

2019/20 Start of the Season Information

Welcome to all parents and athletes for the start of the 2019/2020 season. There is quite a bit of information listed out in the next few pages but it will help all parents and athletes. There is a special section at the end for new parents to read.

Registration Numbers and Pack Pick Up Day

Pack pick up day will still go ahead on **Saturday September 21st from 9am -12pm**. Registration numbers that have not been picked up will be available on the first 2 Saturday morning competitions. New athletes must bring proof of age. It is at McGillivray Oval near the sea containers.

Uniforms will be on sale or ready for pick up at the first few competition mornings. EFTPOS facilities will be available. Prices are \$35 each for the shorts and tops and boy's bike pants. We have Hoodies \$50 and Long Sleeve tops \$35. Old uniforms and uniforms will be on sale for a heavily reduced price. Old uniforms are great for training. Please bring safety pins for your numbers and badges.

Uniforms - VERY IMPORTANT!

Please make sure that your child's first initial and surname is clearly written on their registration number. With the electronic recording system in place, this will make the track recorders job much quicker. You should also have **UWA written in the space provided**, Coles tag, age-tag and registration number should be attached as below. Uniforms do not need to be worn to training. **2018/19 member's use last year's registration numbers and will need new age –tags.**

NUMBER PLACEMENT ON ATHLETE'S UNIFORM:



Training and Opening Weekend

Our new season will get underway with training starting on Tuesday October 8 for U11 –U17 and Thursday October 10th for U7 and up. Our first competition day is on Saturday 12th October (*last weekend of the holidays*). **For new families look for the age-group signs on the hill and wait for your coach to come and get you.**

Training times are as follows:

Tuesday U11-U17 5.15pm-6.30pm
Thursday U7-U10 4.45pm-6.00pm U11-U17 6.00pm-7.15pm

Athletes will stay with their coaches and managers during training session and throughout the competition.

Competition Day

We begin with **Roster 1 of the Competition Program**. The competition program is available under the Calendar and Programs tab on our website. Our competition program starts at 8am sharp so please arrive at 7.45am sharp for warm-up and so new parents can familiarise themselves with the layout and roster sign in. On the first competition day we will be announcing our Centre Captains for the season.

Training and Competition Requirements

Please make sure children have a labelled water bottle, hat and sunscreen at all times. Mosquito repellent is sometimes needed for night training as the weather warms up. Older athletes may wish to bring small towel and track top and/or bottoms. Uniforms only need to be worn for competitions. Please note we also have state events over the season (in yellow on our competition calendar). These are run by Little Athletics WA (LAWA) and information will be sent out prior to each event. Please note if your child is in a state event you must do a roster for this event that is separate to your UWALAC roster.

Changes this season

Hurdles

The Under 11 and Under 12 athletes will change from 60m Hurdles to 80m Hurdles

Centre Handbook

Is currently being finalised and will be added to the website and all members notified. This has all the rules and is full of information on our centre for parents and athletes.

Important Information re McGillivray Oval

- Please keep to the **speed limits** when entering and leaving McGillivray Oval for everyone's safety.
- The **water** being used by UWA for watering its grounds is recycled and unfit for drinking. It is not recommended that anyone have any skin contact with the water either - it comes from the sewerage plant.
- Due to the huge number of athletes competing this season we advise that **DOGS are not permitted** on the arena or grounds **during training or competition**.
- The cricket pitch area **on the lower oval** is off limits to all children.
- Children are not permitted to play on the high jump mats **or get on top of the containers**.

Child Safety

Children should be taken to the toilet before training and competition as having to take children to the toilet is very disruptive for the coaches. Children in age-groups U12 and below are not permitted to go to the toilet without an adult. Please make sure your child is aware of this rule and does not leave their coach without permission.

First Aid and Medical

First Aid is available from the Information Tent on competition days only. We have parents that are trained medical practitioners on duty. Parents are responsible for any medications and need **to make both the coach and manager aware of any medical conditions/other conditions that their child has**. Any medications required should be placed in a clear bag and labelled with your child's name. We also have a physiotherapist (Activate Physio) on site for competitions. We do have a medical kit available at trainings and ice for injuries.

Centre Communication

We send our regular emails and newsletters-please read them. Your individual age-group coaches and managers will also contact you. Make sure you check our website for regular updates. We are on Facebook: <https://www.facebook.com/UWALAC>. Please check your handbook for event rules and further information. We ask everyone to download our **UWALAC APP** for instant notifications-details are on the website.

Contact Information

Please check that your coach/club has your correct contact details. It is very important that we maintain an accurate database. If you decide to stop participating in Little Athletics, then please let us know as soon as possible as we have waitlists in most age-groups. Also please let your coach know if there are any medical issues. You can update your contact details in Results HQ at any time.

Information Desk

We have an information desk and board located by the canteen and storeroom. Copies of the event programs and other important club information will be available to view on the board. There is also **a message log that you can write any queries or questions in**. This is collected at the end of competition each Saturday and answered by UWALAC admin. We also have a club pick up box at the desk for athletes or parents who have been told to collect something. Look for the UWALAC blue and yellow tent.

Code of Conduct

We ask that all parents and athletes are aware of the club Code of Conduct available in the handbook or on the website.

Results

You can log in to your ResultsHQ profile using your username and password to see them. Please note that results do go up live as they are being entered so it's best to wait until at least 72 hours after a competition as we are still checking them all and often changes are made. Once finalised a centre summary will be also be posted under the results tab on our website. Wednesday is normally the day results are final. If there is any error with any result please email contact@uwalac.com with your child's name, age-group and issue.

Parent Roster-PLEASE READ CAREFULLY

Our sport relies heavily on parent help to make our competition run both effectively and efficiently. **The updated parent roster will come out prior to the first competition**. Committee Members and senior officials will be available to help you over the first few weeks. The rules are available on our website. For new parents of younger athletes, if you are on roster and your child finishes before you-speak to your coach and they will bring them across to your event. There is plenty of information on the website regarding parent roster and there is a summary under the **further information for new parents**.

Lost Property

We have a large lost property box at the Centre Information desk each Saturday morning or Twilight meet. Lost property is kept for 4 weeks before we donate it to charity. The lost property box is a giant yellow wheelie bin so it is easy to locate.

Behaviour and Safety

Please remember that our coaches and specialist coaches are all parents volunteering their time. Although they are very well trained and accredited, very few are trained teachers. Our coaches are there to teach your child how to run, jump and throw and to participate in events in a fun safe environment. We are very strict on safety due to the nature of the events. If a child behavior is causing issues to their safety or to that of others in the group, then the parents will be directly contacted by the Centre and they may have to stay with the group during training and competitions.

Rules

Equipment specifications, rules for each event and spike rules are all listed on our website. They will also be listed in our handbook. If you need clarification, please check with your coach or email contact@uwalac.com

Further Information for New Parents and Athletes

New athletes meet the coaches and managers for training and competition days at the large metal signs with the age-group number indicated at the bottom of the hill. They are very easy to locate. We operate as one giant club with no marshalling or PA calls.

The coach and manager will be wearing vests with the age-group number that clearly identifies the group. **Boy's coaches wear orange** and **girl's coaches wear yellow**. The coaches and managers will move from event to event with their group. Any illnesses/injuries should be reported to the coach/manager at the start of the session.

Parents are invited to follow their child's group but please be aware of the track and **please do not cross the centre of the arena for your own safety.**

Competitions

Our competition program is based on a week 1 and week 2 roster which rotates over the season. These programs are available on our website. There are some waiting times between events and while children wait for their turn to race, jump or throw. We encourage parents to warn new athletes (especially younger ones) that this may occur so they know what to expect. It is part of the sport of athletics. There are always plenty of other events on for children to watch. Coaches will let their athletes know all the protocols for racing, throwing and jumping.

After the first 2 weeks of competition the computer will automatically place athletes in order based on their results so that races with athletes of similar ability will occur and athletes will throw and jump in proximity to those with similar ability. **Our focus at UWA is on achieving personal bests or PB's and not on winning events.**

Please be aware that parent rosters often run later than the program for U7-U9 athletes. If you are on roster-regardless of the time your child finishes-you are expected to complete your roster. As mentioned for younger athletes you can organise for your coach/age manager to walk them over to your site if they finish before you. We have a wonderful canteen in operation on competition days and a coffee van.

We also advise that children pack some fruit to eat throughout the morning competition. **PLEASE LABEL all items of clothing and containers.**

We rarely cancel a competition or training due to weather. However always check the website and Facebook if you are unsure if a competition is going ahead due to weather. In Hot weather we follow special protocols to keep our athletes hydrated and safe.

Pick Up: Please make sure you arrive promptly for pick up from training and competitions if you are leaving your child at the venue.

State Events: Over the season UWALAC athletes are also invited to attend State Events. These are run by Little Athletics WA (LAWA) and we will make sure you are updated with this information. At State events our athletes compete against other centres from around Western Australia.

New parents please check out the following tabs on our website:

About UWALAC, Events for each age-group and FAQ's for more information

The University of Western Australia Little Athletics Centre
M: 0412 101 047 | E: contact@uwalac.com | W: www.uwalac.com

Parent Roster Information

Parent Roster-PLEASE READ CAREFULLY

Our sport relies heavily on parent help to make our competition run both effectively and efficiently. Parents are on 7 rosters over the season, the dates are on the website and correspond with the competition program i.e. roster 1 or roster 2.

All the rules for events are located on our website-please read them for your site

- We begin our first weekend with parent roster 1. **Parents on set up please be at McGillivray at 6.15am sharp. Equipment set up managers are required at 6am.** All other parents should report directly to their site at 7.50am **after signing in.**
- Please make sure you sign in for your roster in the **orange roster files located at the information tent/stand and tent** on the way to your site **and on completion of your roster** for the day.
- **All parent rosters are electronically tracked** so we can account for parents on sites. Each area will have a site official allocated to help train new parents and make sure that all sites are run efficiently. Site Officials will be wearing bright green vests.
- If your site finishes before 11am please see the Arena Manager or ask the announcer before leaving as other sites may need help.
- If you cannot do your **roster please try and swap with another person on the alternate roster** or you can **contact a student from the student list and pay them to do your roster.** These students are ex-athletes who are trained in all aspects of athletics.
- Parents who cannot do their roster due to exceptional circumstances must email contact@uwalac.com with **PARENT ROSTER** in the subject line so it can be noted on the database. Please do not call or text club phones or phones of committee members. We maintain the roster from one point which is through the club email address.
- Our parent roster will be regularly updated and emailed out to all parents.
- Please do not worry if you are new-we have plenty of wonderful families on sites that will help and coaches and Key Officials will lend a hand over the first few weeks.
- **Parents on pack up** are to report to the equipment Manager at 11am sharp at the UWALAC tent.
- **Hurdles roster** please report to the information desk on a Saturday morning to get your fluoro vest to wear and instructions.
- **Tuesday and Thursday parents** who are on roster sign in the orange file in the equipment storeroom. You will be shown what to do by our equipment manager Hamish Lyons.

Tuesday roster is from 4.45pm sharp until 7.00pm

Thursday roster is from 4.45pm sharp until 7.15pm

- Parents who are on weekly rosters/stock pick up etc will be emailed by the centre.

For the first 2 weeks of competition we will have official controllers and committee members helping at sites and training new parents.

UWALAC 2019-20 Competition Calendar - Draft 1

Date	Day	Program	Where	Parent Roster
12 th October	Saturday	UWALAC 1	McGillivray Oval	1
19 th October	Saturday	UWALAC 2	McGillivray Oval	2
26 th October	Saturday	UWALAC 1	McGillivray Oval	1
2 nd November	Saturday	UWALAC 2	McGillivray Oval	2
9 th November	Saturday	UWALAC 1	McGillivray Oval	1
16 th November	Saturday	UWALAC 2	McGillivray Oval	2
17 th November	Sunday	Junior Athletics Carnival	State Athletics Stadium	State
23 rd November	Saturday	UWALAC 1	McGillivray Oval	1
23 rd November	Saturday	Nitro Event	Joondalup	TBA
30 th November	Saturday	UWALAC 2	McGillivray Oval	2
4 th December	Wednesday	UWALAC BIG 6	McGillivray Oval	Both
6 th , 7 th & 8 th December	Australian All Schools Championships Perth			
14 th December	Saturday	State Relay Champs	State Athletics Stadium	State
18 th January	Saturday	UWALAC 1	McGillivray Oval	1
1 st February	Saturday	UWALAC 2	McGillivray Oval	2
7 th February	Friday	Special Event	McGillivray Oval	TBA
8 th & 9 th February	Saturday & Sunday	State Multi Champs	State Athletics Stadium	State
15 th & 16 th February	Saturday & Sunday	State Zones Championships	Joondalup Oval	State
22 nd February	Saturday	UWALAC Centre Champs 1	McGillivray Oval	1
7 th March	Saturday	UWALAC Centre Champs 2	McGillivray Oval	2
13 th , 14 th & 15 th March	Friday, Saturday & Sunday	State Track & Field Championships	State Athletics Stadium	State
22 nd March	Sunday	Trophy Day	McGillivray Oval	TBC

UWALAC: Saturday Competitions start 8am Twilights start 5pm
Nitro Event: Special event for U14-U17 only

Training Times for 2019/20 Season

Tuesday	U11-U17: 5.15pm -6.30pm
Thursday	U7-U10: 4.45pm-6pm U11-U17: Thursday 6pm-7.15pm



Summary of Competition dates for the 2019/20 Season



Roster 1

12 Oct 26 Oct 9 Nov 23 Nov **4 Dec** 18 Jan 22 Feb

Roster 2

19 Oct 2 Nov 16 Nov 30 Nov **4 Dec** 1 Feb 7 Mar

Denotes Twilight Meet

7th Feb Special Event - TBA