



2016-17 Season Handbook

Mt Tarampa

Little Athletics Centre



Mt Tarampa Little Athletics Centre Handbook

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Centre Supporters



Jetstar Little Athletics Queensland Sponsors



Team App

Team App is a smart phone app and website that allows our centre to connect directly with our families. When you download the smart phone app, you will receive notifications, have access to chat rooms, photo galleries, live results, web links, nominations, calendars, and much more! Team App is completely free too. Grab a brochure from the clubhouse, or visit our website www.mttarampalac.com.au/teamapp to get started!



Results HQ

Results HQ is where you will find all your results from throughout the season! After the completion of events each Friday, you will be able to go home and find all your results for the day online. There's heaps of cool features, like performance tracking, award tracking and you can event print your performance tickets. And with the team at Timing Solutions always striving to deliver a better product, new features are being released all the time!

You can access Results HQ from Team App, or our Website.

Please note there are no results recorded in the first two weeks of competition



Nominations

Nominations

Nominations are now taken Online Only. If you wish to nominate for a carnival, you will need to use the Nominations Form located on Team App, or on our website! Just another way we are making Little Athletics more convenient for our families!

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Committee Information

The Mt Tarampa Little Athletics Centre Committee is made up of 22 Positions, each responsible for an important part of the running of our centre. Often, one person will have more than one role with our centre. In 2016-17, the Committee Members are:

Centre Manager:

Jo Campbell

Treasurer:

Steph Thomson

Secretary:

Verna Smith

Assistant Centre Manager, Grounds keeping and Maintenance Officer:

David Gray

Registrar, Recorder, Programming, Technical and Track Officer:

Bruce O'Connor

Publicity, Web and Athlete Recruitment Officer:

Michael O'Connor

Officials and Uniform Officer:

Verna Smith

Fundraising, Grants and Jumps Officer:

Kim Gray

Canteen Officer:

Jo Campbell

First Aid Officer:

Rebecca Perkins

Regional Delegates:

Our Centre also appoints Two Delegates to the Downs and South West Regional Committee. These are Jo Campbell and Verna Smith.

Website

Mt Tarampa Little Athletics Centre is online at www.mttarampalac.com.au.

Here you will find everything you need to know about our centre!

Little Athletics Queensland is online at www.laq.org.au.

Facebook

You can find us on Facebook too: @mttaramapalac

Google Maps

Find our centre on Google Maps. Just Search Mt Tarampa Little Athletics!

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Centre Contacts

Looking to find out more but don't know who to call, both the Centre Manager and Secretary are very happy to speak with you.

Centre Manager - Jo Campbell

0400 340 526

mttarampalac@outlook.com

Secretary - Verna Smith

5462 1498

secretary.mttarampalac@outlook.com

Recording & Registrar - Bruce O'Connor

0419 795 946

registrar.mttarampalac@outlook.com

Publicity & Web - Michael O'Connor

0427 895 314

publicity.mttarampalac@outlook.com

Fundraising - Kim Gray

0438 891 616

If you wish to speak to other committee members, in the first instance please contact the centre manager.

Postal Address

Mt Tarampa Little Athletics Centre

c/- Verna Smith

58 William Street

Gatton Queensland 4343

Please do not send mail to our oval on Profkes Road, as we are unable to receive mail at this address.

Centre and Association Awards

Life Members of Mt Tarampa Little Athletics Centre:

Verna Smith, Terry and Rhonda Brooks, Barry Court, Pam Keller

Association Merit Awards:

Verna Smith (1990), Pam Keller (2000)

Association Special Service Awards:

Verna Smith (2000)

Association Distinguished Merit Awards:

Verna Smith (2014)

About Little Athletics

Little Athletics:

- is Fun for the Whole Family
- develops Sporting Abilities and Social Skills
- creates Lasting Friendships
- builds Self Confidence

Mt Tarampa Little Athletics opened in April 1979, and since then our volunteers have been dedicated towards helping the Little Athletes of the Somerset Region not only achieve their athletics goals, but have confidence in themselves and make friends in a fun and safe environment.

Mt Tarampa Little Athletics holds Centre Competitions every Friday from the first week of September, through to mid-March the following year, breaking only for Christmas and New Year's.

Little Athletics is for Everyone

Because Track and Field Athletics covers such a wide variety of events, there is something for everyone at Little Athletics. Depending on the age of the athlete, your kids can compete in a variety of throwing, jumping, sprinting, distance, walking or hurdle events, each with their own skills and techniques to learn. For the younger athletes, we also offer play training games, which enhance athletic ability in a fun, games based style.

Athletes 3 & 4 years partake in the Tiny Tot program, whilst athletes over 5 compete in their age group in a selection of events as shown in the events section.

A Sport for the Whole Family

Unlike many other sports where parents sit on the sidelines, Little Athletics encourages parents to get right into the action with their kids! At the centre level, parents can be part of their child enjoyment of our sport, simply by holding a rake or collecting shot puts. After all Little Athletics is about Family, Fun and Fitness!

Like all Little Athletics Centres, we are entirely volunteer run for the benefit of our Little Athletes!!

We're a Country Club

As the Only Little Athletics Centre in the Somerset Region, our athletes come from a number of different schools across many of our small country towns! Your Little Athlete has the opportunity take make lasting friendships with many different kids from across our region!

Because of our small size and years of experience in teaching Little Athletes, we are able to offer coaching to our kids whilst they partake in the different events on offer!

Levels of Competition

Little Athletics is a great social sport, but for those athletes that want a bit more competition, there are heaps of inter-centre carnivals held across the year, many of them in close proximity to Mt Tarampa! Be sure to check out the full competition calendar available on our Team App website, or by visiting the Little Athletics Queensland website!

Centre Competition

Centre Competition is the bread and butter of Little Athletics. Each Friday we run a program consisting of four or five events per age group, which rotates generally over a period of six weeks. The program consists of all the different events available to each age group, as well as some training and play training sessions.

Tiny Tots

Our Centre now offers a Tiny Tot program for your little athletes aged between three and five years! The program is designed around play based learning, and incorporates heaps of fun activities for your kids that will help them be little athletes in the future! Our program is coordinated by volunteers who have experience at Kindy so you have the confidence your kids are in Safe Hands!

Tiny Tot program is run only at the Centre Level, and there are never any times or distances recorded. It's all about the fun!

Regional Events

Each season our Centre participates in two regional events, the Regional Relays and Regional Championships. These events are organised by a regional committee, and are hosted by various centres from across the Region.

Mt Tarampa is located in the Downs and South West Region, which includes centres from Laidley, through to Toowoomba, south to Warwick and west to Roma. The hosts and venues for these events are decided by the regional committee, and in 2015-16 will be held at Withcott and Toowoomba.

We strongly encourage all athletes to attend these events!

Centre Carnivals

Across the season, many little athletics centres host their own Carnivals. These carnivals provide a great opportunity for our athletes to compete against kids from other centres, and make some great friends! Some of our favourite carnivals are Laidley Twilight and Ipswich Twilight, but carnivals such as Caloundra, Glasshouse, Helensvale, Aspley and Jimboomba are always great days out. Upcoming carnivals are on our Team App Calendar, and advertised in the centre.

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LAQ Pentathlons and Carnivals

Senior Carnival and Junior Pentathlon (in October each year) plus Junior Carnival and Senior Pentathlon (in March) provide another two great competitions for our athletes to compete against others from across the state! At the carnival events, athletes can pick up to five events to compete in! In pentathlon events, there are five set events for athletes to compete in!

You can find out all the details on the LAQ Website.

Rules of Competition

The rules of competition are established in the **Competition Handbook** and the **Officials Handbook**. These are freely available to everyone via Team App or the LAQ website: www.laq.org.au/resources. We also have copies available at the centre for perusal.

Event Calendar

A calendar of all the events and competitions that are coming up is available over on our Team App website and phone app! If you're a member of the centre, we strongly recommend you download the app, to keep up to date with all the events, as well as news, live results, and heaps of other cool features!

Fees

Mt Tarampa Little Athletics believes that Sport should be accessible for every child, so we operate our centre largely on money raised outside of fees charged.

When you register with Mt Tarampa Little Athletics, there are no ongoing centre fees.

Registration Fees

The registration fee includes a payment to LAQ, for registering athletes with LAQ and insurance for athletes and our centre, and a payment to our centre, which covers our Utilities, Maintenance, Centre Affiliation and General Equipment Purchases.

In the 2016-17 Season, the combined registration fees are as follows:

Tiny Tots: \$50 per athlete

U6-U17: \$80 per athlete

Merchandise

Little Athletics Queensland requires that all athletes competing at inter-centre competitions wear an approved centre uniform. Uniform items on sale at our centre are:

T Shirts: \$35

Hats: \$10

Our centre hats are not mandatory, but we strongly recommend all athletes wear a sun smart hat when in the QLD Sun.

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Carnival Nomination Fees

Athletes who compete at inter-centre carnivals are required to pay a nomination fee. This fee is set by the host, and is found on the nomination form, event poster, or on the host centre/LAQ website. These fees are typically around \$10-15 per athlete, and can be charged either by athlete (i.e. \$15/athlete) or by event (i.e. \$3/event x 5 events = \$15 for the athlete). Nomination fees are paid at time of nomination to our Centre, who then forward on the nominations and fees to the carnival's host.

Two Week Free Trial

Haven't decided if Little Athletics is right for you and your kids? Well don't we have some great news for you. You can come and try Little Athletics at Mt Tarampa for 2 Weeks absolutely FREE! No obligations. No worries.

Come down to the Mt Tarampa Little Athletics Oval any Friday afternoon during the season, and you and your kids can partake in the full program of events for that week. Remember to bring your hat and water bottle with you, and be ready to have some fun.

Club Facilities and Equipment

Mt Tarampa Little Athletics is blessed to have a full 10 acre sporting field set in a rural landscape.

The oval includes an Eight Lane, 400m Track, with 10 lanes on both straights, with plans to introduce 10 lanes around the 200m bend as well.

There are also two shot put circles, two discus circles and two long jump pits with tartan runways. We will be introducing a third long jump pit with grass runway, for the use of younger athletes and tiny tots.

We also have brand new scissors and flop mats, as well as all new collapsible style hurdles.

Centre Policies

Little Athletics Queensland has a number of policies to ensure the safety and wellbeing of our athletes, to which Mt Tarampa Little Athletics complies wholeheartedly. To view the full range of policies from LAQ, visit their website.

Mt Tarampa Little Athletics also have our own policies and procedures that we use to ensure not only the safety of our athletes, but also that our athletes have a positive experience with Little Athletics.

P1. Parental Supervision and Assistance

We are most definitely NOT a child minding centre. We do not encourage parents to drop their children off and return to collect them at a later time, however

We recognise that not all parents can stay to watch their children compete every week. If you have to be somewhere else occasionally our only request is that you bring your children to the canteen, alert our Centre Manager that you will not be onsite that day and leave your contact details at the canteen. You must return to collect your children at a reasonable time, they will not be permitted to "walk home alone"

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Little Athletics is a family orientated activity where not only the athletes can participate. We cannot conduct our centre competition without the assistance of our parent volunteers. So plan to be at little athletics with your children, they will benefit from your participation. You don't need to spend the afternoon following them around, join in, become an official and help us to conduct a successful competition every week.

P2. Bad Behaviour

Little Athletics Queensland has developed a Code of Conduct Policy, to which we expect all parents, coaches, volunteers and athletes to follow.

Swearing, displays of bad sportsmanship and abuse of athletes or officials is not permitted. This applies to athletes, parents, spectators, officials and coaches alike.

P3. Vandalism

Any defacing of Centre, School or Council property will not be tolerated. Offenders will be asked to leave the Centre. No refunds will be given.

P4. Safety

Athletes and spectators must check that the track is clear before crossing. Athletes and parents should always walk behind the timekeeping/recording area at all times. You are not invisible, nor are you see-through.

Athletes and spectators must walk behind throwing circles. Failure to be aware of surroundings (especially near throwing events) can result in serious injury. Javelin area is "out of bounds" to all except javelin competitors and their marshals.

P5. Equipment Use

No athlete or spectator is to use any of the equipment unless supervised by a Centre official

Equipment and property of Mt Tarampa Little Athletics is not available to be loaned to athletes for their personal use outside centre events.

P6. Smoking

Smoking is not permitted on the sporting grounds during the centre competition or any training sessions. This period applies from the start of athletic activities (including organised training/warm ups) until the conclusion of the final athletics activity (including organised training sessions/cool downs).

Smoking is not permitted within 10m of any shed/structure/event area at any time.

Anyone wishing to smoke is asked to do so within the bus turn around area, or on the road reserve.

Smoking is not permitted at the school, or within 5m of their boundaries, at any time.

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P7. Blue Card

All Little Athletics Australia parents/adults are requested to apply for their 'Blue Card' (working with children check). Application forms are available through the Centre. The application is free to volunteers and is just another way that the Centre ensures the safety of our children.

P8. The School

The Mt Tarampa State Primary School kindly provide the use of their toilet facilities to us. Aside from the use of the toilets, athletes, parents and spectators are not permitted to be on school grounds at any time.

If the gate to the toilets are closed, please notify the centre manager or groundsman, and we can have it opened.

P9. Uniform and Footwear

All athletes are required to wear shoes at all times whilst competing. There is to be no competing in bare feet or unsuitable shoes. Please refer to the Footwear and Spikes Policy on LAQ website for full details on who can wear spikes.

Athletes are NOT required to wear our centre uniform at the Friday afternoon competition, but should remain in sensible sun-smart attire.

Athletes ARE required to wear our full centre uniform at any LAQ event, at centre, regional or state level. Failure to wear the correct uniform will result in athletes being prevented from competing, in line with LAQ's uniform policy, available at www.laq.org.au.

Awards

A1. Points Trophy

At the end of each season, eligible athletes will receive a trophy showing their total points for the season. Beginning in 2016-17, the Points Trophy will have a new, clearer structure.

The Rules for Points Trophies Document should be referred to for full points explanation.

Participation

Every event at a Mt Tarampa Friday Afternoon (or other day) Participation is ONE (1) Point.

Every event at Laidley Challenge, Ipswich Twilight, Regional Championships, Regional Relays, State Championships or State Relays is ONE (1) Point.

Participation at Other Centre Carnivals, LAQ Junior Carnival, LAQ Junior Pentathlon, LAQ Senior Carnival, LAQ Senior Pentathlon or similar have NO (0) Points.

Initial attempts at event - participation points only.

Where a genuine attempt has been made, the participation points will be awarded whether the athlete completes the event.

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Equalling or Exceeding Season Best

At any carnival, ours, LAQ or other recognised by LAA is FIVE (5) Points

At school, QA etc. carnival is NO (0) Points

These points are in addition to participation points.

Beating Other Best Performances or Records

There are no additional points for beating Meet Records, Regional, State, Australian, Oceania or World Records.

Display of Points

At the end of September, October, November, and December, points to date of each athlete will be displayed.

To create a 'Brownlow Medal' type interest points will not be displayed between Christmas and Trophy Day.

A2. Of The Year Awards

Little Athletics Covers six discipline areas: Jumps, Throws, Walks, Hurdles, Sprints (70, 100, 200) and Distance (400, 800, 1500m) events. Each year, we give a trophy to the athlete who achieves the best in the discipline areas when compared to the McDonalds Blue Level.

A3. McDonald's Achievement Levels

The McDonald's Achievement Levels are an award system to help encourage Little Athletes to perform to their personal bests. There are three levels: Green, Red and Blue, which represent increasing performance levels. The levels are based on average performances and are reviewed by Little Athletics Queensland at least once every three years.

Green Level

A Green Level performance is achievable by 100% of Little Athletes if they put in a little application, and represents a good performance in an event.

Red Level

A Red Level performance represents a very good performance, and is still achievable by 65% of Little Athletes.

Blue Level

A Blue Level performance represents an excellent performance, and is achievable by 20% of Little Athletes.

Because Little Athletics covers a wide variety of events, many Little Athletes will be able to score highly in one area (Throws for example) but may not be able to achieve the same level in another (such as Jumps). It is important to remember that every athlete has different strengths, and that as long as everyone is having fun and being their best, then everyone is a winner.

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We award the McDonald's Achievement Level Certificates Twice a Year - at the Christmas Break Up and the End of Season Break Up. Athletes can achieve a maximum of three certificates per year (one Green, one Red and one Blue). Athletes who don't receive a Level Certificate receive a McDonald's Encouragement Award.

To receive a Level Certificate, an athlete needs to record Level performances in all events within three event groups (Sprints, Distance, Walks, Hurdles, Jumps, Throws).

For more information, including the Level Tables (indicating the performances needed to achieve levels), visit laq.org.au.

A4. Achievement Certificates

All athletes are awarded achievement certificates at the end of the season, highlighting their best performances in each of the events available.

A5. Trophy Eligibility

To be awarded a trophy at the end of the season, the athlete is required to meet a minimum attendance standard. This standard has previously been set at 60% of competition days, with rain days given in the athlete's favour.

The standard was reviewed and relaxed in recent years, and clarification for the 2016-17 Season is still required.

Insurance

Little Athletics Australia has insurance through V-Insurance Group.

This program covers LAA, including all affiliated State / Territory Associations, Centres, Clubs and all registered members, officials, accredited coaches, voluntary workers, executives and members of the Board of Management.

These activities include official events, all playing training and trialling, meetings, fundraising activities and travel to and from these activities.

For more details, see www.laq.org.au/resources/insurance.

Centre Committee Meetings

Centre Committee Meetings are held monthly throughout the year, usually on Sundays at 10am. They are held at the clubhouse on our oval. All Ordinary Members of the centre are entitled to attend the meeting.

Uniform Patch Instructions



- 1.Registration Number – Front and Centre on the Shirt with Name written in long box.
- 2.Age Label on Athletes Left Shoulder. Leave the top open and you have a cool pocket!
- 3.Jetstar Badge – on the right shoulder, either on the sleeve or the front of the shirt.
- 4.Black Pants – Pants must be black with no/minimal branding. Boys must wear shorts over compression garments.
- 5.Big Smiles – All Mt Tarampa Athletes must have their biggest smiles when competing!

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Little Athletics Queensland also publishes their own Handbook for Parents. The handbook is only available online. You can find it on our Team App, or on the LAQ website, www.laq.org.au.

Centre Records

You will find a complete list of the centre records on our Website, on Team App and within Results HQ. You can also have a copy (or the appropriate page) printed on request.

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Carnival Calendar 2016-17 Season

Gympie Little Athletics Annual Spring Carnival	Sun 11 th September 2016	Albert Park, Bruce Highway, Gympie
LAQ Spring Carnival	Sat 24 th September 2016	Bundaberg Sports Complex, Enid Ethel Dr, Bundaberg
Maryborough Little Athletics Day-Night Carnival	Sat 1 st October 2016	Jock Anderson Oval, Gympie Rd, Tinana, Maryborough
Laidley Little Athletics Lockyer Twilight Challenge	Sat 8th October 2016	Laidley Rec Grounds, Whites Rd, Laidley
Aspley Little Athletics Kedron – Wavell Pentathlon	Sun 9 th October 2016	Paul Obrien Oval, Bown Park, Maidencombe St, Geebung
Algerie Little Athletics Carnival	Sun 16 th October 2016	Col Bennett Park, Ridgewood Rd, Algerie
Strathpine Little Athletics Twilight Pentathlon	Sat 22 nd October 2016	John Oxley Reserve, Ogg Rd, Murrumba Downs
LAQ Senior Carnival & Junior Pentathlon	Sun 30th October 2016	SAF, Nathan
Downs and South West McDonalds Regional Relays	Sun 6th November 2016	Laidley Rec Grounds, Whites Rd, Laidley
Caboolture Little Athletics Twilight Pentathlon	Sat 19 th November 2016	Caboolture Sports Complex, Morayfield Rd, Caboolture
Jimboomba Little Athletics 20 th Anniversary Carnival	Sun 20 th November 2016	Henderson Rd, Jimboomba
Browns Plains Little Athletics Carnival	Sun 27 th November 2016	Regents Park, Vansittart Rd, Regents Park
Glasshouse Little Athletics Pentathlon	Sun 27 th November 2016	Skippy Park, Landsborough Rd, Landsborough
Caloundra Little Athletics Open Day	Sat 3 rd December 2016	Carter Park, North St, Caloundra
McDonalds State Relays	Sat 10th December 2016	SAF, Nathan

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Ipswich Little Athletics Twilight Carnival	Sat 21st January 2017	Bill Paterson Oval, Limestone Park, Lion Street, Ipswich
Springwood Little Athletics Carnival	Sun 22 nd January 2017	Shark Park, Loganlea Rd & Gold Course Dr, Meadowbrook
Redlands Little Athletics Carnival	Sat 28 th January 2017	Cleveland SHS, Smith St, Cleveland
Downs and South West Nordic Sports Regional Champs	Early Feb. Dates TBC	Venue TBC
Redcliffe Little Athletics Twilight Pentathlon	Sat 25 th February 2017	Langdon Park, Mabel S, Margate
LAQ Junior Carnival & Senior Pentathlon	Sun 5th March 2017	SAF, Nathan
Beenleigh Little Athletics Carnival	Sat 11 th March 2017	Oliver Sporting Complex, Logan St, Eagleby
McDonalds State Championships	17th to 19th March 2017	SAF Nathan

Nominations:

Our preferred method of nominating is online via either Team App or Our Website. Simply press Nominations on Team App, or look for the Nominations Logo on our website's Home Page.

You will then be given a list of carnivals to nominate, and it will include all the important details: event lists, nomination closing dates and entry fees.

Payments can be made online too, simply follow the instructions on the Nomination Form!

Need Help? Have a Question?

Bruce, our Registrar, will be able to assist you with your nominations. You can contact him:

Via email: registrar.mttarampalac@outlook.com

Via phone: 0419 795 946

Or talk to him in person at any centre competition day.



Nominations