

Singleton Track & Field Club



2021-2022 Handbook

A Note from the President

Our committee can't wait for season 2021-2022 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.

Off the back of fantastic Track & Field results at the Tokyo 2020 Olympics for the Australian Team, we are so excited to instil a love for athletics in our local community, allowing all our athletes to dream!

Our relocation to the Rose Point Park Sporting Precinct (Cook Park 5) has commenced with the installation of the Long Jump Pits underway! We are so very lucky to collaborate with Bridgestone Mining Australia to bring this fabulous facility to the Singleton Track & Field Club.

We will be kicking our "All Abilities" approach to an entire new level, working with Jess & the Team from Explore & Soar to create a supportive environment for all athletes!

Once again, 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!

Hilary Kennedy
President STFC

Committee Members for 2021-2022 Season

The STFC committee members for 2021-2022 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	Hilary Kennedy	stfc.president@gmail.com	0466 984 352
Secretary	Sarah Speechly	secretary.singleton@gmail.com	0408 955 035
Position	Name	Position	Name
Vice President	Karen Northey	Treasurer	Jami Street
All Abilities Coordinator	Belinda Hall	Coaching	Hilary Kennedy
Registrar	Dorothy Smuts	Canteen	Sami Udy
Records/Programmer	Dorothy Smuts	Uniforms	Megan Squires
Publicity Officer	Angela Penton	Equipment Officer/Groundsmen	VACANT
Fundraising	Belinda Hall	Website co-ordinator /Social Media	Angela Penton
Public Officer	Sarah Speechly	Tiny Tots Coordinators	Senior Athletes
Championships Officer	Angela Penton		

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 our All Abilities Coordinator is Belinda Hall. We are very lucky to have Belinda 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, 7th September 2021

Season Ends: Tuesday, 29th March 2022 – Family Fun Night

Christmas Holidays: Last comp night Tuesday, 14 December 2021
Return from Christmas Tuesday, 1st February 2022

Start Time: U6-Opens 5.45pm (warm up, competition starts at 6pm)
Tiny Tots 5.15pm

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.

We will update information regarding the below championships as information is presented.

Zone Championships

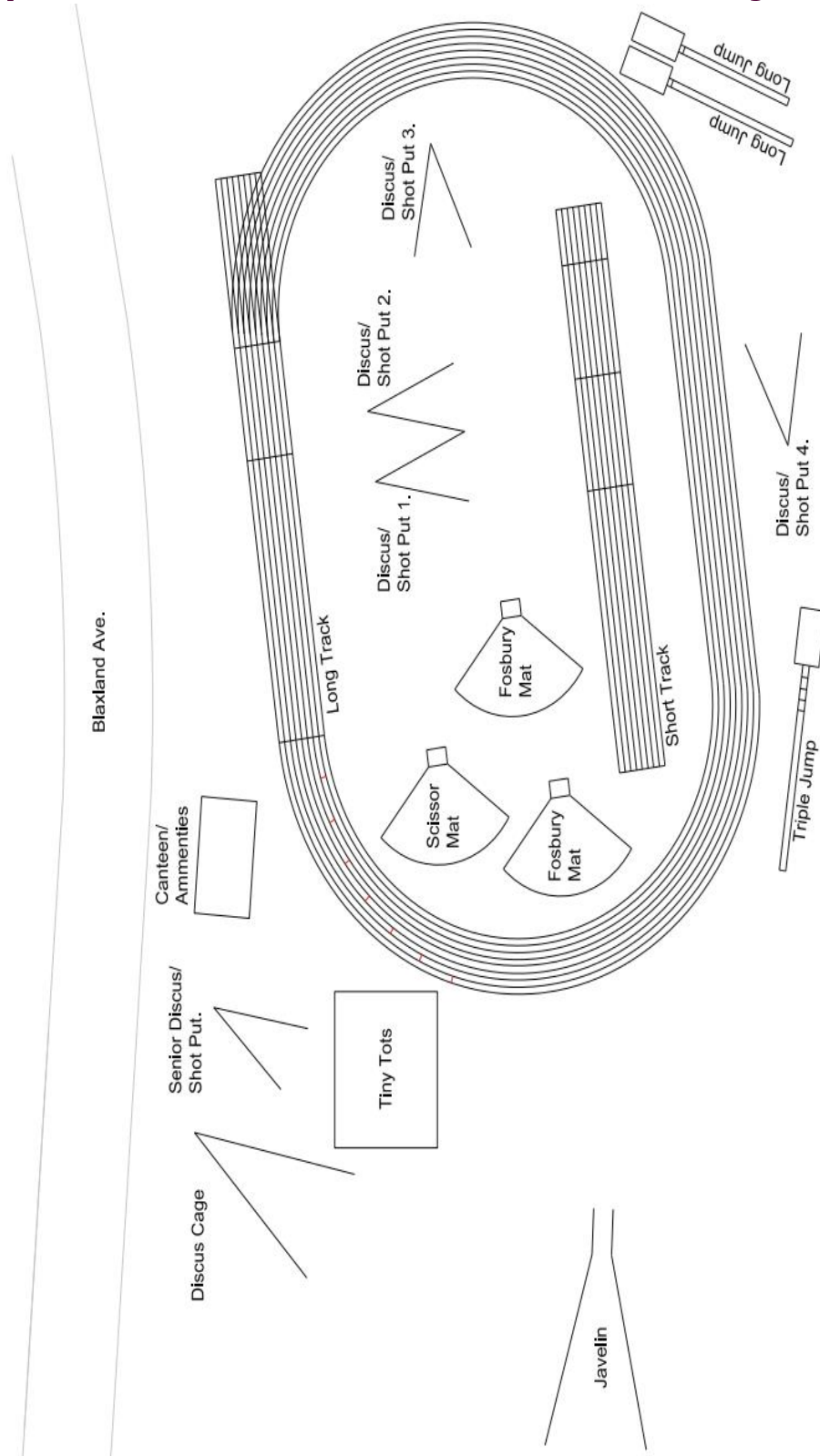
Regional Championships

State Championships

State Multi-Event Championships

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

Map of our Grounds – 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

New style Singlets & Crop Tops \$45.00



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 5th April, 2022 at 6pm (TBC). 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

2021/2022 Season Dates

Date	Note
7 th December 2021	Comp 1 – Coaching Night
14 th December 2021	Comp 2 – Coaching Night
1 st February 2022	Comp 3
8 th February 2022	Comp 4
15 th February 2022	Comp 5
22 nd February 2022	Comp 6
1 st March 2022	Comp 7
8 th March 2022	Comp 8
15 th March 2022	Comp 9
22 nd March 2022	Comp 10
29 th March 2022	Comp 11 – Family Fun Night

Thank You

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

GOLD SPONSORS

- Beyond Bank Australia
- Bridgestone Mining Australia - for sponsoring our new Long Jump Pits

Beyond Bank
A U S T R A L I A

 **BRIDGESTONE**

Bridgestone Mining Solutions Australia

BRONZE SPONSOR

- Be Human HR
- Explore & Soar
- CPR Pest Control
- Invent Air
- Specific Solutions Singleton

Glencore – Community Grant – Her Sport, Her Way Female empowerment session pilot



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

We are also very grateful for the support from the following local businesses!

D&L Chainsaws, Singleton Striders, Bakers Delight, Bunnings Warehouse, Singleton Bowen Therapy Clinic, Sports Power



SINGLETON
(02) 6572 4622

