

Singleton Track & Field Club



2018-2019 Handbook

A Note from the President

On behalf of our committee as New Club President, I would like to extend a warm welcome to all new and returning athletes and their families for the 2018-2019 Singleton Track and Field Club (STFC) Season.

The motto of Little Athletics is 'Family, Fun and Fitness' and at STFC we believe it is important to "*Be your Best*". With emphasis on fun, participation, performance, technique and getting involved with your family and friends in physical and healthy activity.

Some of our fondest memories as children were made at our local athletics or sporting clubs.

As a parent, committee member and STFC President, I am looking forward to helping create these same memories with all our children.

I would encourage all athletes and their families to reach out to me during the season to say G'day.

Let's work together to make this season our best!

Luke Boldery
President
STFC

Committee Members for 2018-2019 Season

The STFC committee members for 2018-2019 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
Vice President	Mark Squires	marksquid@hotmail.com	0402 776 263
Secretary	Kiera Lawrence	secretary.singleton@gmail.com	0410 080 883
Treasurer	Karen Northey	ralphandkaren@bigpond.com	0418 277 512
Registrar	Rebecca Hatch	bec_hatch@bigpond.com	0418 445 323
Records/Programmer	Dorothy Smuts	mornay.smuts@bigpond.com	0439 821 024
Public Officer	Kiera Lawrence	secretary.singleton@gmail.com	0410 080 883
Publicity Officer	Rebecca Hatch	bec_hatch@bigpond.com	0418 445 323
Championships Officer	Angela Penton	angela.penton@outlook.com	0422 694 863
Coaching	Hilary Kennedy	hkennedycouture@gmail.com singletonstriders@gmail.com	0466 984 352
Canteen	Jacqueline Avramovic	midnite.22@bigpond.com	0417 412 517
Uniforms	Amanda Chesworth	lynburn1@bigpond.com	0428 768 378
Equipment Officer/Groundsmen	Garry Thorley	thorley14@bigpond.com	0418 100 251
Website co-ordinator	Dorothy Smuts	mornay.smuts@bigpond.com	0439 821 024
Tiny Tots Coordinators	Shanae Howard Chantelle Smuts	singletontrackandfield@gmail.com	0435 109 502 0411 397 394

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, 16 October, 2018

Season Ends: Tuesday, 26 March, 2019

Christmas Holidays: Last comp night Tuesday, 4 December, 2018
Return from Christmas Tuesday, 29 January, 2019

Start Time: U6-Opens 5.45pm
Tiny Tots 5.15pm

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.

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.

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: So that athletics is as 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 will facilitate a "How to session" for age managers and parents. This will be a free session that will cover measuring correctly, recording procedure and judging of places and fouls in track and field events. Proposed date to be confirmed.

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. The venue this season is Cessnock Athletics Centre on Saturday 1st and Sunday 2nd December 2018.

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. The location of the Regional Championships is Hunter Sports Centre, Glendale on 9 and 10 February 2019.

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. The Championships are to be held on Saturday & Sunday, 16 & 17 March 2019 at SOPAC (Sydney Olympic Park Athletic Centre)

State Multi-Event Championships

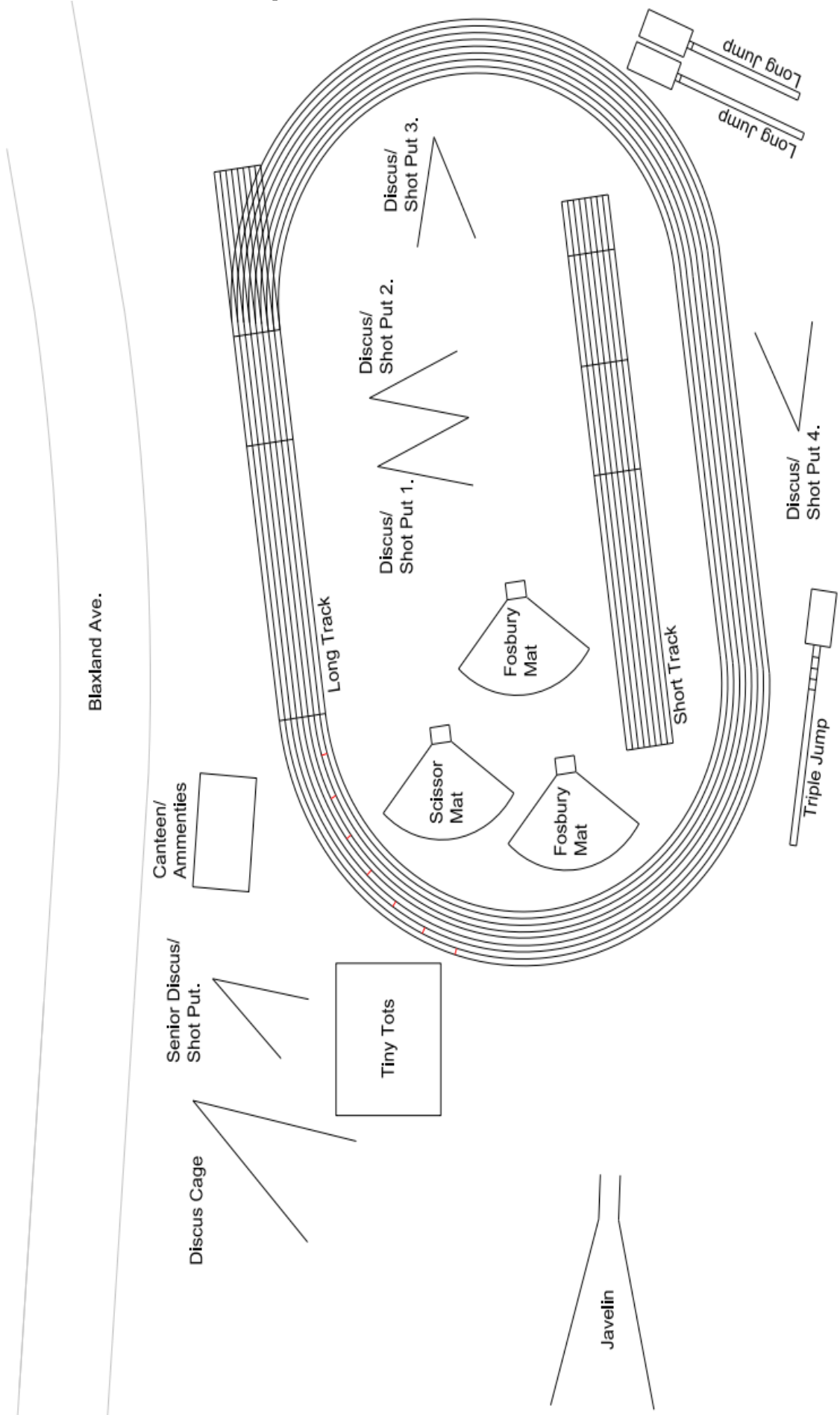
The State Multi-Event Championships is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day. The Championships are to be held at Barden Park, Dubbo on Saturday & Sunday, 2 & 3 March 2019.

Athletics NSW hold championships also throughout the season. Some details are below:-

ANSW Club Championships 15TH December 2019

ANSW Country Championships Thursday 24th - Sunday 27th January

Map of our Ground



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).

Singlets can be purchased from the canteen for \$25.



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 9th April 2019 at 6pm. Please join us on our presentation night to celebrate your season's efforts.



Some Other Frequently Asked Questions

Do we need special shoes?

Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump.***Athletes in U/1 – 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 fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

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.

Coaching will be held on Wednesday afternoons, at Alroy Oval from 4pm until 5pm. Booking are essential and can be made at the canteen. Payment id \$5/athlete is required at time of booking. Athletes seeking individualised coaching are invited to contact Singleton Striders on 0466 984 352.

I want to volunteer. Who should I contact?

You can contact any of the committee members at any time. Contact details are on page 2 of the handbook.

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 littleathletics.com.au

Thank You

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

Wensley's Electrical – Testing & tagging of appliances.

Glencore – Community grant for line marking system.

Entire Concrete – Sand for long jump/triple jump pits.

Versamech

GLENCORE

coles *A little better every day*


YOUR LOCAL EXPERTS™



2018/2019 Season Dates

Date	Note	Date	Note
28/08/2018 - ongoing	Online Registrations	01/01/2019	School Holidays
25/09/2018	Registration Packs pick ups	08/01/2019	School Holidays
02/10/2018	School Holidays	15/01/2019	School Holidays
09/10/2018	School Holidays	22/01/2019	School Holidays
16/10/2018	Comp 1	29/01/2019	Comp 9
23/10/2018	Comp 2	05/02/2019	Comp 10
30/10/2018	Comp 3	12/02/2019	Comp 11
06/11/2018	Comp 4	19/02/2019	Comp 12
13/11/2018	Comp 5	26/02/2019	Comp 13
20/11/2018	Comp 6	05/03/2019	Comp 14
27/11/2018	Comp 7	12/03/2019	Comp 15
04/12/2018	Comp 8	19/03/2019	Comp 16
11/12/2018	No Comp night	26/03/2019	Last night of season
18/12/2018	No Comp night	02/04/2019	No Comp night
25/12/2018	School Holidays	09/04/2019	Presentation night