



# **Rosslyn O'Brien**

## **Members'**

### **Handbook**



*Season 2023/24*

# **Roslyn O'Brien**

## ***The Matriarch of Aspley Little Athletics***



**Aspley Little Athletics is forever indebted  
to the work of Paul and Roslyn O'Brien.**

Mr O'Brien was instrumental in the development and success of Aspley Little Athletics and Aspley Athletics and his contributions to Little Athletics Queensland were recognised by the granting of life membership in 2002. Paul O'Brien Oval was named in his honour in 1999.

His wonderful work and dedication for over 30 years was continued by his wife Roslyn. We are eternally grateful for Ros's involvement in the club over many years.

## **Acknowledgement of Traditional Owners**

We acknowledge the Traditional Owners of the Land - the Turrbul people of the Turrbul Nation and pay our respects to Elders past, present and emerging.

## **Vision Statement**

“To provide high quality track and field competition, coaching and facilities for the children of the North-Eastern area of Brisbane and its environs. To assist all children of all abilities to improve performance, enjoy participation in athletics and mature as healthy well-adjusted people”

## **General Rules**

- All athletes must have a parent or guardian present for the duration of competitions and coaching sessions.
- Full and correct uniform must be worn during competitions.
- Shoes are compulsory for all events.
- Spike shoes must be carried to each event and must be removed immediately on completion of that event.
- Little Athletics equipment only is allowed on the oval.
- Spectators are not permitted inside the running track.
- In accordance with the [LAQ Drug, Alcohol & Smoking Policy](#) smoking shall not be permitted in the competition arenas or spectator area during any Little Athletics competition. Premises and competition arenas are declared smoke free zones – smoking permitted only where a special smoking area is designated. Aspley’s designated smoking area is the area between the equipment shed and the road at the eastern end of the park.

## **Codes of Conduct**

Please refer to the Codes of Conduct and Zero Tolerance Policy in this handbook. It is an expectation that all members abide by these codes to ensure a happy, fun and safe environment for our children to participate within. Please contact one of our committee members should you need to discuss these codes or wish to report a breach of the codes.

**LITTLE ATHLETICS QUEENSLAND HAS A ZERO TOLERANCE APPROACH TO INNAPROPRIATE OR UNSPORTSMANLIKE BEHAVIOUR. THE FULL POLICY CAN BE FOUND AT**

**<https://laq.org.au/wp-content/uploads/sites/5/2018/11/Zero-Tolerance.pdf>**

## Regular Communications

The committee will provide regular updates throughout the season via email, Facebook and announcements throughout competition days. Please be sure to add the email addresses for each committee member in the following table to your safe senders list to ensure you receive all club announcements throughout the season. And check your email spam folder if an expected correspondence has arrived in your inbox.

## 2023-24 COMMITTEE

Name	Position	Phone	Email
Jeff Bayley	President/ Centre Manager	0405 120 900 (Club phone)	<a href="mailto:president@aspleyathletics.com">president@aspleyathletics.com</a>
Carmen Sims	Vice President/ Officials' Officer	Contact via club phone	<a href="mailto:arena@aspleyathletics.com">arena@aspleyathletics.com</a>
Chris Blinco	Secretary	Contact via club phone	<a href="mailto:secretary@aspleyathletics.com">secretary@aspleyathletics.com</a>
Chris Blinco	Treasurer	Contact via club phone	<a href="mailto:treasurer@aspleyathletics.com">treasurer@aspleyathletics.com</a>
Nikki Blinco & Cziely DeSouza	Recorders	Contact via club phone	<a href="mailto:recorder@aspleyathletics.com">recorder@aspleyathletics.com</a>
Michael Draper	Registrar	Contact via club phone	<a href="mailto:registrar@aspleyathletics.com">registrar@aspleyathletics.com</a>
Greg Heskett	Coaching Co- ordinator	Contact via club phone	<a href="mailto:coach@aspleyathletics.com">coach@aspleyathletics.com</a>
Carolyn Draper	Canteen and Uniforms	Contact via club phone	<a href="mailto:uniforms@aspleyathletics.com">uniforms@aspleyathletics.com</a>
Tahana Clun	Fundraising	Contact via club phone	<a href="mailto:fundraising@aspleyathletics.com">fundraising@aspleyathletics.com</a>
Genia Porter	Public Relations Officer	Contact via club phone	<a href="mailto:media@aspleyathletics.com">media@aspleyathletics.com</a>

## Training

Our coaches will be available at training to discuss your child's progress and any concerns you may have. Although training is not compulsory, it is encouraged as this time is dedicated to assist in further athlete development. Coaches are available each week on competition days, however the focus is to ensure smooth running of each activity and support a pleasant member experience. If training is cancelled due to adverse weather the club will post a notification on our Facebook page.

Monday and Wednesday are our training nights commencing at 5.30pm. Further information on specific training times is outlined in the below table:

Mondays		Wednesdays	
U6 - U8	U9 & over	U7 - U8	U9 & over
5.30pm - 6.30pm	5.30pm - 7pm	5.30pm – 6.30 pm	5.30 – 7pm

## Competition Days

Our competition days from 02 September 2023 to 25 November 2023 will be run on Saturday mornings commencing at 8am each week.

In 2024 our competition days will change to Friday nights starting 5 January 2024 to 09 March 2024, commencing at 6.00pm. Our expectation is that you arrive at 20 minutes prior for warm up and to conduct small presentations prior to the commencement of each meet.

Note: If any competition day is cancelled due to adverse weather or other competitions it will be posted on Aspley Little Athletics Facebook page or you can text/call the President on 0405 120 900.

PLEASE REFER TO THE SEASON CALENDAR ON THE FOLLOWING PAGE. THIS CAN ALSO BE FOUND ON OUR WEBSITE [WWW.ASPLEYLITTLEATHLETICS.COM](http://WWW.ASPLEYLITTLEATHLETICS.COM)

## Annual General Meeting & Presentation Day

Our Presentation Day and AGM is usually held in April/May each year after the conclusion of the season.

## Presentation Day

Trophies and awards are based on a number of factors throughout the season, including personal best levels. Athletes must compete in a minimum of 4 club competitions in addition to the club championships competition meets to be eligible for an award/trophy.

## CALENDAR FOR 2023 - 2024 SEASON

### Saturday Morning Competition (8:00 am Start)

19th August 2023 (9am - 12noon)	<i>Registration collection day &amp; field events officiating sessions</i>
26th August 2023 (1pm - 3pm)	<i>Registration collection day &amp; field events officiating sessions</i>
2nd September 2023	Centre Competition Meet
9th September 2023	Centre Competition Meet
16th September 2023	Centre Competition Meet
23rd September 2023 (School Holidays)	Centre Competition Meet
23rd September 2023 (School Holidays)	<b>LAQ Coles Spring Carnival - Bundaberg</b>
30th September 2023 (School Holidays)	Centre Competition Meet
7th October 2023	Centre Competition Meet
14th October 2023	Centre Competition Meet
21st October 2023	Centre Competition Meet
28th October 2023	<b>LAQ Coles Summer Carnival - QSAC</b>
28th October 2023	Centre Competition Meet
4th November 2023	<i>No ALA Centre Competition Meet</i>
4th November 2023	<b>Met North Regional Relays - ARANA LA Centre</b>
11th November 2023	Centre Competition Meet
18th November 2023	Centre Competition Meet
25th November 2023	Centre Competition Meet (last one for the year)
2nd December 2023	<b>LAQ McDonalds State Relay Championships - QSAC</b>

### Friday Night Competition (6:00 pm Start)

5th January 2024 (School Holidays)	Centre Competition Meet
12th January 2024 (School Holidays)	Centre Competition Meet
19th January 2024 (School Holidays)	Centre Competition Meet
26th January 2024 (Public Holiday)	<i>No ALA Centre Competition Meet</i>
2nd, 3rd & 4th February 2024	<b>Met North Regional Champs - ARANA LA Centre</b>
2nd February 2024	<i>No ALA Centre Competition Meet</i>
9th February 2024	Centre Competition Meet
16th February 2024	Centre Competition Meet - <b>Championships 1</b>
23rd February 2024	Centre Competition Meet - <b>Championships 2</b>
1st March 2024	Centre Competition Meet - <b>Championships 3</b>
2nd & 3rd March 2024 *	<b>LAQ McDonalds Combined Events Championships - QSAC</b>
8th March 2024	Centre Competition Meet - <b>Championships 4</b>
15th March 2024	Centre Competition Meet (Wet Weather Backup date)
22nd, 23rd, 24th March 2024 *	<b>LAQ McDonalds State Championships - QSAC</b>
<b>TBA</b>	Aspley Little Athletics AGM & Trophy presentation

\* Dates yet to be confirmed by LAQ

\*NB\* **Bold** events are LAQ inter-club events

### **Volunteer Information**

Aspley Little Athletics policy states: If children are dropped at the centre for competition or training and do not have a parent or nominated guardian present, they will not be allowed to compete or train until that parent or guardian is present at the club.

It is important that all parents have a basic understanding of how to conduct events at a Little Athletics competitions. Without each parent's assistance, the competitions cannot go ahead.

### **Fees Policy**

Each family is required to be a financial member for their child to compete at centre competitions and entitles one parent to vote at the Annual General Meeting.

### **Parent Duties**

A volunteer bond is payable upon registration of an athlete (one bond per family). The volunteer bond will be refundable at the end of the season if parents/guardians complete a total of 100 volunteer points throughout the season. It is a requirement that you must complete a portion of your roster before the Christmas break (if you sign-on before Christmas) and a portion after the Christmas break. There will be a number of other opportunities throughout the year to attend working bees that will also count towards your volunteer contribution for the season. If the required number of roster commitments are not fulfilled, you will forfeit your volunteer bond and your child will not be eligible to receive a trophy at the end of the season.

Please ensure that your name has been recorded on the weekly Volunteer duties register each week. The committee will provide an update at the halfway point of the season and prior to club championships to assist each family to track their volunteer commitments.

Examples of volunteering opportunities around the Club are:

- Setup and Packup
- Age Group Marshal
- Age Group Assistants
- Canteen
- Baked Goods Donations
- BBQ
- Assistant Recorder
- Starter
- Starting/Finish Marshall

## Coaching and Officiating

We are very fortunate at the club to have a great team of young professional athletics coaches available each week to assist our athletes during competitions and to provide training sessions throughout the week.

Our training nights for the 2023/24 Season will be:

Mondays		Wednesdays	
U6 - U8	U9 & over	U7 - U8	U9 & over
5.30pm - 6.30pm	5.30pm - 7pm	5.30pm – 6.30 pm	5.30 – 7pm

We encourage all our athletes to learn to compete each week without the need for coaching during competition. However minor feedback provided by coaches and parents will assist the athletes to continue to learn, grow and develop in this environment.

For those parents that are interested in becoming a coach or official please refer to the following information or speak with a member of the committee.

### Introduction to Coaching and Officiating

An online course offered by the Sport AUS to introduce coaching and officiating in the community. This course is a general course that is not sport specific to athletics.

[https://www.sportaus.gov.au/coaches\\_and\\_officials/coaches](https://www.sportaus.gov.au/coaches_and_officials/coaches)

Level 1 - Basic grading aimed at coaches and officials who want to officiate at Little Athletics Centre/Club or School level. Involves online learning and passing a short multiple-choice quiz. You can choose which events you would like to officiate in or you can work through all of them.

### Horizontal Jumping Events (Long Jump and Triple Jump)

Required volunteers:

- Recorder: Usually the age marshal.
- Raker: After each jump rake the sand back to fill in the shoe print holes the children leave.
- Spiker: After each child jumps place the metal spike at the imprint in the sand closest to take off board. If you are unsure the chief judge will help you.
- Chief Judge: This person is in charge of making the decisions, seeing where the foot has landed on the take-off board and determining if it is a foul jump. This



person measures each jump and has control of the runway to make sure each jump is safe for each child. This job is typically conducted by someone with a qualification. These qualifications are simple to attain please speak to officials' officer Carmen Sims

Please be aware the children will be running at full velocity along the runway and a collision with any child running could cause serious injury. For this reason, we ask that you ensure the runway is clear before an athlete is allowed to jump.

### **High Jump (Scissors and Flop High Jump)**

Required volunteers:

- Bar replacement assistant: If the bar gets knocked off place back on the uprights.
- Recorder: Usually the age marshal. If the child clears the height write a 'o' in the column corresponding to the current height. If the child does not make the height write 'x' in the column corresponding to the current height.  
If the child wishes to pass place a '-' in the column corresponding to the height.
- Chief Judge: The person in charge of the event. This person will nominate the height of the bar and adjust the bar accordingly. This person is also responsible for determining if a jump is a foul jump or not.  
This job is typically performed by someone with a qualification.

### **Throws (Shot Put, Discus and Javelin)**

Required volunteers:

- Recorder: Usually the age marshal.
- Retriever: Returns the implements to the throwing area.
- Spiker: Places the metal spike where the implement lands. If you are unsure of any decision consult the chief judge.
- Chief Judge: This person ensures each child enters the throwing area and doesn't place their foot over the front line of the javelin runway or rim of throwing circle. For shot put the chief judge is also in charge of determining whether correct technique has been used (i.e., whether the throw is legal or a foul)

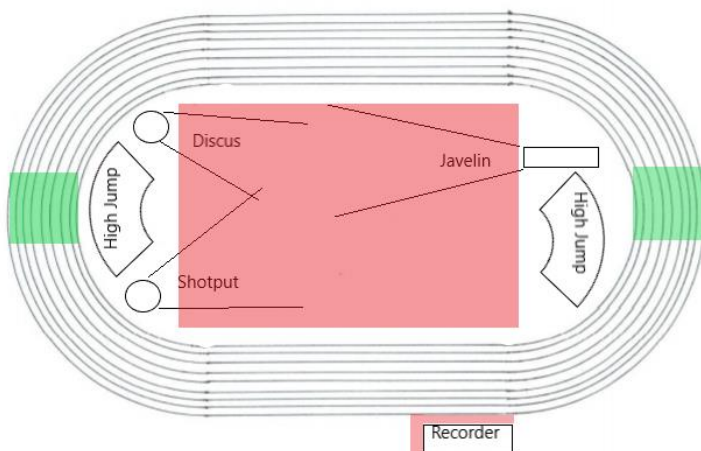
Throwing implements are extremely dangerous and can cause serious injury or death. We ask that all parent helpers make sure young children are kept out of and away from the throwing sectors. We also ask that you wear closed in shoes.

## Important Safety Information

To ensure the safety of all athletes, coaches, officials and spectators, we require a minimum of 6 parent helpers for each of the U6 to U8 age groups. For the U9 to U17 age groups, at least 3-6 parent helpers are required. To ensure smooth functioning of weekly competitions all spectators **MUST** stay off the track and out of the middle of the field (red marked area below) while athletes are competing. This includes athletes waiting for their events to start.

No athletes, spectators or parents are permitted to use athletics equipment without the appropriate supervision and permission by club officials and coaches.

If athletes and their families need to cross the track to get to their field events this can be done on either side of the field (see green areas in the following diagram). We also ask that parents and children do not congregate around the recorder's tent as we need a clear line of sight to all track events. Only volunteers with official club vests are permitted to be in the field of play for each event.



## **Uniform Policy**

The wearing of uniforms in Little Athletics performs two very important tasks:

- To provide protection from the elements and;
- To provide a means of identification of the athlete

It is strongly recommended that all athletes in the wear the approved Centre polo shirt or sun safe compliant top when on the competition arena between events.

All competing athletes must wear the correct centre uniform. Failure to comply may lead to the athlete's expulsion from the competition arena.

Centre uniforms must abide by the following:

Polo shirt must be offered by the centre

Approved crop tops and/or singlets may be worn

The shirt must overlap the bike pants/shorts/skirt by not less than 10cm

Compression garment tops (if worn by athletes) cannot be visible

Bike pants/compression garments shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs

Bike pants/compression garments shall extend a reasonable length down the legs covering the buttocks and the upper thigh

If boys choose to wear bike pants/compression garments as part of their uniform, they must wear sports shorts over the top. Bike pants/compression garments on their own are not acceptable for boys

Bike pants/compression garments may be worn under shorts if they are the correct uniform bottom colour or black. Coloured stitching is permissible

## **Age Labels/Registration Numbers**

Registration patches are to be affixed to the front of the uniform top and must be entirely visible

The age label is to be affixed to the left chest of the uniform top including crop top and singlet

The right chest side of the uniform top must be reserved for LAA sponsorships (e.g., Coles patch).

A diagram of the required placement of uniform patches is shown at the end of this document.

Spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks / slugs installed. Any athlete not exercising care when using spikes may be disqualified from wearing them

## **CODES OF CONDUCT** (taken from [Little Athletics Queensland website](#))

### **Athlete**

Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.

Participate for your own enjoyment and benefit.

Always respect the official's decision.

Never become involved in acts of foul play.

Honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.

Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.

Care for and respect the facilities and equipment made available to you during training and competition.

Safeguard your health. Don't use any illegal or unhealthy substances.

Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.

Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

### **Coach**

Actively discourage foul play and/or unsportsmanlike behaviour by athletes.

Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.

Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.

Teach athletes that an honest effort and competing to the best of their ability is as important as victory.

Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.

Always consider the health, safety and welfare of the athletes.

Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.

Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.

As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

### **Official**

Be impartial! Also, be consistent, objective and courteous.

Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially competition days.

Accept responsibility for all actions taken.

Avoid any form of verbal contact with coaches, team officials, parents and spectators during competition.

Avoid any situation which may lead to a conflict of interest, both on and off the field.

Condemn all and every instance of unsportsmanlike, foul or unfair play.

Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.

Show concern and caution towards sick and injured athletes.

Officiate to the age and/or experience of the athletes.

### **Parent/Spectator**

Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.

Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.

Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.

Encourage athletes to play by the rules and to respect opposing athletes and officials.

Never ridicule or scorn an athlete for making a mistake, respect their efforts.

Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.

Participate in positive cheering that encourages the athletes in the Centre you are supporting.

Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.

Remember that children participate in Little Athletics for their own enjoyment, not yours!

At all times follow the directions of the Arena Manager and/or other competition day officials.

Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.

Uniform Policy

## Tops

Athletes may wear a polo shirt, singlet, crop top, t-shirt or bodysuit in the colours and design approved for their Centre by LAQ.

- All Centres must provide the option of a polo shirt to ensure a sun-safe choice for athletes. Singlets, crop tops, t-shirts or bodysuits can be offered in addition, at the Centre's discretion.
- Crop tops are to be of sufficient size to clearly display the registration label so that the registration number and sponsor logo are entirely visible. The depth of the crop top must not be less than 15cm.

Compression garment tops must be the approved centre uniform in colour or predominantly black.

### Logo & Patch Placement

- Registration bibs are to be affixed to the front of the uniform top and must be entirely visible.
- The age label is to be affixed to
  - The left shirt sleeve or,
  - For a top without sleeves, on the left leg of the bottoms and not be covered by the top.
- The Coles patch which is a National membership requirement, is to be attached to the right breast of all Centre uniforms. These patches are required to be sewn on and are to cover any previous logos/patches.
  - Centres may choose to sublimite the Coles logo onto their uniforms but must contact LAQ for assistance.
- A club sponsor logo may be included in the centre, below the neckline, to a maximum size of 25cm<sup>2</sup>.
- The left breast may include the Centre logo to a maximum size of 40cm<sup>2</sup>.
- A club sponsor logo is permitted on the lower back, to a maximum size of 30cm x 10cm.
- LAQ reserves the right to set aside other parts of Centre uniforms for LAQ sponsorship at their absolute discretion.



## Bottoms

Athletes may wear shorts, skirts, bike pants, racing briefs or compression garments as approved by LAQ.

- Athlete bottoms shall comply with the approved centre uniform colour or be predominantly black.
- Bike pants, compression garments and shorts shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs.
- A manufacturers logo is permitted provided it is no larger than 5cm x 5cm.
- A club sponsor logo is permitted to a maximum size of 10cm x 5cm.

## Socks

Socks or compression socks are not considered part of the Centre uniform.