

EAST MAITLAND ATHLETICS & LITTLE ATHLETICS CENTRE Inc. INFORMATION FOR 2013/2014 SEASON

Welcome to East Maitland Athletics & Little Athletics Centre Inc. for the coming Athletic Season.
The Executive Council for the Year is as Follows:

President:	Nathan Whyte-Southcombe	0449 255491
Vice-President:	Nicole Wallis	
Secretary:	Paul Avery	0408 013629
Treasurer:	Brian Osland	
Registrar:	Aaron De Friskbom	0409 322225
Officer for Records and Rankings:	Curtis Morris	
Officer for Coaching and Education:	Mellissa Mullasly	
Officer for Equipment and Technical requirements:	VACANT	
Officer for Fund Raising and Social Activities:	Kath Balcombe	0431 445154
Officer for Canteen:	Sharon Bryant	0408 168712
Officer for Publicity and Public Relations:	Ebony Dwyer	0407 268269
Officer for Field Maintenance:	Mick Wallis	

Please see or call any of the above for inquiries.

REMEMBER THE PERSONS ABOVE ALSO HAVE YOUNG CHILDREN AND HAVE TO GO TO WORK THE NEXT DAY, SO PLEASE BE COURTEOUS AND RING THEM BEFORE 8.30PM.

CANCELLATION OF COMPETITION NIGHTS DUE TO WET WEATHER

After 5PM on a Tuesday night text **EMLAC** to **199BBSMS (19922676)**. Please note that a cost of \$0.55 will apply.

You will receive your return SMS in a matter of moments.

Note: Every effort will be made to update the website (www.emalac.org.au) but the SMS process outlined above is the best way to get up-to-the-minute advice.

INTRODUCTION TO NEW LITTLE ATHLETES

When you join our Centre you will be given:

- A. A REGISTRATION NUMBER (e.g. 119)
This number should be attached to the FRONT CENTRE of the singlet style top or two piece uniforms.
- B. AN AGE GROUP NUMBER (e.g. 8)
This number should be attached to the TOP LEFT HAND SIDE of the singlet style top. On a two piece uniform the age group number can be placed on the top or bottom piece but must be on the LEFT HAND SIDE of the uniform.
- C. A CENTRE NUMBER (e.g. 182)
This number should be attached to the BACK CENTRE of the singlet style top or the top of the two piece uniform.

INTRODUCTION TO NEW AMATEUR ATHLETES

When you register with our Centre you will be given a number from NSW:

- A. A REGISTRATION NUMBER (e.g. 1219)
This number should be attached to the FRONT CENTRE AND THE BACK CENTRE of the singlet style top or two piece uniforms.

UNIFORMS

Our uniform now consists of either of the following:

- A. A green singlet style top with a blue and white stripe down each side. They are only available from the Centre.
- B. Royal blue shorts (Boys or Girls) or royal blue gym pants (Girls). They are available from the Centre or your local school uniform provider.
- C. Royal blue bicycle pants for either Boys or Girls. They are available from the Centre or your local school uniform provider.
- D. Two piece uniform for Girls in the Centre's colours of blue and green with a blue and white stripe down each side. They are only available from the Centre.
- E. Shoes (Sandshoes or Joggers) MUST BE WORN by ALL athletes in any competition the Centre holds or attends.

PLEASE NOTE:

ATHLETES IN THE AGE GROUPS UNDER 8 OR BELOW ARE NOT ALLOWED TO WEAR SPIKED RUNNING SHOES IN ANY EVENT.

ATHLETES IN THE UNDER 9 AGE GROUP ARE PERMITTED TO WEAR SPIKED RUNNING SHOES IN LANE RUNNING EVENTS (100M, 200M, 400M, HURDLES) AND LONG JUMP AT OUR CENTRE COMPETITION NIGHTS.

ALL AGE GROUPS ABOVE UNDER 9 ARE PERMITTED TO WEAR SPIKED RUNNING SHOES IN LANE RUNNING EVENTS (100M, 200M, 400M, HURDLES), LONG JUMP, TRIPLE JUMP AND HIGH JUMP.

AMATEUR ATHLETES ARE ALLOWED TO WEAR SPIKED RUNNING SHOES IN ALL RUNNING EVENTS, LONG JUMP, TRIPLE JUMP, HIGH JUMP AND JAVELIN.

COMPETITION NIGHTS

These are held on TUESDAY NIGHTS for both LITTLE ATHLETES (Tiny Tots to Under 17s) and AMATEUR ATHLETES. **NO GROUND FEES ARE APPLICABLE.**

The first night of the season is Tuesday 17th September 2013.

The night normally starts at 5.50pm with the calling of Athletes to line up in their respective AGE GROUPS. Competition will commence at 6.00pm.

If athletics is CALLED OFF due to WET WEATHER:

Text **EMLAC** to **199BBSMS (19922676)** after 5.00pm. Please note that a cost of \$0.55 will apply.

You will receive your return SMS in a matter of moments.

***** PLEASE REMEMBER THIS AS IT WILL SAVE A LOT OF CONFUSION *****

INTER CLUB COMPETITION DAYS

Throughout the season carnivals are held by different centers. You can attend any of these. You do not have to qualify or be selected.

Information received concerning these carnivals will be placed on the Notice Board outside the Canteen. Please **DO NOT REMOVE** any of these notices as other people may like to get the information on these carnivals also.

Copies of the carnival notices are kept by the Secretary or Officer for Publicity and Public Relations. Please see either of these people to get a copy off them.

Carnival notices will also be available on our website (www.emalac.org.au).

ZONE SELECTION

The selection of an athlete to represent our Centre at the Zone Championships will be based on the athlete's Centre performances (Tuesday Night Competitions).

Any Athlete is eligible to compete at these Championships. Athletes are allowed to choose their event preference. All Athletes are encouraged to attend.

Under 7 and up go to Zone. Under 8 and up go to Regional and under 9 and up go to State.

If more nominations are received than the centre is allowed for that event, the decision on who will compete in the event will be made by our Officer for Records and Rankings. ALL ATHLETES WHO ARE SELECTED WILL BE NOTIFIED ACCORDINGLY.

ASSISTANCE

It is important that Centre Athletics is enjoyable and is as well run as possible for your children.
BUT FOR THIS TO HAPPEN WE NEED YOUR HELP.

Don't worry if you feel you do not know how to assist. It is very simple and there will be a number of people to show you what to do and to help you. You will find it quite enjoyable.

Please come forward if called upon to help. It makes the competition run easier and quicker, which means everyone gets home that little bit earlier.

POINT SCORE

Athletes are awarded points for all events that they participate in on each Club night. A point score system, as decided by the Executive Council, will be operating throughout the season.

Points will be deducted from an Athlete's point score if, in the opinion of the Executive Council, the Athlete is not trying his/her best and trying to rort the point score system.

HOW DOES THE POINT SCORE SYSTEM WORK

ELIGIBILITY

An Athlete will only receive points in the point score system after registration fees are paid and they receive a registration number from our Registrar.

An Athlete who is trialling with our Centre will not receive points in the point score until registration fees are paid and they receive a registration number from our Registrar. The period the Athlete is trialling will be recorded in the award participation criteria.

POINTS

Athletes are awarded points for all events they participate in. All points allotted to the Athlete are then added to get a total for each night of competition.

The point score is based on 85% of available competition nights. If an Athlete attends more than 85% of their available competition nights then the best 85% of their competition nights totals are used.

If an Athlete attends less than the 85% of their available competition nights they receive **NO POINTS** for the nights they miss.

COACHING

In specific events coaching is conducted throughout the season.

Contact The Officer for Coaching and Education, look in the Newsletter or on the Notice Board for the times they will start.

It is an ideal opportunity for all Athletes to learn new skills.

AWARDS

Awards are presented at the end of the season in the following categories:

1. TINY TOTS:

As there is no competition for this Age Group all Registered Athletes will receive Trophies provided they meet the Eligibility Criteria listed below.

Those who do not meet the Eligibility Criteria will receive Certificates.

2. AGE GROUPS:

The top four athletes in the point score, in each age group. i.e. The top 4 Under 6 Girls and the top 4 Under 6 Boys etc.

All other athletes in the Age Group will receive Medals provided they meet the Eligibility Criteria listed below.

Those who do not meet the Eligibility Criteria will receive Certificates.

3. JUNIOR CHAMPION BOYS AND GIRLS:

The athlete as decided by their performances in all events throughout the season in the Under 6 to Under 11 Age Groups.

4. SENIOR CHAMPION BOYS AND GIRLS:

The athlete as decided by their performances in all events throughout the season in the Under 12 to Under 17 Age Groups.

5. ENCOURAGEMENT AWARD:

This award is given to the athlete who the Executive Council decides is the most worthy.

6. REGIONAL AND STATE CHAMPIONSHIPS:

Athletes who QUALIFY, ATTEND and COMPETE at these CHAMPIONSHIPS.

7. SERVICE AWARD:

This award will go to athletes who have continuous service with the Centre for 5 Years, 7 Years and 10 Years.

ELIGIBILITY CRITERIA:

TO BE ELIGIBLE FOR THE ABOVE AWARDS AN ATHLETE MUST ATTEND AT LEAST 75% OF COMPETITION NIGHTS. SICKNESS, INJURY AND FAMILY MATTERS WILL BE TAKEN INTO ACCOUNT AND REVIEWED AT THE DISCRETION OF THE EXECUTIVE COMMITTEE.

NOTE: NOTIFICATION OF SICKNESS, INJURY AND FAMILY MATTERS MUST BE MADE TO THE OFFICER FOR RECORDS AND RANKINGS ON THE NIGHT OF ABSENCE OR THE FIRST NIGHT THE ATHLETE RETURNS.

**PLEASE SUPPORT ANY FUND RAISING
THE CENTRE CONDUCTS AS FUNDS
GO TOWARDS NEW EQUIPMENT
AND CHILDREN'S FUNCTIONS.**