



## Newsletter No.1 2015/2016

### Welcome to the Little Athletics Season

Check out our Website or Facebook Page for more information about EMALAC

- Thank you to the Committee members who have given freely of their valuable time to get the ground ready for competition!
- Coffee Van at the ground 5.30 - 7pm every Tuesday night.
- Pre-order your hot food at the Canteen when you arrive on Tues night.
- Please look before crossing the running track when moving between events. Failure to do so could result in an injury!
- Any athlete from last season who didn't receive their trophy from the presentation day, please see a Committee member.
- Remember to stick to the allotted program for your child's age group, skipping events will cause disruption to others.
- Next Committee Meeting on Monday 05 October 2015. East Maitland Bowling Club at 7pm. Please come along and help support the club.
- Wet weather updates posted on the Website after 5pm Tuesday.
- 2 carnivals to support at our home ground. Please enter your children and consider helping on the day. *'Many hands make light work'*

### East Maitland Jnr Multievent Gala Day (Tiny Tots & U/6's only)

Date: 15 Nov 2015 - 10am start

Location: Metford Recreation Reserve, Metford

Contact: Paul Avery 0408 013 629

Detail: \$5 per child & \$2 per additional child in family

### Hunter Zone Championships (U/7's - U/17's)

Date: 12th & 13th December 2015

Location: Metford Recreation Reserve, Metford

- Please read the Little A's CODES OF CONDUCT on page 2 (adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)  
Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.

#### Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, always follow the appropriate procedure/s in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.

#### Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper-no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

