

2019/20

WELCOME

Supported by



HORNSBY DISTRICT LITTLE ATHLETICS CENTRE



Message from the President:

Welcome back, or welcome to HDLAC. I hope you've been staying fit and healthy over the winter months and are as excited about the summer season as the HDLAC Committee are.

It's been a busy winter, with our athletes participating in Cross Country

events through the trails of Pennant Hills Park, as well as teams racing in the Community Nitro, Cross Country Relays, Street Relays and the LANSW State Cross Country.

The Committee have also been busy over winter making updates to the Centre Uniforms, Awards criteria, Training programs and planning joint meets with our neighbors at Northern Districts.

Please take note of any important updates in this welcome pack, as well as reviewing our website and Facebook page for up to date information.

This is HDLAC's 49th season and with next year being the Centre's 50th year of operation we are hoping to have some big ideas to celebrate this. If you have any ideas, or want to help, please let the Committee know.

There are still a number of Committee positions and occasional roles which need filling. If you are able to help in any way, please do get in touch.

Lance Erasmus

WHAT TO BRING

Centre uniform* must be worn every Saturday along with bib and age patches. Please review our website for information on uniforms and correct placement of patches. A light jumper can be worn on cold mornings.

- Bring a small bag with a water bottle, morning tea and a hat, and be sure to label everything clearly.
- Shoes are compulsory for all events.

U7-U10 athletes: Athletes in these age groups should wear sports shoes or waffle shoes.

U11-U17 athletes: Shoes with metal spikes are optional and can be worn by athletes in the U11-U17 age groups only.

Safety is very important when an athlete wishes to compete in 'spiked shoes'. An athlete must carry their shoes to their event, put their shoes on at the start, and remove them at the finish line after the race. Please note: only tartan spikes are allowed on the long jump track.

*See overleaf for Uniform information

DATES - see Season Program on website for more

Saturday 14/09: First Competition Date (U7+ only)

Saturday 21/09: Competition starts for Tots, U6 & Trials

Saturday 28/09: Early finish for Cricket

Saturday 05/10: HDLAC to host Northern Districts

Saturday 16/11: State Relay Championship

Sunday 17/11: State Relay Championship

Saturday 23/11: HDLAC Centre Septathlon – see HDLAC website

Saturday 30/11 } Zone Championship at Narrabeen, no
& Sunday 1/12 } HDLAC competition

Saturday 14/12: Club Champs at SOPAC for U10/U11

Saturday 21/12: Christmas fun at HDLAC

28/12 & 4/01 : Christmas Break - No competition

Friday 10/01 : Twilight meet at Northern Districts

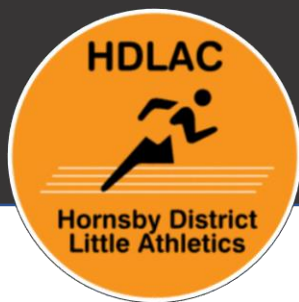
IMPORTANT HEALTH AND SAFETY RULES

These important rules help us to keep everyone safe while at the centre. Please take note of the following:

- Parents must remain at the oval at all times.
- If you are assisting on the field, you must be wearing a yellow vest, starters bib or first aid bib. Spectators must stay off the competition areas at all times.
- No prams are to be on the field at any time.
- To get help from a first aider, find someone in a green First Aid bib or notify a Committee member or computer operator to call a first aider. In an emergency situation dial 000 immediately.
- The oval and surrounding areas are a cigarette free zone.
- Please read the enclosed behavioural guidelines and help us to encourage positive, respectful behaviour from all parents and athletes.
- Limited water and sun screen will be available, but please arrive prepared for warm weather.

A-Z SET UP ROSTER

Many hands make light work. Set up duties are rostered alphabetically, as determined by your child's surname. When on duty, please arrive at 6:30am. All instructions will be provided, no experience necessary. At the end of the day, please assist with packing away all equipment. Canteen and BBQ duties will also require filling. The season program details rostered dates, Facebook will be updated and emails sent.



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AWARDS

HDLAC aims to encourage and reward athletes for a variety of achievements with the presentation of awards across a range of categories. These awards act as incentives to encourage children to work towards goals and self-improvement as well as celebrating good performance and demonstration of the club's values.

The following awards are available to all registered athletes.

Perpetual Plaques: All athletes will receive a perpetual plaque showing their highest level of participation at HDLAC during the season. A plaque is issued at the end of the first season at HDLAC, then a plate is issued for all other seasons participated in.

Star Awards: A star badge will be awarded to athletes when qualifying standards have been achieved in a specified number of track and field events. Stars are awarded according to a graduated standard, starting with Yellow, then Green, Red, Blue and finally Gold. This encourages athletes to develop their track and field athletic skills generally and rewards consistent improvement.

Athletes may obtain up to five Stars in a season, which can be displayed on their Centre Uniforms. For full details of Hornsby Star Awards, refer to the Star Awards page.

AGE MANAGERS – see website for more

Each age group needs two age managers who are responsible for supervision of the group, passing along important messages, nominating athletes for centre awards and coordinating the purchase of well-deserved ice blocks each week. Please speak to your dedicated age manager if you have any questions about Saturday mornings. If you don't yet have agreed age managers, please volunteer. Experience not required.

HOW TO HELP

The parent obligation form provides numerous ways for you to assist the centre each week, depending on your level of commitment. From a Committee position, helping with decision making, or an occasional Saturday morning job running the events, there is a job for everyone. Your children will also benefit from seeing you volunteer with their club.

UNIFORMS

This season we have **BRAND NEW** uniform designs.

Ordering is all conducted online via sportsmagic.com.au, with deliveries directly to the centre for collection. There is a one year grace period, where either old or new designs can be worn. Following that, the updated uniform must be worn for any out-of-centre competition.

TRAINING & PROGRAM CHANGES

Training at HDLAC is continuously being reviewed and updated to meet the specific needs of our athletes. Training is optional, however regular participation is very beneficial to athletes of all standards. In the same way that last minute exam cramming is not the optimal way to study, last minute training before an important event can actually be detrimental to performance, as children become overwhelmed with last minute technique changes. Children thinking about entering Zone and hoping to progress to Region should start training as early as possible. Our coaches are all highly experienced and qualified, with a passion for growing long term athletic development.

The recommended age for training is U8+. Most of the training available is included in the registration fee. Some squads do incur a small additional fee. Please see the training tab of the webpage for current training options.

This season we are adopting ON TRACK skill development into the weekly Saturday program for younger age groups. In the early weeks, measured events will be reduced, and skill development will be taught in a fun and engaging way to the group, using a variety of different equipment. Age Managers and Parents will be given full instructions on how to complete the skills session. Not only will this increase the skill development of our athletes, it also results in less waiting time, keeping everyone busy and happy.

Additional program changes include:

Changes to LANSW event specifications now see U11 and U12 moving to **80m hurdles** (vs 60m last season). Heights are not changed, but 3 additional flights will be included.

The **1500m** is now incorporated into the weekly program for U11+ between September and October before temperatures rise. This gives everyone the chance to see if they might be secret middle distance warriors, and increases the overall fitness of our athletes early in the season. Please embrace this change by encouraging your children to have-a-go. They will likely only face the event twice, before it moves back to an early optional event.

Optional **Walks** remain available for U9-U17s starting at 7:40am on alternate weeks. Check the weekly program for details. These events count towards star awards and are often a good opportunity to qualify for Zone and Region competition.

High Jump is the vegemite of athletics. Kids either love it or hate it. To address this, where practical we have moved the event to the end of the program and will create coaching opportunities for those lacking in confidence. Our aim is for everyone to learn how to High Jump safely and confidently.