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LITTLE ATHLETICS CENTRE

2025/2026 CENTRE HANDBOOK

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INTRODUCTION

WHAT IS LITTLE ATHLETICS?

Little Athletics is a uniquely Australian modified athletics program for children from 5 to 16 years, although some State Associations may offer age groups outside this range.

As the name suggests, it is based upon the sport of athletics (track and field). There is a wide range of events from running, jumping, throwing and walking and events are modified to suit the age, developmental stage and ability of the children.

Little Athletics promotes that it is important to "Be your Best" ®. The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity. The motto of Little Athletics is 'Family, Fun and Fitness".

Across Australia, more than 100,000 girls and boys enjoy the activities of Little Athletics. Little Athletics is the "Foundation for all Sports". All sports use the skills developed at Little Athletics

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Little Athletics Australia

Commonwealth Bank

HISTORY OF LITTLE ATHLETICS

Little Athletics evolved, like most voluntary community organizations, through the mind and conscience of one man. Trevor Billingham followed the pattern set by many pioneers in the field of community service. He recognized a need and introduced an idea designed to meet that need.

On an October day in 1963 three boys turned up at an athletics meeting in Geelong. They were ready to compete. On approaching an official they were told that they were too young to take part. That official was Trevor Billingham. The disappointment, evident in the boys, left a marked impression on his mind.

The thought was forgotten; it came alive again several months later. At a coaching clinic designed for secondary school students it was noted that the majority of children were of primary school age.

Reminded of his earlier experience, Trevor Billingham had an idea. The answer to the need expressed in the children would be a simple Saturday morning competition.

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HISTORY OF MELTON CITY LITTLE ATHLETICS CENTRE

Melton South Little Athletics Centre was the 96th to join the Victorian Little Athletics Association Inc.

Barry Taylor has been actively involved from the very beginning, setting up Melton South Little Athletics Club in 1969. Shortly after, other clubs were formed – West Melton Zebras, Wedge Park Comets, Coburns and Melton Greens. The Centre was formed in 1973/74 as a result of the vision of some very determined people including Barry.

In 2002/03, the Clubs merged to simplify administration by operating as a Centre only. Barry Taylor served MSLAC/MCLAC as a Competition Director for 48 years until his death in August 2017. As our Competition Director, Barry played a very large part, by planning and organizing the weekly program as well as well as other events for our Centre. We thank him for his endless generosity of time and spirit. The Centre is forever indebted to him and also the many other volunteers who have organised little athletics in Melton South for the past 50 years. A list of Centre Life Members is included in the handbook.

The current committee members will endeavor to ensure that the vision and determination of those early pioneers of little athletics is continue, for the ongoing benefit of the children and community of the City of Melton. In 2014 in an effort to encompass the entire community the centre changed its name to Melton City Little Athletics Centre.

On August 4, 2017, Barry Taylor passed away at his home in Melton South. He is greatly missed by all that knew and loved him.

Today we continue to honor Barry for his dedication and support to the Centre.

LITTLE ATHLETICS STRUCTURE

Centre/Club – Melton City Little Athletics Centre (MCLAC)

Melton City Little Athletic club was formed in 1973/74. We cater for athletes of all abilities. Our club has a fun and friendly atmosphere and we focus on Family, Fun and Fitness.

Region – Western Metropolitan (WMR)

A group of Centres with a management Committee responsible for conducting qualifying rounds for the Victorian Championships, Region Championships for non- qualifying State Events and administrative support for the Western Metropolitan Region.

The Centres in our Region

Altona, Bacchus Marsh, Brimbank, Corio, Geelong, Gisborne, Melton City, South Melbourne, Werribee, Williamstown, Woodend, Surf Coast

There are 4 Metropolitan and 3 Country Regions in Victoria supporting over 100 centres.

State Body – Little Athletics Victoria (LAVic)

The State body - an Annual Conference is attended by a minimum of two delegates from each Centre in the State. An elected Board of Management supported by office staff, exercises day to day control. More information can be found at www.lavic.com.au

National Body – Little Athletics Australia (LAA)

The National body controlled by an executive of four together with the Chairman/President of each affiliated State or Territory Association. More information at www.littleathletics.com.au

MISSION STATEMENT OF LITTLE ATHLETICS VICTORIA

To develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities.

Through the enjoyment of athletics develop positive attitudes and a healthy lifestyle for our children, families and community.

EXECUTIVE COMMITTEE & CENTRE OFFICIALS

EXECUTIVE COMMITTEE

PRESIDENT – Suzi Johnson

SECRETARY - Kelly Wark

TREASURER – Rebecca Hill

REGISTRAR - Kirsten Will

RANKINGS & RESULTS - Courtney Whillance

CENTRE OFFICIALS

COMPETITION DIRECTORS - TBA

CHIEF OF OFFICIALS – TBA

REGION DELEGATE – Jess Brown

PHOTOGRAPHY– AJ Singh

GRANTS, FUNDING & SPONSORSHIP – Jess Brown

U6 & U7 CO-ORDINATOR – TBA

CHILD SAFETY OFFICER – Dale Boschetti

MPIO – Kelly Wark

ARENA MANAGER – Tim Roberts

WEBSITE CO-ORDINATOR – Tim Roberts

GENERAL COMMITTEE

Leigh Rudd, Dale Boschetti

CENTRE CAPTAINS - TBA

CENTRE LIFE MEMBERS

Since its inception, the following people have provided outstanding volunteer support for Melton City Little Athletics for 10 years or more, including at least 5 years on the Centre Executive Council.

Joe Adamcewicz

Lyn Halvey

Ray Wright

Karen Wright

Neville Mawson*

Kath Taylor

Barry Taylor*

Terry Halvey

Annette Randle

Sue Barnes

Joan Bolton*

Peter Thomas

Grant Fenton

Tracy Hamilton

Cheryl Highthorn Barbara

Dundon Barbara Reithofer

Debbie Gerada

Shane Derby

David Young

Karen Benca

Sophie Ramsay

(Honorary) Aimee Orr

Jacki Djatschenko

Lorraine Davis

Damien Orr

Stephanie Young

Riana Rees-Kuglar

Amanda Wall

**Indicates deceased*

RULES OF COMPETITION

1. All Athletes must wear the mandatory approved centre uniform with the correct LAVic approved registration patch fastened on the front. Melton City singlet and shorts with Melton City logo are purchased from centre. Additional approved LAVic logo will be supplied and is required to be affixed to the singlet. Same uniform is to be used for LAVic, region and State events.
Black or white long sleeve tops may be worn underneath if it is cold.

NOTE: *It is a mandatory LAVic requirement for athlete name patch to be worn during competition. Whilst we will allow athletes to compete on the day at centre level, if not worn, it will mean that athletes will not receive any results for the day. If a committee member recognizes an athlete is in the incorrect uniform, the athlete & parent will be warned. Further infringement means that the athlete will not receive results for the day.*

2. Competitors must wait at the designated meeting point until taken to their event. Each age group is under the control of the Age Group Manager for the day.

3. No parents or spectators under any circumstances unless officiating will be permitted on the infield of the track.

4. Misbehaviour of athletes should be referred to the Competition Director or Executive Committee. All event Officials reserve the right to disqualify an athlete for misbehaviour at the particular event.

5. Any protest must be directed through the Competition Director and not directly to the Official or helpers.

6. Appropriate running footwear must be worn at all times. No spikes to be worn for walks. U6-U10 are not permitted to wear spikes. U11-12 can wear spikes for track events up to 400m, jumps & javelin. U13-17 can wear spikes for all track events, jumps & javelin. Spikes are to be carried to events and removed as soon as the event is completed.

7. U11-U17 athletes wearing spikes **may** perform a standing start. Athletes wearing spikes that perform a crouch start **must** use blocks. Athletes wearing runners who perform a crouch start **may** use blocks.

8. A crouch start can be used in all laned events for the Under 11 to 17 age groups.

9. The High Jump area is out of bounds at all times other than when an event is in progress. Any athlete found playing on the jumping bags after an initial warning may be disqualified from competition.

10. On leaving the recording area, athletes must return to their parents or the spectator area.

11. Parent duty should sign in at least 15 minutes prior to the start of competition.

12. A track competitor is liable for disqualification if he/she:

    * Breaks the start twice.

    * Steps out of his/her lane or leaves the track area

    * Makes unnecessary contact or hinders other competitors during a race.

13. A competitor is judged and timed only when his/her torso (neck to hips) crosses the finishing line. Hands, legs, or heads to not count.

14. Under no circumstances is a competitor or spectator permitted to run alongside the track whilst a race is in progress.

15. To be eligible for presentation end of season awards athletes MUST compete in at least 60% of the available program and parents must have carried out required parent duty allocations.

16. All dates and events are subject to change by either LAVic, Region or the Centre.

17. All dates and events are subject to change due to weather and track conditions.

NO PATCH = NO RESULT = NO EXCEPTIONS

It is a mandatory rule with LAVic that name patches must be worn on competition day. Therefore, if your athlete is not wearing their patch, they are not entitled to receive any result for the day.

If in doubt, contact the Competition Director or Executive Committee.

CODE OF CONDUCT

Also refer to the LAVic website www.lavic.com.au for more information guidelines.

Officials' Code of Behaviour

* Compliment all participants on their efforts.
* Be consistent, objective, and courteous in calling all infractions.
* Condemn unsporting behaviour and promote respect for all competitors.
* 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.
* Avoid use of bad language.

Parents' Code of Behaviour

* 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, do not question the official's judgement and honesty in public, but raise the issue immediately through the Competition Director. If any breach of this code of behaviour is witnessed, the matter should be immediately referred to the Competition Director. If necessary, penalties including suspension from attending competition may be the outcome. Remember, all officials give their time and effort freely, for the benefit of 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 up their time and resources to provide recreational activities for the children and deserve your support.

- Demonstrate appropriate social behaviour, by not harassing athletes, coaches, or officials, smoking on the arena or being intoxicated.

* Avoid use of bad language.

Spectators' Code of Behaviour

* Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, 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, do not question the official's judgement and honesty in public, but raise the issue immediately through the Competition Director.

* If any breach of this code of behaviour is witnessed, the matter should be immediately referred to the Competition Director. If necessary, penalties including suspension from attending competition may be the outcome.

* 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. If any breach of this code of behaviour is witnessed, the matter should be immediately referred to the Competition Director, where a child is involved the Child Safety Office must be advised. If necessary, penalties including suspension from attending competition may be the outcome.

* 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, coaches, or officials, smoking on the arena or being intoxicated.

* Avoid use of bad language.

Coaches' Code of Behaviour

* Be reasonable in your demands on young athletes' 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 averages" athletes need and deserve equal time.
* 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.
* 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.
* Avoid use of bad language.

Little Athletes' Code of Behaviour

* Play by the rules.
* Never argue with an official. If you disagree, ask your Age Group Manager or a committee member to deal with the matter.
* Control your temper. Verbal abuse of officials, helpers 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. Your Centre performance will benefit.
* Be a good sport. Applaud all good results whether they are by your Centre, opponent or the other Centre.
* 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 your coach, centre 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

HEALTH POLICIES

Little Athletics understands there are various factors that can affect a little athlete and as a result has adopted the following Policies & more details can be found on our website:

Healthy Food Choice Policy

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

Smoke free Policy

All areas under the Association/Region/Centre venues are to be smoke free. No smoking or vaping is permitted anywhere within sight of parents & athletes this includes clubrooms, change rooms, toilet blocks, shed, spectator and competition areas.

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.

Animal Policy

No dogs permitted at venue during training or competition.

COVID-19 Protocols

Covid Requirements – subject to change as per Government require-

ments. https://lavic.com.au/covid-19/

WORKING WITH CHILDREN CHECK – WWC CHECK

Working with
Children Check

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 listed above.

Little Athletics Victoria

MELTON CITY 96 LITTLE ATHLETICS CENTRE

Key Season Dates

Dates	Program	Event
Sunday 5th October	Open Special	Opening Round
Sunday 12th October	Program A	
Sunday 19th October	Program B	
Sunday 26th October	Program C	
Wednesday 29th October	Twilight 1	
Sunday 9th November	Program A	
Sunday 16th November	Program B	
Wednesday 19th November	Twilight 2	
Sat 22nd & Sun 23rd November		**Region Relays - Williamstown**
Sunday 30th November	Program C	
Sunday 7th December	Melton City Combined Event	
Sat 13th & Sun 14th December	**2 Day Event**	**State Relays - Lakeside**
Wednesday 17th December	Christmas Special	Christmas Breakup
Sat 17th & Sun 18th January		**State Combine - Cranbourne**
Wednesday 28th January	Twilight 1	
Sunday 1st February	Program A	
Sat 7th & Sun 8th February		**Region Trand & Field - Corio**
Sunday 15th February	Program B	
Sunday 22nd February	Program C	
Wednesday 25th February	RCH Special/Melton Gift	RCH Special/Melton Gift
Sunday 1st March	Program A	
Sat 7th & Sun 8th March		**State Championships - Knox**
Sunday 15th March	Program B	
Sunday 22nd March		Championship Day

Correct at time of printing

Events and dates subject to change or cancellation as per rules of the competition

2025-2026 CALENDAR

as at 24.09.25

Little Athletics Victoria

SEPTEMBER 2025			
Thurs 25th	Community Officials: Photo Finish	Online (Zoom)	🌐
OCTOBER 2025			
Wed 1st	Community Officials: Horizontal Jumps	Online (Zoom)	🌐
Sun 5th	JDS - Day 1	Ringwood	🌐
Sun 5th	SALT: Positive Parenting	Ringwood	🌐
Sun 5th	Coach Apprentice (Coach Education Program)	Shepparton	🌐
Tue 7th	Community Officials: Vertical Jumps	Online (Zoom)	🌐
Sun 12th	Community Officials: Race Walking	Diamond Valley	🌐
Mon 13th (4pm)	Entry Portal Opens – Commonwealth Bank Region Relays	ONLINE	
Fri 17th	StrideMentor Day 1	Online (Zoom)	🌐
Sun 19th	JDS - Day 2	Whittlesea City	🌐
Sun 19th	On Track Training for Facilitators	Whittlesea City	🌐
Sun 19th	Coach Apprentice (Coach Education Program)	Warragul	🌐
Wed 22nd	SALT: Positive Parenting	Chelsea	🌐
Sun 26th	Community Officials	Corio	🌐
Fri 31st (4pm)	Entry Portal Opens – State Combined Event Championships	ONLINE	
NOVEMBER 2025			
Mon 3rd (11am)	Entry Portal Closes – Commonwealth Bank Region Relays	ONLINE	
Wed 5th to Tues 18th	Coles Community Round	Various Venues	
Sun 9th	Sideline Sessions Workshops (Coach Education Offering)	Lakeside	🌐
Sun 9th	Coach Apprentice (Coach Education Program)*	Lakeside	🌐
Sun 9th	Box Hill LAC Invitational Relay Day	Box Hill	
Tue 11th	SALT: Positive Parenting	Corio	🌐
Tue 11th	Community Officials: Track	Online (Zoom)	🌐
Wed 12th	SALT: Positive Parenting	Online (Zoom)	🌐
Sun 16th	Horsham LAC Open Day	Horsham	
Sun 16th	Mentone LAC Relay Day	Mentone	
Fri 21st to Fri 28th	StrideMentor Day 2	Online (Zoom)	🌐
Sat 22nd/Sun 23rd	Commonwealth Bank Region Relay Carnivals	Various Venues	
Sun 23rd	Coach Apprentice in Sinhala (LOTE program)	Werribee	🌐
Sun 30th	JDS - Day 3	Williamstown	🌐
Sun 30th	Swan Hill LAC Open Day	Swan Hill	
DECEMBER 2025			
Tue 2nd	SALT: Positive Parenting	Whittlesea City	🌐
Sat 6th	Knox LAC Open Day	Knox	
Sun 7th	Albury LAC Open Day	Albury	
Mon 8th (11am)	Entry Portal Closes – State Combined Event Championships	ONLINE	
Mon 8th (4pm)	Entry Portal Opens – Region Track & Field Carnivals	ONLINE	
Sat 13th/Sun 14th	Commonwealth Bank State Relay Championships	Lakeside	
Sat 20th	Doncaster LAC Open Day	Doncaster	

JANUARY 2026			
Wed 7th – Wed 14th	New Zealand Development Tour	Tauranga (NZ)	
Sun 11th	Whittlesea City LAC Open Day	Whittlesea City	
Sun 11th	Mornington LAC Open Day	Mornington	
Mon 12th (11am)	Entry Portal Closes – Region Track & Field Carnivals	ONLINE	
Sat 17th/Sun 18th	LAVic State Combined Event Championships	Cranbourne	
Thurs 22nd	Junior Skills Clinic	Doncaster	🌐
Fri 30th to Sun 2nd	StrideMentor Day 3	Online (Zoom)	🌐
FEBRUARY 2026			
Mon 2nd (4pm)	Entry Portal Opens – LAVic Stawell Gift Events	ONLINE	
Sat 7th/Sun 8th	Region Track & Field Carnivals	Various Venues	
Sun 22nd	Seaford LAC Open Day	Seaford	
Sat 22nd	Ballarat LAC Open Day	Ballarat	
Sun 22nd	JDS – Day 4	Frankston	🌐
Fri 27th (11am)	Entry Portal Closes – LAVic Stawell Gift Events	ONLINE	
MARCH 2026			
Sun 1st	Coburg LAC Open Day	Coburg	
Sat 7th/Sun 8th	LAVic State Track & Field Championships	Knox	
Sat 28th	StrideMentor Day 4 – Meet & Greet	Lakeside	🌐
APRIL 2026			
Fri 3rd	Good Friday Appeal		
Sat 4th – Mon 6th	Stawell Gift (including LAVic events)	Stawell	
Sun 12th – Tues 14th	Coles Australian Little Athletics Championships	Brisbane	
Wed 15th – Mon 20th	Australian Junior Athletics Championships	Brisbane	
MAY 2026			
Sun 17th	JDS – Day 5	Ballarat	🌐

NOTES:

- Additional, limited, free-of-charge access to SALT's self-paced Positive Parenting program will also be made available for registration.
- * The Coach Apprentice program scheduled for the 9th of November at Lakeside Stadium will be integrated into the Sideline Sessions Workshop. Registrants will just select a specific sequence of sessions. Refer to event page for more information.

TRAINING

Melton City Little Athletic Centre will endeavor to hold regular training sessions to assist athletes.

Training is provided free to all registered athletes of MCLAC.

Please refer to our website for further information regarding training times for track, field and performance group sessions.

Sessions subject to change or cancellation due to weather or unavailability of coaches.

YOU MUST NOT DROP & LEAVE YOUR CHILD AT TRAINING.

ALL CHILDREN AT TRAINING MUST BE UNDER THE SUPERVISION OF THEIR PARENT/GUARDIAN - PLEASE EITHER BE IN ATTENDANCE OR ARRANGE FOR ANOTHER RESPONSIBLE ADULT TO BE IN ATTENDANCE.

OPEN DAYS

In addition to our normal Sunday and twilight competitions, registered athletes of the centre also have the chance to compete at open days conducted by other centres.

Open days give you the chance to meet new people, visit new surroundings in a relaxed atmosphere, and compete against little athletes from other centres in Victoria. Medals, ribbons etc. are typically awarded at these events.

Information relating to open days in season 23/24 can be viewed at lavic.com.au.

Knox Open Day 2019

Maryborough Open Day 2020

PARENT PARTICIPATION & INFORMATION

Little Athletics is a family activity. This means that as parents/guardians, you are not only expected to support your little athletes as parents, but also help out in delivering the program by helping with rostered duties.

This season we have implemented duty selection during the registration process. If at anytime you are not able to cover the duty selected please contact us to reschedule your date. Please note that if you are in attendance and don't report for parent duty your athlete will not be eligible for competition points on the day.

MCLAC can only deliver its events to your children because everyone plays their part. Families are expected to fulfill duties throughout the season (or contribute in an official role). By doing so, you can help contribute to the centre that is helping your family. This also ensures your children are eligible for Centre Championships and end of season Presentation.

It is important to remember that the Centre cannot operate and provide a smooth and efficient program without the support and work that is done by all volunteers. Each week we need approximately 60 officials/parents to be able to conduct all events successfully.

The Centre does not expect any person to be an expert or to have any previous experience. You will be advised what to do and if you have any doubts, see our Committee Members, we are very willing to provide assistance and are very approachable for advice or clarification of rules. You will find quickly that the job is not as hard as you think.

IMPORTANT …… Please note if you opt out of mailing list emails from LAVIC, this means you will be also opting out of emails from our centre. You therefore will not receive communication such as Championship Day, and special events

What is expected of parents on competition days?

Little Athletics is a family activity. This means that as parents, you are not only expected to support your little athletes as parents, but also help out in delivering the program by helping with rostered duties. Other parents take on official or committee roles.

Parents are expected to assist with the successful operation of Little Athletics by carrying out duties throughout the season. Parents are also expected to behave in an appropriate manner as outlined in the Code of Conduct policies stipulated in both the LAVic in the "Parents Handbook" provided upon registration, and in this handbook.

What is expected of athletes?

Children are expected to participate regularly in the weekly competitions. They MUST wear the correct uniform with registration patch. (Compete in at least 60% of available programs to be eligible for presentation day). They should be encouraged to try every event, even if they feel they are not good at it or it is not their favourite event. Children are expected to behave according to the Code of Conduct stipulated in both the Centre Handbook and Website.

What about safety, insurance and first aid?

Each Centre has a safety policy and Insurance is provided by LAVic. A suitably qualified volunteer provides First Aid at the Centre. If your child sustains an injury during competition, please ensure it is reported to our first aid officer.

Will my child receive an award at the end of the season?

All children who have participated at least the minimum number of times throughout the season **(60% of all available programs)** and athletes parent/guardian have carried out allocated parent duty during the season will be eligible to receive end of season trophies/awards.

For each weekly event that the child competes in, they receive points based on their placing and/or performance. These points are accumulated and are used to calculate end of season results. 1st, 2nd and 3rd trophies in both track and field will be presented to both boys and girls in each age group on the basis of the points system.

All other eligible athletes will receive a participation trophy.

Presentation day is held approximately 1 month after the conclusion of our Track and Field Season along with our AGM.

CENTRE CAPTAINS ELIGIBILITY CRITERIA

Each year Melton City Little Athletics Centre we will appoint 2 Centre Captains from our Junior athlete group for the season. Our captains will need to show responsibility of being a positive role model for the other children, keep-ing an eye out for the younger children, assisting in warm ups and answering questions younger athletes may have. To be eligible for selection, athletes must have completed a minimum 3 years with the centre and actively participate in training each week.

AWARDS

PB AWARD PROGRAM

The emphasis is on improvement and achieving 'Personal Bests'. At the end of the season, we present our athletes with PB medals. Once an athlete achieves 7 PBs over a season, they get a bronze award, while 15 PBs earn a silver award and 25 PBs earn a gold award.

BARRY TAYLOR AWARD

Awarded to the athlete who attains the most number of PBs for the whole Centre throughout the season.

NEVILLE MAWSON AWARD

Selected by the Executive Committee for an individual volunteer or volunteers in recognition time and dedication to the Centre.

JOAN BOLTON AWARD

Selected by the Executive Committee for the athlete that demonstrates a continuing positive attitude and enthusi-asm towards Little Athletics.

COACHES AWARD

Selected by the Coaches for the athlete who show consistent effort in training demonstrating in results.

CAPTAINS AWARDS

Selected by the Centre Captains for the athlete demonstrates a continuing positive attitude and enthusiasm to-wards Little Athletics.

DAVID YOUNG U6 – U8 CENTER CHAMPION AWARD

Awarded to the athlete who accumulates the most centre points in the U6-U8 Age Groups throughout the season.

U9 – U17 CENTER CHAMPION AWARD

Awarded to the athlete who accumulates the most points for the whole Centre throughout the season. This includes centre, regions, state and open day points.

TRACK & FIELD CHAMPION

Awarded to the athlete who achieve the highest achievement whether centre level, region level or state level (Oct-March Season)

FREQUENTLY ASKED QUESTIONS

When can I join little athletics?

The Little Athletics year begins in October and runs through to the following September. You can register at any time during the athletics year providing you are between the age of 5 and 16.

What are the events?

Sprints 60m/70m/100m/150m/200m/400m (depending on the age group).

Long distance running 800m/1500m (depending on the age group).

Hurdles 60m/80m/90m/100m/300m (depending on the age group).

Shot Put, Discus and Javelin (depending on the age group).

Long Jump, Triple Jump & High Jump (depending on the age group)).

Walk (700m, 1100m, 1500m) (depending on the age group).

Relays U9-U17 (at Region and State competitions).

What is available for children with disabilities?

MCLAC encourages and welcomes children of all abilities to compete at Centre, Region and State competitions. We aim to provide an inclusive environment where all children feel welcome and comfortable to participate.

If your child has a physical or intellectual disability, please contact the centre. We will work with you to enable your child to participate as fully as possible in the program.

How important is ability?

Our emphasis is on fun and fitness and family. Children can join with any level of skill or fitness. The aim is to en-courage your children to improve each week and to perform personal bests.

How are the children's performances monitored?

All performances in all events are recorded during the weekly program. You can access these results online through Results HQ https://resultshq.com.au/login. All results are usually uploaded within 24 hours of competition, so that you can monitor and assess their progress.

What other forms of competition are there?

During the season, your child may participate at:

Open Days (further details on pavilion window or refer to lavic.com.au).

Western Metropolitan Region Track and Field Competitions (Under 9 to Under 17 only).

Western Metropolitan Region Relays (Under 9 to Under 17 only – selected by Centre Committee).

State Championships if qualified or progressed from Regional Competitions.

Cross Country season during the winter months.

Western Metropolitan Region Cross Country.

State Cross Country Championships if qualified or progressed from Regional Competitions.

**These events may incur extra costs.