



Information **HANDBOOK** **SEASON 2019-20**



HANDBOOK

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We are a Good Sports club



Child Safe Sport

Our club is committed to child safety and we...

- ✓ Have zero tolerance for child abuse
- ✓ Have systems in place to protect children
- ✓ Support and respect children with a disability and children from diverse cultures

VICSport **VICTORIA**
This resource is supported by the Victorian Government

Child Safe Sport

This is how sport should be...

✓

Fun, Safe, Friendly and Happy

If you do not feel this way, speak to:
Julie Hawken.

VICSport **VICTORIA**
This resource is supported by the Victorian Government



Like us' on **facebook** to stay in the loop & up to date with all happenings involving our centre.

Visit our website at: **www.cohunalac.com.au**

Welcome to the 'Cohuna Little Athletics Centre' Information Handbook for the 2019 / 2020 Athletic Season

Presidents Report – Season 2018/2019

Firstly, I would like to thank all the committee members for a great year. Thank you for all your hard work. Your dedication to helping out with the running of the Centre week after week, whether it be running the canteen, time keeping, recording results, line marking, coaching advice, setting and packing up, racking the pits, it wouldn't run so smoothly without you, so thank you.

We had another great season this year, even though numbers were a little down from the year before, we still had 61 kids register for the 2018/19 season. The kids were always full of enthusiasm, and their willingness to learn, take on advice and have fun, showed week after week. It was great to see the growth which the kids had achieved over the season.

Our open day was another huge success this year, with 157 registrations being taken, just a little down from last year. It was a great day for records to be broken, with Narelle being ran off her feet all day. We were lucky that the weather held off just in time for all events to wrap up. Thanks to Karyn Peace who had put together a hamper to raffle off on the day for some fundraising, the hamper looked great. And the canteen did a wonderful job keeping everyone fed and well hydrated all day.

We also had several of our athletes compete at other open days, regional and state events around the district with lots of success.

We secured a grant from the Coles Little Aths Fund for \$4800, which helped us to purchase some new hurdles and a hurdle trolley.

Our end of season break up was a great night. We held it at the club rooms this year with a surprise visit from Santa, which the kids loved. Thankyou to all the local businesses for their continued trophy donations, your donations are greatly appreciated.

We have several people stepping down from their positions this year.

Brooke Southern as secretary. Thankyou Brooke for your year as secretary.

Jade Southern as line marker. Thankyou Jade for all those weeks of line marking, without the lines, the kids would not be able to compete each week.

Fiona Smith as canteen manager. Fiona has been running the canteen for the last 4 years and has done an outstanding job every week. Thankyou Fiona.

I myself am also stepping down as President. Thankyou all for a wonderful 2018/19 season and look forward to seeing what new ideas the new committee bring to the 2019/20 season.

Kristy Webb

President – Cohuna Little Athletics Centre / Season 2018-19

➔ Officials - 2019/20 Season

No program of Little Athletics Competition can be held without the help of parents to act as officials. You do not have to be an athlete yourself to act as an official. Everybody can help in some way - by holding a tape, raking the sand or writing results, etc. Please support the Centre by doing your share when required.

Please refer to page 13 for more information on 'how you can help'.

President:	Rachel Warren	0400 177 149
Vice President:	Fiona Smith	0402 305 566
Secretary:	Karlee Gilmore	0407 041 683
Treasurer:	Julie Hawken	0419 584 054
Centre Registrar:	Mike Anthony	0419 669 006
Competition Manager:	Rachel Warren	0400 177 149
Results Manager:	Kristy Webb	0418 339 764
Canteen Manager:	Kayelene Heard	0457 320365
Uniform Officer:	Brooke Southern	0417 303 330
Handbook & Website Coordinator:	Nicole Gray	0412 448 206
Sponsorships & Trophies:	Narelle Anthony & Fiona Smith	0413 807 946 / 0402 305 566
Grants Co-ordinator:	Mike Anthony	0419 669 006
Sign-in Registrar:	Narelle Anthony	0413 807 946
Grounds Keeper / Line Marking:	Jade Southern & assistance	0457 320 365
Open Day Coordinator:	Mike Anthony	0419 669 006

Life Members: Mr. Bob Nichols, Mrs. Glenda Cleave, Mrs. Dolly Guy, Mrs. Sharyn Scott, Mrs. Coral Kervin, Mrs. Joy Crellin, Mrs. Gina Donat, Mr. Geoff Mann, Mrs. Bev Wood, Mrs. Gayle Anderson, Mr. Chris Lyons.

➔ Western Country Region

Cohuna Little Athletics Centre belongs to the Western Country Region (WCR). WCR is one of 7 Regions that make up Little Athletics Victoria. Geographically it is the largest Region, covering the whole of Western Victoria with Centres as far apart as Ballarat, Portland and Swan Hill.

The primary aim of Little Athletics is 'to develop positive attitudes and healthy lifestyles in children through teaching relevant skills and providing athletic related activities'. It is an active recreation for children from five to sixteen years with our motto of "Family, Fun & Fitness".

A wide range of running, jumping, throwing and walking events are conducted by WCR Centres. Competition is normally graded so that children of similar age and ability compete with each other, and the emphasis is placed on participation and personal improvement rather than winning.

The WCR's main responsibilities include:

- The promotion of Little Athletics & assisting member Centres to achieve the aims of Little Athletics.
- The conduct of competition as directed by Little Athletics Victoria. Including organising and conducting Elimination Rounds of State Relays and State Track and Field Championships.
- Facilitating communication between the State body and its Centres and between Centres within the Region. This is achieved through the conduct of four Region meetings per year combined with regular contact with Centre Secretaries.
- Promoting LAVic programs such as On-Track, courses for coaches & officials, LAPS (Little Athletics in Primary Schools), Bring a Friend and Association Awards.
- Assisting member Centres to achieve the aims of Little Athletics.

Visit the WCR website (www.lavic.com.au) then simply click on 'regions' tab) for further information including WCR calendar of events, WCR records & more.

➔ Athlete Education & Training

There are many great clinics & courses available throughout the season for athletes to attend. Please visit www.lavic.com.au for further information, dates etc. Don't forget to also check on the noticeboard each Friday night.

The **Junior Development Squad** (JDS) gives U12-U16 athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. If you are interested in joining JDS, please follow the JDS link on the Little Athletics Victoria website (www.lavic.com.au).



➔ 2018/2019 Award Winners



PB Awards:

Each athlete who receives a Personal Best will be rewarded the following week with a zooper dooper. If the athlete receives three or more PB's in the one night they will be eligible for two zooper doopers or a can of drink. Note: personal bests are not awarded until the athlete has competed in an event at least twice.

End Of Season Presentations:

At the conclusion of the season, presentations are made to all respective age group champions for boys and girls. For every event that the children compete in, points are awarded according to their performance. The athlete who has accumulated the most points throughout the season will be awarded the Championship. Trophies are also presented as encouragement awards and for other achievements. Record Ribbons are presented to all children who break a record during the season.

Interclub, Regional & State Final Competitions:

During the season of Little Athletics, invitations are received from other clubs for our children to compete in their Open Days. We encourage you to go along and represent Cohuna Little Athletics Centre and enjoy the experience of competing against other children. That way we can encourage athletes to come along to our Championship day. Later in the season Regional Championships are held where U9 - U15 children can compete to qualify for the State Track & Field Championships in March.

2018/2019 Golden Award Recipients:

Daniel Hawken, Walter Kervin, Brady Gilmore, Rivers Webb, Ben Hawken

Golden Awards are awarded to athletes who attend every Friday night of the season (they can only miss one event for the season) and also participate in our Coaching Day and Open Day. The Golden Awards are sponsored each year by Coral Kervin and Dolly Guy (pictured below with award winners) who are life members of Cohuna Little Athletics Centre.



2018/2019 Age Group Champions:

In order for athletes to be eligible to win the Age Group Champion award, they must have competed in all events for at least 5 weeks of competition.

	1st - Trophy	2nd - Silver Medal	3rd Bronze Medal
U6G	Macey Pollock	Ava Gundy	
U6B	Archer Lacy	Harry Cain	Levi Langley-Lynch
U7G	Imogen Wallace		
U7B	Brady Gilmore	Jobe Anset	Blade Simmonds
U8G	Luana Kincaid		
U8B	Jackson Lacy	Brock Smith	Elliot Warren
U9G	Sophie Gilmore	Amalie Southern	Shae Taylor
U9B	Aiden Grogan	Benjamin Anthony	Jack Pollock
U10G	Sharon Sajeev	Brooklyn Bowland	
U10B	Ethan Anthony		
U11G	Miley Anset	Renata Kincaid / Jorji Easton	
U11B	Nathaniel Anthony	Ben Hawken	Taylor Lacy
U12G	Scarlett Southern	Mia Munn	Dakota Neivandt
U12B	Rivers Webb	Zachary Anthony	Cooper Lacy
U13G	Angela Warren	Marli Easton	
U13B	Daniel Hawken	Travis Ford	
U14G	Mackenzie Southern	Harmony Taylor	Gracie Pearce
U14B	Walter Kervin	Jamison Araya	
U15G	Ebony Smith	Charli Taylor	Madison Neivandt

2018/2019 100M Handicap Winners

	1st - Trophy	2nd - Silver Medal	3rd Bronze Medal
GIRLS	Imogen Wallace	Amalie Southern	Ava Gundy
BOYS	Benjamin Anthony	Jamison Araya	Archer Lacy



Terry Vowles Trophy & Shield 2018/2019: Scarlett Southern

Chris Lyons Memorial Shield PB Award 2018/2019: Amalie Southern

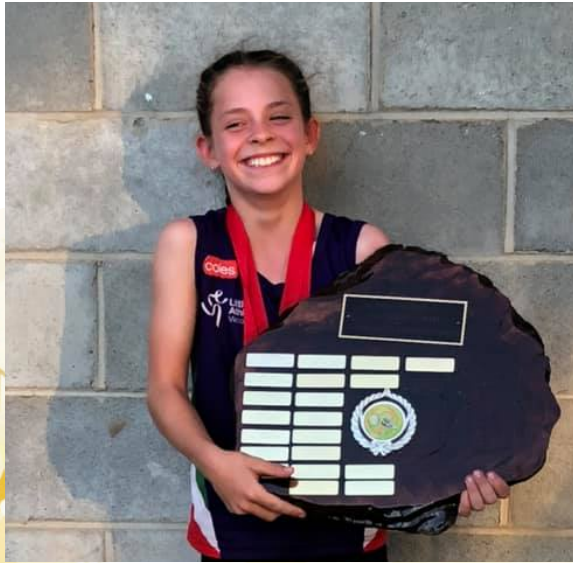
Presidents Award 2018/2019: Daniel Hawken

Crellin Family Encouragement Award 2018/2019: Toby Robe

Donat Family Encouragement Award 2018/2019: Rivers Webb

Grogan Family Encouragement Award 2018/2019: Ethan Anthony

Club Encouragement Award 2018/2019: Brady Gilmore



Centre Records (New or Broken) In 2018/2019 Season:

Name	Age Group	Event	Result
Scarlett Southern	U12G	800m	2:44.57
Scarlett Southern	U12G	High Jump	1.36
Shone Hore	U14G	Discus	24.42

It is a fantastic achievement to break a record during the season. Some of the records at our club have been standing for over 30 years, so congratulations to these athletes for an achievement which will be recorded in the Club history.

Open Day Records (New or Broken):

Rivers Webb	U12B	1500m	05:36.15
Scarlett Southern	U12G	800m	2:44.68
Scarlett Southern	U12G	High Jump	1.30

→ Outside Centre Participation

Jorja Peace	WCR Region Track & Field Championships, State Track & Field Championships, Bendigo Athletics Victoria
Scarlett Southern	WCR Region Track & Field Championships, State Track & Field Championships, Bendigo Athletics Victoria
Amalie Southern	WCR Region Track & Field Championships, State Track & Field Championships
Mackenzie Southern	WCR Region, Bendigo Athletics Victoria
Nathaniel Anthony	Deniliquin Open Day, WCR Region Cross Country and State Cross Country Championships
Ethan Anthony	Deniliquin Open Day, WCR Region Cross Country and State Cross Country Championships
Benjamin Anthony	Deniliquin Open Day, WCR Region Cross Country and State Cross Country Championships
Zachary Anthony	Deniliquin Open Day
Sophie Gilmore	Deniliquin Open Day, Maryborough Open Day
Brady Gilmore	Deniliquin Open Day, Maryborough Open Day
Rivers Webb	Deniliquin Open Day
Reyner Webb	Deniliquin Open Day
Aiden Grogan	Deniliquin Open Day
Daniel Hawken	Deniliquin Open Day
Ben Hawken	Deniliquin Open Day
Angela Warren	Deniliquin Open Day
Elliot Warren	Deniliquin Open Day





**Thankyou to our Sponsors & Trophy Donors
throughout 2018/2019 Season**

Please support those who support us!

**Anthony Family | Jakab Motors | Cohuna Sports Store | J & R Cooke Mitre 10
Clavin, Rogers & Associates | Orr's& Associates | National Herd Development
Cohuna Health Balance | Hawken Family | Mackenzie Fuel & Auto
Ken Donat (Donat Family Award) | Ray & JoyCrellin (Crellin Family Award)
Grogan Family | Strzboer Goat Stud | AWMA Water Control Solutions
Kerang Travel | Bendigo Toyota | Cohuna Butchers**

➔ Club Uniform

As stipulated by LAVic this season, club uniform is now compulsory & age group patch & Coles badges must be worn at all times.

Our club uniform consists of a singlet, polo or crop top in Cohuna town colours of purple, white, red and green. These are to be worn with black shorts. Club uniform must be worn when representing our club at any Open Day, Regional or State event. Uniforms are available for purchase during the season. For further information please see Narelle Anthony.

Please note: **The LAVic chest patch & official partners badges must be worn at all times.**

No patch = No participation.

➔ Rules of Competition

Rules of competition can be found on the Little Athletics Victoria website www.lavic.com.au, see the link to competitions.

➔ Insurance, Parental Responsibility & Underage Children

It is not permitted to just drop off your children and leave.

Parents must be aware that although registered athletes are covered by the LAVic for injury insurance, the parents are still responsible for their children during athletic competition. Non-registered children have no cover with the LAVic Insurance so are permitted at the Centre at their own risk.

Parents and guardians should sign the register of ordinary members which covers them for insurance whilst they act as volunteers at Cohuna Little Athletics Centre events. To become an ordinary member of our

centre, each person must tick the appropriate box (apply for ordinary membership) when registering a competitive member.

→ Family, Fun & Fitness

As the motto of Little Athletics suggests 'Family & Fun' go together. Little Athletics is a family activity and we strongly encourage both children and parents to participate fully in all activities. Your children will benefit from your involvement and the Cohuna Little Athletics Centre cannot survive without it.

→ Little Athletics Victoria – WWC Check

Working With Children

The Victorian Government through the Department of Justice has introduced the "Working with Children Act 2005," which has distinct implications on the conduct of Little Athletics. The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age).

The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child – related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are now required to have their WWC Check, if they fall into one of the categories below.

- Region Executive Committee members
- Centre Executive Committee members
- Club Executive Committee members
- Coaches
- Officials at State and Region level
(not parent helpers whose child is participating on the day)
- Team Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).

***Parents** who have a child registered at the Centre where they work or volunteer, are **exempt** from the WWC Check, unless they fall under one of the categories here.*



Cohuna Little Athletics Centre



OPEN DAY

Sunday 1st December 2019

9.00am Start of Competition

8.45am - Marshalling of officials

Cohuna Recreation Reserve 2nd Oval - Island Rd, Cohuna

Medallions for 1st, 2nd and 3rd placings in finals.

Participation awards are presented to all non-medal winners.

BBQ lunch and canteen facilities will be available on the day.



NOTE: Cohuna members have already paid their Open Day fees with their registration.

Entry forms must be handed in by Monday 25th November

- It is a condition of registration that parents of Cohuna athletes shall be requested to assist in the running of an event. Without your assistance we cannot hold such an event.
- The event officials decision is final and no protests shall be entered in to.
- If an event is not provided in an athlete's age group they may progress a maximum of one (1) age group.
- For safety reasons U7 athletes may not progress to compete in the high jump.
- Athletes competing in U8-U10 high jump events must perform the scissor technique.
- For safety reasons U10 athletes may not progress to compete in the triple jump.
- For safety reasons no spin throws shall be allowed in discus events.
- If there are less than three (3) competitors in any one event the committee reserves the right to cancel the event. The athlete shall be given the opportunity to choose another event.
- Spikes may be worn in accordance with [LAVIC Competition Rules 2018/19](#)
- Starting blocks may be used by U12-U16 athletes in laned events.
- All athletes must be registered and financial members of LAVIC or NSWLA for the 2018/2019 season.
- Competitors must compete in their approved Centre or Club uniform.
- Cohuna Little Athletics Centre has a strict No Smoking policy.
- For the safety of all athletes and spectators, it is requested that all pets be left at home.
- All parents, athletes, spectators and officials shall strictly abide by the LAVIC Code of Conduct.
- Photos may be taken on the day. If you do not wish your child to be photographed, please advise the committee at the time of registration.
- Cohuna Little Athletics Centre is a registered Good Sports Junior Program member.

→ Cohuna Little Athletics Centre Season Calendar

Friday nights **5.45pm** for 6.00pm sharp start time - Cohuna Recreation Reserve Oval No.2

A BBQ tea will be available every Friday night at the completion of competition.

Friday	11 Oct	Cohuna Little Athletics	Cohuna
Friday	18 Oct	Cohuna Little Athletics	Cohuna
Friday	25 Oct	Cohuna Little Athletics	Cohuna
Friday	1 Nov	Cohuna Little Athletics	Cohuna
Friday	8 Nov	NO LITTLE ATHS due to CMCA Solo's Network Rally	Cohuna
Friday	15 Nov	Cohuna Little Athletics	Cohuna
Friday	22 Nov	Cohuna Little Athletics	Cohuna
Sat/Sun	23/24 Nov	Region Relay Carnivals – go to www.lavic.com.au for more info	
Friday	29 Nov	NO LITTLE ATHS due to OPEN DAY	
Sunday	1 Dec	Cohuna Little Athletics OPEN DAY	Cohuna
Friday	6 Dec	Cohuna Little Athletics	Cohuna
Friday	13 Dec	CLAC Christmas Break Up	Cohuna
Sat	14 Dec	State Relay Championships – go to www.lavic.com.au for more info	
HOLIDAY BREAK			
Friday	31 Jan	CLAC Season Return	Cohuna
Sat/Sun	1/2 Feb	State Combined Events Champ's – go to www.lavic.com.au for more info	
Friday	7 Feb	Cohuna Little Athletics	Cohuna
Friday	14 Feb	Cohuna Little Athletics	Cohuna
Sat/Sun	15/16 Feb	Region Track & Field Carnivals – go to www.lavic.com.au for more info	
Friday	21 Feb	Cohuna Little Athletics	Cohuna
Friday	28 Feb	Cohuna Little Athletics	Cohuna
Friday	6 Mar	Cohuna Little Athletics	Cohuna
Friday	13 Mar	Cohuna Little Athletics – Final Competition Night	Cohuna
Sat/Sun	14/15 Mar	State Track & Field Championships – go to www.lavic.com.au for more info	
Friday	27 Mar	Season Breakup & Presentation Day	

NOTE: If a Friday night session is cancelled due to hot weather, schools will be notified by 2:15pm.

We will also post updates onto our facebook page. Competition generally continues in wet weather (however events such as hurdles & high jump may not run).

➔ Track Events

Sprints:

Any running race at full speed or over a short distance is referred to as a "sprinting event". All sprints are run in lanes. Championship sprints include races over 60m, 70m, 100m and 200m distances. The 400m is also considered a sprinting event however, for young athletes this may also be more appropriately classed as a middle distance event.

At the start of a sprint the athletes are placed in a lane, one meter behind the line.

The starter gives 3 signals:

- a) **On your marks** — the athlete puts the toes of one foot to the line.
- b) **Set** — the athlete leans forward on the front foot.

The opposite arm is held out in front to help balance

- c) **Gun sounds** — the athletes run.

The athlete must stay in their allotted lane for the whole race.

You can help by:

- Marshalling the athletes and placing them in their lanes
- Timing the race with manual stop watch.
- Judging the places—deciding which runners finish 1st, 2nd, 3rd etc.
- Marshalling the runners after the race and making sure their times are recorded.
- Recording the athletes' times.
- Learning to become a starter with the officials accreditation course

Middle Distance Races:

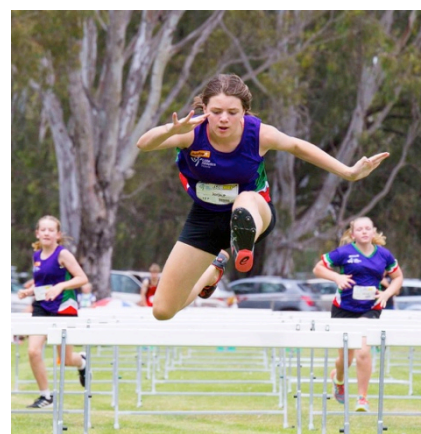
Middle distance races at Cohuna Little Athletics Centre are 800m and 1500m. Middle distance events by nature require more endurance than sprinting events and are not run in lanes. Starting formations vary depending on the age and event (staggered starts are used for 800m).

The athletes can't use a crouch start and do not have to run in set lanes.

You can help by: Doing the same jobs as for 'sprint' races mentioned above.

Hurdles:

Hurdle races are sprints with obstacles (hurdles) placed in each lane. Hurdle sizes change with the age of the athletes. They start with mini hurdles and go up to higher with older age groups. Knocking the hurdles over un-intentionally does NOT result in disqualification; however, hurdles must not be purposefully pushed over by hands or feet. Little Athletics hurdles are designed to easily collapse when knocked, providing that they are approached from the correct direction. Hurdles should NEVER be jumped in a reverse direction. Distances are either 60 metres or 80 metres. All hurdle races are run in lanes and the starter gives the same signals as for sprints. Your little athlete will need some coaching and practice with low, training hurdles before they try the real thing.



You can help by:

- Picking up hurdles that fall because they are knocked by an athlete or blown over by wind.
- Doing the same jobs as for sprints.
- Setting up the hurdles

Relays:

These are probably the most spectacular events our little athletes can do. It's one of the few opportunities they have to compete as a team. Relays always seem to bring out the best in our athletes. Relay teams consist of four runners who each run set distance (either 100,200 or 400 metres according to the type of relay). The athletes carry a baton which must be passed on to the next runner. This change must take place in a specified 20 meter change box.

Relays are not currently run as part of the weekly program.

You can help by:

- Marshalling the athletes and escorting them to their starting positions
- Learning the rules and becoming a Change over Box Judge.
- Doing the same jobs as for sprints.

→ Field Events

The jumps and throws that form part of a Little Athletics Program are called Field Events. You might like to have a go at officiating at all of them or you may choose to become an expert on one or two.

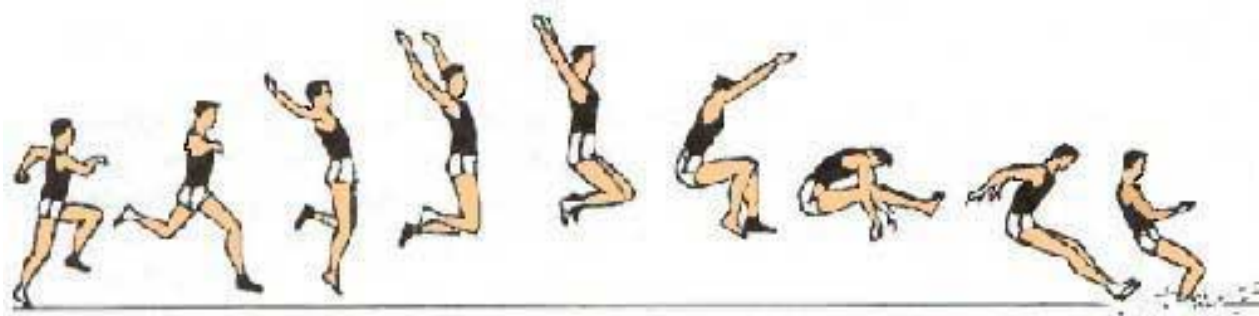
Long Jump:

The aim of Long Jump is to simply run up and jump as far as possible into the landing pit. The athletes run along the run up until they reach the take off area, then launch themselves into the air, landing in the pit. Younger athletes take off from a larger mat while older athletes take off from a fixed take off board. The athlete may not take-off for a jump beyond this designated area.

The distance achieved in Long Jump up to U11 is measured from the front of the take-off point (imprint on the mat) to the nearest break in the landing pit. Distances for U12 and above are measured from the front of the take-off board. Athletes usually have three jumps. They must land in the sand pit and walk out of the pit forward of the mark they made on landing.

You can help by:

- Watching that the athlete's foot doesn't go over the edge of the mat or board.
- Spiking (marking the spot where the athlete landed). You place a spike with a tape measure attached at the edge of the mark in the pit closest to the take off area.
- Measuring the jump. You hold the other end of the tape, pull it tightly over the take off area and read the measurement.
- When a mat is used the measurement is taken from the front of the imprint made by takeoff foot.
- If a board is used the measurement is taken from the front of the edge of the board nearest the pit.
- Raking the pit after each jump to remove the evidence of the last jump and make it safer for the next athlete.
- Recording the athlete's performance and writing out results.
- Supervising the athletes waiting for their next jump.



Triple Jump:

This technical event is now only offered for U11 age group and above. Triple Jump needs a pit and run up just like Long Jump, has the same basic rules and is measured the same way. The Triple Jump involves a hop, step & jump action. Most of the rules for Triple Jump are similar to those used in Long Jump. The run up has several take off lines marked at 1 meter intervals (usually 3 to 9 metres) and the athlete chooses which of these lines will be their take off line. For younger athletes mat is used as in long jump.

Triple Jump has three distinct stages:

- **HOP** (SAME FOOT AS TAKE OFF FOOT)
Take off from the mat/board on one foot, then land on that foot.
- **STEP** (OPPOSITE FOOT) Take off on that same foot. Step onto the other foot.
- **JUMP** (TOGETHER) Jump forwards and land in the pit with feet together.

You can help by:

- Doing the same jobs as for Long Jump
- Moving the mat from one mark to another
- Checking that the athlete is actually performing a HOP STEP, JUMP (this takes a lot of practice).
- Supervising the athletes waiting for their next jump

High Jump:



The main aim of High Jump is to clear the bar without making it fall off its two supporting uprights. After each successful attempt, the crossbar is raised. Athletes are allowed three attempts to clear their next height. If they achieve it first or second time they wait until the bar is raised before having another jump. Failure to clear the bar within three consecutive jumps leads to elimination from the event.

There are two main methods used at Cohuna Little Athletics Centre to clear the bar - **Fosbury Flop** and **Scissors**. All athletes should begin by learning the **Scissors** method first. As the athlete becomes older and more competent the **flop** technique can be introduced. Only proper High Jump mats should be used with mat covers to ensure that the landing area is safe and secure. Finally, all athletes should be taught to clear the bar in a way that ensures they land in the centre of the landing area.

Please note: All U8-U10 athletes shall use the scissor technique.

You can help by:

- Picking the bar up if an athlete knocks it off.
- Raising the bar after all athletes have finished at a particular height
- Recording the athletes' performance

Shot Put:

Shot Put consists of a ring and a landing area (sector). The shot is a metal ball. Its weight and size varies according to the age of the athlete. The athlete stands in the ring with the shot balanced on his/her fingers and held close to the neck under the jaw bone. The shot is pushed forward so that it lands in the sector. The arm must not be pulled backwards or dropped downwards - this would give the delivery an illegal throwing motion. The athlete must wait until the shot has landed and then walk out the back of the ring. Athletes usually have three puts.

The aim of the event is to obtain the greatest possible distance whilst performing within the accepted rules of the event.

These include:

- 1) The shot must initially be in contact with the neck near the shoulder and in close proximity to the chin. The hand cannot drop below this position during the pushing action.
- 2) The shot must fall completely between the edges of the landing sector.
- 3) The athletes must exit from the back half of the circle.

You can help by:

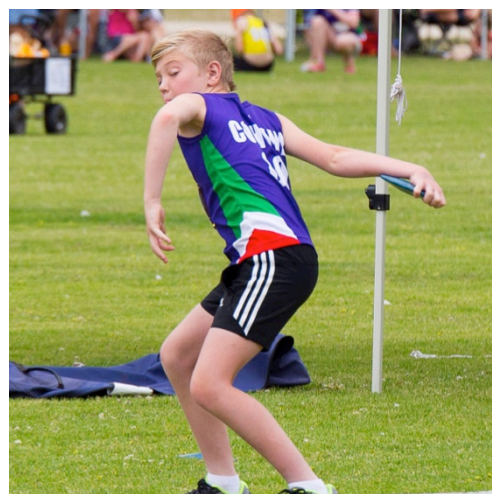
- Spiking—marking where the shot lands. It must land inside the sector lines.
- Pulling the tape through the centre of the ring so that the put can be measured.
- Measuring—reading the distance from the inner edge of the ring to the place the shot landed
- Retrieving the shot and returning it to the ring
- Learning how to judge a fair put so you can judge the event
- Recording the athlete's performance and writing tickets.
- Supervising the athletes waiting for their next attempt.

Discus:

Discus is one of the oldest athletic events, being part of the pentathlon during the ancient Olympics. The discus is thrown using a slinging action from within a circle and must land wholly within a marked landing sector. A discus is a rubber disc which is thrown from a ring and must land inside a marked sector. The discus is usually thrown one handed, using a backward swing to build up momentum before launching it into the sector. For an effective result, on release, the discus should preferably spin over the index finger rather than be let out of the back of the hand. As with Shot Put, the athlete must exit via the back half of the circle. All officials and other athletes should be well behind the person throwing. Discus rules are much the same as for Shot Put.

You can help by:

- Spiking
- Pulling the tape through the centre of the ring
- Measuring the throw
- Retrieving the discus
- Recording the athletes performance and writing tickets
- Supervising the athletes waiting for their next throw



Javelin:

Javelin is a throwing event, and the Javelin itself is a spear-shaped object with a metal point. Competitors aim to throw it as far as possible so that the point strikes the ground before any other part of the Javelin. Javelin needs a run up, something like that used for Long Jump. The athlete holds the javelin in one hand and runs along the run up towards the line. He/she then pulls the implement back, turns side on and throws it into the sector. The javelin must land tip first inside the sector. The javelin doesn't have to remain standing. The athlete must not go forward across the front of the run up line. A javelin throw is spiked in the same way as discus. The tape is pulled through to a spot marked on the run up and the distance is read from the inside of the run up line. As the javelin is a dangerous, spear like implement, all athletes and officials should keep well away from the run up and sector.

It is very important to follow the safety rules when competing in or practising Javelin throwing.

You can help by:

- Doing the same jobs as for discus
- Watching that the athlete doesn't cross over the run up line.

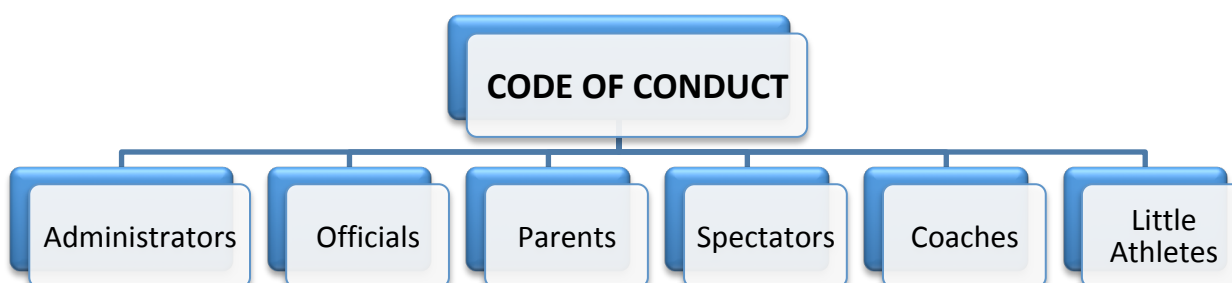


→ Little Athletics Victoria - Code of Conduct

Little Athletics Victoria expects all members to comply with the Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct.

Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any manner.

Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members.



= GOOD GOVERNANCE OF A CENTRE

- Create a comfortable, safe & inclusive environment to encourage the involvement and participation of families
- Advertise your Centre through the use of flyers, signage and word of mouth
- Consider costs to allow as many people to participate
- Control the business of the Centre by being focused on objectives of the LAVic Constitution
- Implement a succession plan to assist members and administrators
- Identify and manage any financial or non-financial risks of the Centre
- Create a mandatory minimum checking standard to keep children safe by ensuring Working with Children Checks are in place

Administrators' Code of Conduct:

- Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- Make available the Code of Conduct to spectators, officials, parents, coaches, athletes and the media.
- Hold a current Working with Children Check
- Avoid use of bad language.

Officials' Code of Conduct:

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check as required by LAVic.
- Avoid use of bad language.



Parents' Code of Conduct:

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.

- Remember children are involved in Little Athletics for **their** enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Spectators' Code of Conduct:

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Coaches' Code of Conduct:

- Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
- Whenever possible, group athletes to give a reasonable chance of success.
- Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.

- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check
- Avoid use of bad language.
- Avoid use of bad language.

Little Athletes' Code of Conduct:

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

➔ Little Athletics Victoria – Health Policies

Cohuna Little Athletics Centre is a member of the **'Good Sports Junior Program'**.

Little Athletics understands there are various factors that can affect a little athlete and as a result has adopted the following Policies:

We are a Good Sports club



GOODSPORTS

Healthy Food Choice Policy

The Association/Regions/Centres will ensure that a variety of healthy food choices are available at competition and various activities.

Smokefree Policy

All areas under the Association/Region/Centre venues are to be smokefree – including clubrooms, change rooms, toilet blocks, spectator and competition areas. Centres will place No Smoking signs in prominent positions around the venues.

Sun Protection Policy

Association/Region/Centres are encouraged to provide shade structures at venues and make available SPF15+ or higher sunscreen. Athletes and Officials are advised to wear hats and carry drink bottles to events.

Responsible Alcohol Management Policy

There is to be no sale or consumption of alcohol during the conduct of any Little Athletics events. Where alcohol is consumed at functions the Association/Region/Centre will comply with Liquor Licensing Victoria regulations.

For more detailed information on these policies, please refer to your Centre Policy Forms that must be signed off as part of a Centre's affiliation with the Association.

→ Little Athletics Victoria – Recommended Guidelines

Exercise & Hydration in Extreme Temperatures

General

Children and adolescents are covered simultaneously by the recommendations in these guidelines. It is recommended that if a large increase in temperature is likely to occur, parents and officials should take extra care to ensure athletes are sufficiently hydrated and shade is provided.

It is recommended that greater care be taken of athletes who are not fit or who are overweight, when exercising in high temperatures.

Education

All athletes should be educated on the importance of sun safety and how to be sun smart. This should be conducted at the beginning of the hot weather season; however, if this is untimely for Centres then it should be conducted at a more appropriate time.

Attire

All athletes should be wearing sun safe attire at competition days and whilst exposed to the sun (except when competing), hats or caps should also be worn.

All Board/Executive members, staff members, officials and volunteers must be seen setting a sun smart example. During competitions they are encouraged to wear collared shirts, hats and where appropriate sunglasses.

Sunscreen

Sunscreen should be provided and located in and around the competition arena. At the Cohuna Little Athletics Centre, there is sunscreen located in the kiosk. In doing so we are ensuring it is as convenient as possible for athletes, staff, officials and volunteers to use.

The sunscreen must be of the highest quality and meet all Australian standards.

Shade

Shade should be provided at all field events, marshalling and finish areas. It should also be provided in other areas where participants, staff, officials and volunteers will be waiting for long periods of time unprotected from the sun.

Public Announcements

It is recommended that during competition, public announcements be regularly made reminding those at the event to keep drinking water, apply sunscreen and remain in the shade wherever possible.

This will not only help to keep fluid intake and sun safety high but also ensure the Association/Centre is discharging its duty of care to its members. In addition it will be a positive public relations tool for Little Athletics. Little Athletics will be seen as an organisation that is constantly considering the health and safety of its members, staff, volunteers and spectators.

Fluids

It is recommended that athletes, staff, officials and volunteers drink at least 7-8ml of fluid per Kg of body mass to diminish the risk of heat illness (about 500 ml for a 65 kg person).

Children can stave off dehydration during 3 hours of exercise in 35°C heat if enough fluid is consumed.

Fluid should begin to be consumed at least two hours before exercising to promote adequate hydration and allow time for excretion of excess water.

There should be number of water stations in and around the competition arena. They should be located at all field events, marshalling areas and the finish line.

The water supplied should be cooler than the ambient temperature, as this will aid in the cooling process.

In addition to water, diluted sports drinks, cordial and fruit juices should also be made available. Not only will this make the fluids more palatable to the younger participants but it will also be beneficial for replacing fluids, energy and electrolytes lost during exercise. It will delay the onset of exercise-induced exhaustion and hence aid in the prevention of heat stroke.

Additional water should also be provided so as to allow participants to douse themselves and thereby assisting in the cooling process. E.g. spray bottles, hoses and buckets etc.

Postponement/Cancellation

It is recommended that parents and officials use caution if athletes are exercising in ambient temperatures above 40°C for an extended period of time (more than 1 hour).

When children are exercising in the heat parents and officials must also pay close attention to athletes doing intermittent events (jumps & throws) as well as continuous events.

It is recommended that each competition venue have the necessary equipment to record ambient temperatures throughout the competition.

It is recommended that events be called off if it is thought ambient temperature is likely to rise above 40°C. On the day of competition it is recommended the ambient temperature be recorded at 15-minute intervals at the same point on the track each time.

NOTE: If a Friday night session is cancelled due to hot weather, schools will be notified by 2:15pm. We will also post updates onto our facebook page. Competition generally continues in wet weather (however events such as hurdles & high jump may not run).

It is recommended that if the temperature is over the cut-off for two (2) consecutive measurements that no new event should be called until the temperature drops below the cut-off OR competition should be ceased until the temperature drops below the cut-off.

Consideration should also be given to postponing field events that span a considerable time.

Competition generally continues in wet weather (however events such as hurdles & high jump may not run).

Have a query? Email us at: cohuna@lavic.com.au

Find us on [facebook](#) or visit us at 'www.cohunalac.com.au'

THANKING OUR PARTNERS IN SEASON 2019-20

NATIONAL PARTNER

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DESIGNATED CHARITY



Good Luck for the Season – 'Be Your Best & Have Fun'

Cohuna Little Athletics Centre would like to thank 'AWMA Water Control Solutions' for printing this