



Rosslyn O'Brien

Members'

Handbook



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 INNAPPROPRIATE 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.

2022-23 COMMITTEE

Name	Position	Phone	Email
David Heidrich	President/ Centre Manager	0405 120 900 (Club phone)	president@aspleyathletics.com
Carmen Sims	Vice President/ Officials' Officer	Contact via club phone	
Chris Blinco	Secretary	Contact via club phone	secretary@aspleyathletics.com
Chris Blinco	Treasurer	Contact via club phone	treasurer@aspleyathletics.com
Nikki Blinco & Cziely DeSouza	Recorders	Contact via club phone	recorder@aspleyathletics.com
Michael Draper	Registrar	Contact via club phone	registrar@aspleyathletics.com
Matt Hesse	Coaching Co- ordinator	Contact via club phone	coach@aspleyathletics.com
Carolyn Draper	Fundraising, Canteen and Uniforms	Contact via club phone	uniforms@aspleyathletics.com fundraising@aspleyathletics.com
Genia Porter	Public Relations Officer	Contact via club phone	media@aspleyathletics.com

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 03 September 2022 to 26 November 2022 will be run on Saturday mornings commencing at 8am each week.

In 2023 our competition days will change to Friday nights starting 6 January 2023 to 10 March 2023, commencing at 6.00pm Our expectation is that you arrive at 25 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

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 2022 - 2023 SEASON

Saturday Morning Competition (8:00 am Start)

20th August 2022 (9am - 12noon)	Registration collection day & field events officiating sessions
3rd September 2022	Centre Competition Meet
10th September 2022	Centre Competition Meet
17th September 2022	Centre Competition Meet
24 September 2022 (School Holidays)	LAQ Spring Carnival - Bundaberg
1st October 2022 (School Holidays)	Centre Competition Meet
8th October 2022	Centre Competition Meet - Bring a Friend
15th October 2022	Centre Competition Meet
22nd October 2022	LAQ Summer Carnival - SAF Nathan
29th October 2022	Centre Competition Meet
5th November 2022	*No ALA Centre Competition Meet*
5th November 2022	Met North Regional Relays - Redcliffe
12th November 2022	Centre Competition Meet
19th November 2022	Centre Competition Meet
26th November 2022	Centre Competition Meet
3rd December 2022	LAQ State Relay - SAF Nathan

Friday Night Competition (6:00 pm Start)

6th January 2023 (School Holidays)	Centre Competition Meet
13th January 2023 (School Holidays)	Centre Competition Meet
20th January 2023 (School Holidays)	Centre Competition Meet
27th January 2023	Centre Competition Meet
3rd February 2023	*No ALA Centre Competition Meet*
3rd, 4th, 5th February 2023 (Friday - Sunday)	Met North Regional Championships - Strathpine
10th February 2023	Centre Competition Meet - Championships 1
17th February 2023	Centre Competition Meet - Championships 2
24th February 2023	Centre Competition Meet - Championships 3
25th, 26th February 2023 (Saturday & Sunday)	LAQ Combined Events Championships - SAF Nathan
3rd March 2023	Centre Competition Meet - Championships 4
10th March 2023	Centre Competition Meet - Wet weather back up date / break up
24th, 25th, 26th March 2023 (Friday - Sunday)	LAQ State Championships - Townsville
TBA	Aspley Little Athletics AGM & Trophy presentation

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 2022/23 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

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)

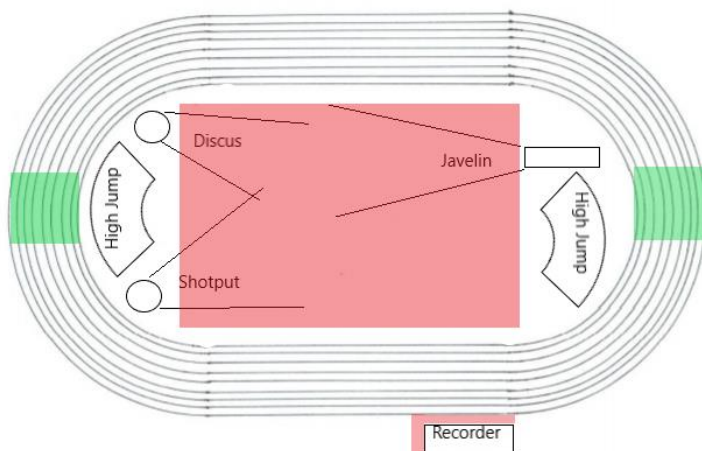
Throwing implements are extremely dangerous and can cause serious injury or death. We ask that all parent helpers make sure young children are kept out of and away from the throwing sectors. We also ask that you wear closed in shoes.

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:

Crop Tops/Singlets (U13 – U17 athletes only)

Approved crop tops and/or singlets may only be worn by U13 – U17 athletes

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 shirt sleeve or, in the case of a crop top or singlet, on the left side of the shorts or similar

The right sleeve and front 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.

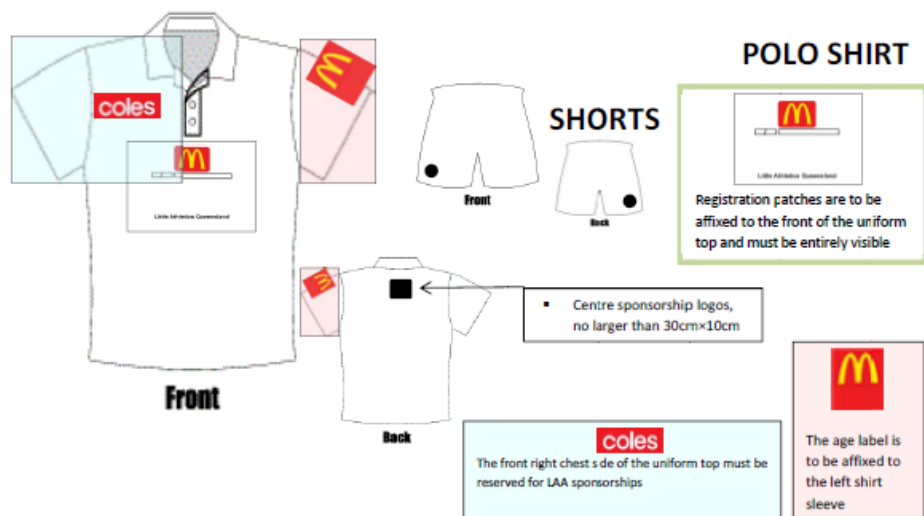
Participate in positive cheering that encourages the athletes in the Centre you are supporting.

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.



SINGLET & CROP TOP

