Club Singleton on Tuesday 27th April at 6pm. We take great pleasure in celebrating all the athletes & their accomplishments throughout the year. It's a great night to come together & look back on the season. Bring your families & enjoy!



Some Other Frequently Asked Questions

Do we need special shoes?

Waffles can be worn for all ages but are not essential. Running Joggers are perfectly fine.

Spikes can be worn from U11 upwards, in landed events (100m, 200m, 400m) long jump, high jump and triple jump.***Athletes in U/11 – U/12 may wear spikes in landed events, long jump, high jump, triple jump and javelin. Athletes in U/13 – U/15 may wear spikes in all track and field events except walk, as well as field events listed above.

All spikes must have all holes filled in shoe with n more than 2 blanks. Any number of spikes up to 11 may be worn in each shoe.

Spike lengths are as follows:

- A) Synthetic track max of 7mm
- B) Field events – 9mm max
- C) Grass all track and field events 12mm max

Spikes must be removed immediately after each event and carried with the athlete.

Spike shoes are not however necessary and generally only 10% of athletes at our centre use them.

What level of ability does my child need to be to join?

Our emphasis is on family, fun and fitness. Children can join with any level of skill or fitness and are given plenty of encouragement to improve. Sportsmanship is one of our main focuses with Little Athletics.

Will my child be taught the correct technique or have access to coaching?

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. STFC also have qualified coaches or parents who can offer some guidance during competition nights.

Athletes seeking individualised coaching are invited to contact Hilary Kennedy at Singleton Striders on Hilary Kennedy - Singleton Striders on 0466 984 352.

Can I volunteer?

Yes! Of course you can. The Singleton Track & Field Club runs on volunteers. We encourage all parents to assist where you can on club nights. It not only makes our nights run smoothly, but the athletes love having your support! On club nights' assistance is greatly appreciated in age group managers, gun starters & time keepers.

Our Tiny Tots program also welcomes the parents & carers involvement.

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at STFC or contact Little Athletics NSW via their website www.littleathletics.com.au

2020/2021 Season Dates

| Date | Note | Date | Note |
|---|---------------|--------------------------------|--------------------|
| 20 th October 2020 | Comp 1 | 16 th February 2021 | Comp 11 |
| 27 th October 2020 | Comp 2 | 23 rd February 2021 | Comp 12 |
| 3 rd November 2020 | Comp 3 | 2 nd March 2021 | Comp 13 |
| 10 th November 2020 | Comp 4 | 9 th March 2021 | Comp 14 |
| 17 th November 2020 | Comp 5 | 16 th March 2021 | Comp 15 |
| 24 th November 2020 | Comp 6 | 23 rd March 2021 | Comp 16 |
| 1 st December 2020 | Comp 7 | 30 th March 2021 | Comp 17 |
| 8 th December 2020 | Comp 8 | 27 th April 2021 | Presentation night |
| 9 th Dec – 1 st Feb | Holiday Break | | |
| 2 nd February 2021 | Comp 9 | | |
| 9 th February 2021 | Comp 10 | | |

Thank You

A big thank you goes out to the following businesses for assisting STFC so far this season:

Glencore – Community grant for Electronic Gun Starting System

Entire Concrete – Providing sand for long jump/triple jump pits.

D&L Chainsaws, Singleton Striders, Bakers Delight, Step Ahead, Bunnings Warehouse, Singleton Bowen Therapy Clinic, iTech Frontier, Be Human HR, Sports Power

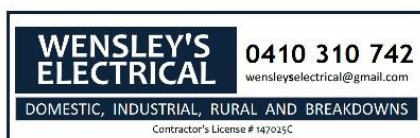
Wensley's Electrical – Testing & tagging of appliances.



SINGLETON
(02) 6572 4622



goodSPORTS | Healthy clubs. Strong communities.



GLENCORE