



BEAUDESERT & DISTRICTS
LITTLE ATHLETICS CLUB

2023-24 SEASON HANDBOOK

WELCOME

Welcome back to a new and exciting season at Beaudesert & Districts Little Athletics Centre.

I would like to thank the Committee past and present for all their efforts and I look forward to steering the club through another successful athletics season.

Welcome to all new families and thank you to families that are continuing their journey and have returned to Beaudesert Little Athletics this year.

Beaudesert and Districts Little Athletics Club is run by volunteers who are assisted during competitions by the parents to ensure that each child is given a fair go. This emphasis on parent participation is reflected in our ethos - "Family, Fun, Fitness".

The best way to stay up to date with information about the club competition days, training sessions etc. is through our Facebook page. Please like and follow us through facebook.com/BeaudesertLittleAthletics

See you soon!



Amanda O'Shannessy
Centre Manager

LITTLE ATHLETICS MISSION STATEMENT:

"TO DEVELOP CHILDREN OF ALL
ABILITIES BY PROMOTING
POSITIVE ATTITUDES AND A
HEALTHY LIFE STYLE THROUGH '
FAMILY, FUN AND FITNESS'."

LITTLE ATHLETICS

Welcome to the wonderful sport of Little Athletics!

We trust that you will enjoy the experience of learning new skills with your child.

Little Athletics is an activity for the whole family to enjoy and we certainly hope you enjoy contributing to your child's development.

"THE EMPHASIS OF LITTLE ATHLETICS IS
ON SELF IMPROVEMENT."

Little Athletics provides :

- Opportunity for organised recreational activity for children from the ages of 5 to 17 years, in which personal improvement overshadows competitive results.
- Opportunity for the achievement of all participants to be recognised regardless of competitive ability.
- Opportunity for the inexperienced participants to learn athletic skills.
- Opportunity for the more talented participants to obtain competitive experience and be eligible for selection in the State Team.
- Opportunity for parents to participate with their children in a family activity by helping to officiate at meets.
- Opportunity for skilled athletes to aid willing youngsters by coaching them in athletic skills.

LITTLE ATHLETICS MISSION STATEMENT

"TO DEVELOP CHILDREN OF ALL ABILITIES BY PROMOTING POSITIVE ATTITUDES
AND A HEALTHY LIFESTYLE THROUGH ' FAMILY, FUN AND FITNESS'."

OUR COMMITTEE

Our Club is run by a group of dedicated and passionate volunteers. Our core committee meet monthly to discuss operational matters and ratify records. Our wider team of volunteers assist with the weekly running of the club and competitions.

All members are welcome to attend the monthly meeting or submit items for the agenda.

MANAGEMENT COMMITTEE POSITIONS

Centre Manager - Amanda O'Shannessy. Phone - 0432 344 300
Assistant Centre Manager - vacant
Secretary - Kelina Holmes. Email - secretary@beaudesertlitleas.com.au
Treasurer - David Joseph. Email - treasurer@beaudesertlitleas.com.au
Registrar - Kristina Rogers 0432 351 591 . Email - registrar@beaudesertlitleas.com.au
Coaching Representative - Helen White
Programs - Helen White & Mandy Creedy
Records Officer - Jacinda Williams
Communications Officer - Jesse Rhea & Andrew Holmes

VOLUNTEER POSITIONS

Coaches - Helen White and Cameron Rogers
Officials Officer - Greg Dimmick
Fundraising Officers - Tamara Saunders
Canteen Coordinator - Melissa Weissenbeck
Canteen Assistant Coordinator - Kristina Rogers
Grants Officer - Andrew Holmes
Uniform Convenor - Tae Moore
First Aid Officers - Kelina Holmes
Grounds Officers - Jesse Rhea
Assistant Grounds Officers - Cameron Rogers, Andrew Holmes, Luke Holmes, Sam Ludwig and Josh Watson
Team Managers - Cameron Rogers
Assistant Team Manager - Melinda Grey
Starter - Greg Dimmick & Matt Creedy
Timing Gates Marshall - Mandy Creedy & Brad Dimmick

COACHING

Coaching helps your child improve and helps to increase their confidence. It is also an opportunity to fine tune skills and learn new techniques which there is not time to do on competition days.

Athletes are encouraged to attend our free weekly coaching sessions - please take advantage of these sessions as they are given voluntarily.

Coaching for Under 7-17 will be held at St Marys' oval:

Tuesdays 5.00pm – 6.00pm

Specialist coaching may be available outside of these sessions for a small fee. Please talk to one of our coaches if you are interested in specialist coaching.

Our accredited coaches are only too happy to discuss an athlete's progress with parents should they wish to do so.

Coaching courses are available to parents. Please see a committee member if you are interested in obtaining your level one coaching certificate. The Centre is prepared to offset the costs of obtaining coaching qualifications.

Coaches

Helen White
Cameron Rodgers



IMPORTANT DATES

First Competition Day
Saturday 9 September 2023- 7.30am St Mary's

LAQ State Championships
20-23 March 2024 - QSAC

Coaching Begins
Tuesday 12 September 2023 - 5-6pm St Mary's

Presentation Day
TBA

LAQ Summer Carnival
Saturday 28 October 2023 - QSAC

LAQ South Coast Regional Relays
Saturday 11 November 2023 - Ashmore

LAQ Regional Relays Championships
Saturday 2 December 2023 - QSAC

Last Competition Before Christmas Break
Friday Night 15 December 2023

Competition Resumes
Saturday 16 January 2024

Training Resumes
Tuesday 18 January 2024

LAQ South Coast Regional Championships
Sat 9 & Sun 11 February 2024

LAQ Combined Event Championship
Sat 2 and Sun 3 March 2024 - QSAC

Last Competition Day
Saturday 16 March 2024

Last Training Day For Athletes
Attending States
Tuesday 12 March 2024



CALENDAR

1st Competition Day
Saturday 9th September 2023

13th Competition Day - FRIDAY NIGHT
Friday 8 December 2023

2nd Competition Day
Saturday 16th September 2023

14th Competition Day - FRIDAY NIGHT
Friday 15 December 2023

3rd Competition Day
Saturday 23 September 2023

CHRISTMAS BREAK - ENJOY

4th Competition Day
Saturday 30 September 2023

15th Competition Day
Saturday 13 January 2024

5th Competition Day
Saturday 7 October 2023

16th Competition Day
Saturday 20 January 2024

6th Competition Day
Saturday 14 October 2023

17th Competition Day
Saturday 27 January 2024

7th Competition Day
Saturday 21 October 2023

18th Competition Day
Saturday 3 February 2024

8th Competition Day
Saturday 28 October 2023

NO COMPETITION - REGIONAL CHAMPS
9/10/11 February 2024

LAQ Summer Carnival
Saturday 28 October 2023 (QSAC)

19th Competition Day
Saturday 17 February 2024

9th Competition Day
Saturday 4 November 2023

20th Competition Day
Saturday 24 February 2024

NO COMPETITION - REGIONAL RELAYS
Saturday 11 November 2023 (Ashmore)

21st Competition Day
Saturday 2 March 2024

10th Competition
Saturday 18 November 2023

Combined Event Championship
2-3 March 2024

11th Competition
Saturday 25 November 2023 (QSAC)

22nd Competition Day
Saturday 9 March 2024

12th Competition - FRIDAY NIGHT
Friday 1 December 2023

Last Competition Day
Saturday 16 March 2024

STATE RELAYS
Saturday 2 December 2023

LAQ STATE CHAMPS
22/23/24 March 2024 (QSAC)

REGISTRATION & FEES

Each athlete is required to be fully registered to participate in club competition and LAQ events.

REGISTRATION FEES

U7-U17 \$210

Tiny Tots \$100

Registration fees include membership to Little Athletics Queensland (LAQ), insurance and membership to the Club.

When fees are paid in full, each child will receive:

1. A registration number to be sewn on the front of the Centre Uniform. Please note if wearing a singlet/crop top you must also have your age patch visible on the front e.g. velcro to be able to move from one garment to another.
2. An age patch to be sewn onto the left sleeve of the Centre Uniform, leaving the top open for use as a pocket if necessary. Please note if wearing a singlet or crop top you must have your age patch sewn onto the left leg of your pants.

UNIFORM FEES

Club shirts must be worn for all club competitions and LAQ events.

Club shirt \$45.00

Other uniform components are available, including shorts, hats, crop tops and training singlets - see our uniforms page for more information.

UNIFORMS

Our uniform consists of a yellow and grey club shirt with club or plain black shorts/bike pants.



Registration number is to be sewn on the front of the Centre Uniform. Please note if wearing a singlet/crop top you must also have your age patch visible on the front e.g. velcro to be able to move from one garment to another.

Age patch is to be sewn onto the left sleeve of the Centre Uniform, leaving the top open for use as a pocket if necessary. Please note if wearing a singlet or crop top you must have your age patch sewn onto the left leg of your pants.

Sponsor patch is to be sewn on the athlete's right.

Bike pants/skins must be all black with no logos, stripes or any other markings allowed. Coloured stitching is permissible. Girls shorts/bike pants must be mid thigh length. If boys choose to wear bike pants/skins they must wear sports shorts over the top.

Under 13's and above are able to wear a singlet/crop top when competing in an event. When not competing the athlete MUST wear the club shirt to comply with our sunsafe policy.

UNIFORMS



Club Shirt \$45.00



Club Shorts \$30.00



Club Tights \$35.00



Men's Singlet \$35.00



Ladies Singlet \$35.00



Ladies Crop \$ 35.00



Committee Member Shirt \$ 40.00



Cap \$15.00

FOOTWEAR

Sensible running shoes are necessary for all events, except where the use of specialised shoes is permitted such as running spikes.

Spikes are allowed to be worn by Under 11 to Under 17 athletes in laned events, javelin and jumping events. Under 15-17 may wear spikes in all events (except walks).

On synthetic track: spikes must be no longer than 7mm.

On synthetic field: spikes must be no longer than 9mm.

On grass track or field: spikes must be no longer than 12mm.

For safety reasons spikes must be carried to the event and removed immediately after the event. Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition.

Starting blocks may be used by Under 11-17 athletes. The centre has a limited number of blocks available for coaching and competition purposes.



PARENT PARTICIPATION

The Little Athletics motto of “Family, Fun and Fitness” highlights that it is a community activity involving the whole family on a weekly basis.

Little Athletics is NOT a sport where you can drop your children and leave them unattended. We need every family’s help to run the events as well as set up and pack up! It is not the Committee’s job to set up and pack up.

Athletics differs from team sports in that a number of events are conducted at the same time. Each age group requires at least THREE parents to run an event. The usual way of running things is that you go around the field with your own child’s age group, helping as you go. This may include retrieving a shot put, measuring a long jump or recording results. Without the correct number of parents helping, your child may not get to compete in all events on that day.

Parents need to actively help/participate in running all events for their child’s age group. Parents/guardians must also assist with fundraising efforts to support the continuing growth and development of the club and it’s athletes.



FUNDRAISING

Our Club has to fundraise – it is the only way for us to purchase equipment, develop our athletes and keep the cost of our fees down. Funds are raised for the club through a few main avenues:

CANTEEN

The Beaudesert & District Little athletics canteen is open every Saturday of competition. Buying from the canteen is a great way to support the club.

FUNDRAISING OFFICERS

Our committee includes fundraising officers who identify additional fundraising opportunities for our club. From time to time they may call on parents to help out with events, raffles or BBQs - any help you can provide would be very much appreciated!

If you know of any fundraising opportunities please don't hesitate to get in touch with someone from our committee.

WET WEATHER

Competition will normally continue unless wet weather affects the field - safety of athletes is always our primary concern.

In the event of rain or threatening weather a decision will be made by the committee and you will be notified by text message. Updates on training and competitions will also be made on our Facebook page facebook.com/BeaudesertLittleAthletics

EVENT RULES & REGULATIONS

The rules and regulations of each event are set out in the age group folders. Please refer to this information if you are unsure of what to do during an event. The centre manager and committee members are available for any queries you may have during competition.

CODE OF CONDUCT

Please refer to LAQ Yearbook and Parent Handbook on the LAQ website (www.laq.org.au) for codes of conduct in relation to the following:

- Athletes
- Parents/Spectators
- Coaches
- Officials

RULES & POLICIES

Please refer to LAQ Yearbook and Parent Handbook on the LAQ website (www.laq.org.au) for rules and policies in relation to the following:

- Child protection
- Sun Safety
- Non Smoking
- Risk Management
- Footwear
- Zero tolerance
- Guidelines for exercise and hydration in extreme temperatures
- Centre rules and policies
- Insurance

TOILETS

All athletes are required to be accompanied by an adult with a current positive notice blue card when visiting the toilet at all Little Athletics events. The toilets are located at St Mary's Primary School to the left of the church. Please ensure you treat the school grounds with respect and care and no athletes are to enter the school at any time..

PARKING

Car parking facilities at St Mary's are available for use on competition days. However, should there be a wedding or other service held at St Mary's Church then preference in the use of the car park will be given to the attendees of those services. Should this occur families will be asked to park on the grassed area behind the Parish Centre. Please follow the signs on these occasions.

NO SMOKING

Please be advised that smoking shall not be permitted within the St Mary's grounds under any circumstance during competition or training.

NO PETS

Please be advised that no pets are allowed on the grounds at any time.